



VOICES

Sharing Stories of Hope, Progress, and Answers Across Indiana and Michigan

Great Lakes Division, Inc.

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The new voice of VOICES

Hey everyone,

Don't panic! This is still *VOICES* of the American Cancer Society Great Lakes Division, Inc. You have received the right e-mail in your inbox, and you're in for a treat!

The December 2008/January 2009 issue of *VOICES* seemed the most fitting for change. Many of us will be making New Year's resolutions, and this year our resolution here at *VOICES* is to make sure that your voice is heard!

I'm Suban Nur-Cooley, often referred to as "the face behind *VOICES*." I'm here to share the *VOICES* of the Great Lakes Division, so if you know someone with a great story, or a voice that has yet to be heard, please feel free to contact me at youracsgreatlakes@cancer.org.

In this issue, you will hear the *VOICES* of a Great Lakes researcher, volunteer, and cancer survivor who are all working alongside the American Cancer Society to win this fight against cancer.

We'll also give you the opportunity to make a direct impact on cancer by reducing your own cancer risks through the Great American Health Check Challenge. You can also take our quiz to see if you know what steps to take to reduce your cancer risks.

So what are you waiting for! Delve in and get to know just a few of the many *VOICES* in the Great Lakes Division who are saving lives and fulfilling their own with the American Cancer Society.

Oh, and be sure to check out our lemon cake with brandied blueberry sauce recipe...it's one that will help you beat the post-holiday blues.

Happy holidays!

Suban Nur-Cooley
Communications Coordinator



Suban Nur-Cooley

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Making it count

The American Cancer Society has been a part of Nora Kessel's life for as long as she can remember. "When I was a little girl, my mom would pick up brown paper packages from an ACS office and deliver them to my grandma. I didn't know it until I was much older, but they contained handmade bed pads for cancer patients, [to make] my grandma comfortable while she fought colon cancer."



A Hartland, Michigan resident, Nora started participating in her local Relay For Life four years before she was diagnosed with breast cancer on December 15, 2005. Within a month from her diagnosis, she had had a double mastectomy.

"Relay allows me to feel some power against cancer and share my heart with others who have been touched by cancer," said Nora. "I've never been told I was cancer free, since I keep getting odd rashes and symptoms, but I consider myself a survivor who's fighting back everyday."

Nora certainly has been fighting back! Employing her experience and skill at Relay For Life, she has encouraged and inspired many others to make a difference. All of her efforts were noted at the last Great Lakes Relay For Life Leadership Conference.

She had been asked by the event organizers to read a poem at the conference during

the Fight Back ceremony. When she went to practice the night before, she was introduced to international hip-hop and spoken word recording artist, "Mike-E" Ellison and his crew, who were also performing. Something about Nora's fight moved Mike-E and he dedicated his surprise performance to Nora. "I was in a room full of 500 incredible and equally worthy people. It was an honor and a beautifully humbling moment to be singled out."

"I am an ordinary woman who is surviving cancer," said Nora. "Every day I remember my blessings and I also remember those who didn't beat the beast, and I pray that I deserve the honor and privilege of surviving-for now."

Survivors like Nora are the driving force behind our fight to end cancer. They are also the hope that sustains our mission here at the American Cancer Society. We are grateful for you all.

If you want to fight back and get involved in a Relay For Life near you, visit www.RelayForLife.org.

Fighting cancer, one integrin at a time

As a young girl scout, Dr. Cindy Miranti had always been drawn to the outdoors, animals, and biology. Today, she's a Scientific Investigator, running a lab at the Van Andel Institute in Grand Rapids, Michigan.

She had watched members of her family struggle with cancer and lose their battle. "In spite of the fact that people were saying that you can survive cancer. It just didn't seem to me that was the reality of it, at least for our family."

When Cindy was in college, she majored in Biology where she experienced lab work for the first time, and found her niche. "I started out in virology and viruses and bacteria, and I felt like we had vaccines and antibiotics, but we didn't really have anything to cure cancer. If you really wanted to understand this disease, you needed to study it. I just kept looking for a way to get into that."

At Van Andel, Cindy Miranti's lab studies the mechanisms through which a cell interacts with its surroundings and receives signals from other parts of the body.

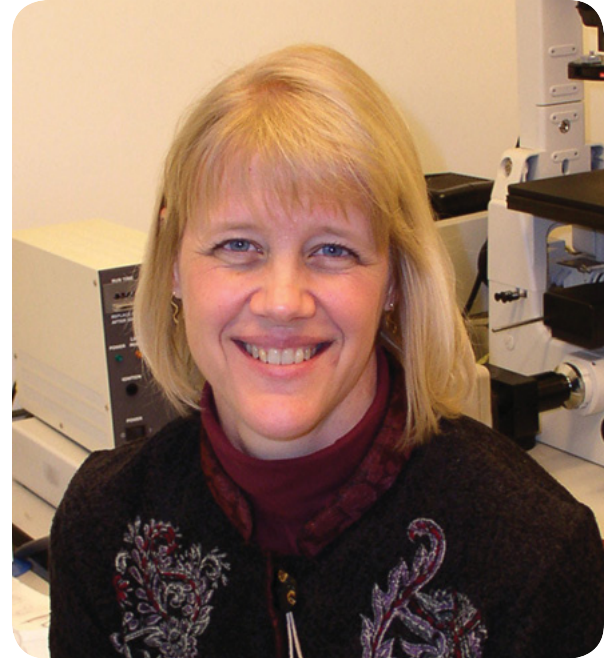
"Basically, in order to kill tumor cells you need to know the mechanisms by which tumor cells survive, and you

need to know the mechanisms by which normal cells survive. Then you need to design drugs that are going to kill only the tumor cells and not affect the normal cells," she said.

A particular focus of the lab is on proteins called "integrins," which have part of their molecule outside the cell, part within the cell's outer membrane, and the remainder within the cell. Integrins are involved in the attachment of cells to their surroundings, helping to give shape to tissues and allowing the controlled movement of cells. Cell attachment and movement are misregulated in cancer cells, especially during metastasis when tumor cells move from the primary tumor site to distant tissues.

How integrins receive and process signals that lead to the misregulation of cell attachment and movement is a major question the lab is pursuing, particularly with regard to metastatic prostate cancer and melanoma.

When Cindy's not in the lab, you can find her kayaking, hiking, or knitting! "I do a lot of arts and crafts. I knit,



crochet, and embroider. It's kind of left over from my childhood. I still do that when I want to relax."

Want to know more about the Society's research program and funding? Visit www.cancer.org/research.



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In memory of her father

Franklin, Indiana resident Kea Deppe has been volunteering for the American Cancer Society for more than seven years. She joined her local Relay For Life when another teacher at the school where she works saw an ad in the paper. "I had always wanted to do something in my dad's honor, but never knew where to start," said Kea. She immediately seized the opportunity to participate, and became the school's Relay Team Captain for their first year.

Kea's father lost his battle to cancer when she was 14-years-old...just 17 days before their shared birthday. "He was [a great] man. People said they stood in line over two hours at his funeral...I hate that my children will not get to know this amazing man," she said.



Kit "K.B" Barlow was a farmer, a member of Kea's school board, and a volunteer firefighter. His heart and passion for others had a lasting impact on Kea, who now fills many roles as an ACS volunteer. She teaches advocacy as a Great Lakes Training Team volunteer, has signed the ACS CAN Fight Back Express bus, and is currently the Luminaria Chair for the Relay For Life of Franklin.

"I love doing my volunteer work in honor of my dad, and it gives me a very important outlet to make his legacy live on," said Kea. "Plus, I love seeing all of our survivors returning year after year. My dad had very little treatment options back then, so I am encouraged to see people today fighting and beating this disease."

American Cancer Society Volunteers like Kea are what mobilize and empower communities to prevent cancer, save lives, and diminish suffering. The Great Lakes Division thanks you all.

To learn more about how you can save lives and fulfill your

own through volunteering, contact your American Cancer Society at 1-800-ACS-2345.





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Indiana Lobby Day



Patty Avery

ACS Legislative Ambassador, Patty Avery is urging everyone to talk with their legislators and make a difference at Indiana Lobby Day

We're taking the fight against cancer directly to our legislators once again at Indiana Lobby Day 2009.

This year, we'll be discussing several critical issues with our elected officials. Along with passing a comprehensive statewide smokefree bill, we will ask them to fund cancer-related projects and consider the increasing need for clinical trials coverage.

It's time for our legislators to act. As you may know, many workers don't have a

smokefree policy to protect them on the job. Studies show that individuals who work in smoke-filled buildings have higher cancer rates. Also, nonsmokers who work in bars and restaurants have a 50 percent higher risk of lung cancer than all other nonsmokers.

As Indiana's State Lead Ambassador, I will never forget Rep. Charlie Brown's message at last year's Lobby Day. His 2008 smokefree bill had died in committee the week before, and I was still stinging from that defeat. Rep. Brown's deep commitment to the fight for smokefree workplaces stirred renewed hope in all of us, and we promised him that if he introduced comprehensive smokefree legislation, we'd join him on the front lines of this fight.

Lobby Day is your chance to make this the year Hoosier workplaces become

smokefree. Fight Back through advocacy by speaking with your lawmaker about this and other important cancer related issues.

I'm looking forward to seeing you there and making our voices heard—this year louder than ever!

Lobby Day 2008 is scheduled, rain or shine, for Tuesday, January 27. Registration will be open through Friday, January 9. To register, go to www.acsgld.org/inlobbyday.



What's your New Years resolution?

With New Year's resolutions just around the corner, people around the globe (myself included) will set goals to get healthier. Whether you want to eat better, get more exercise, make that doctor's appointment or quit smoking, the American Cancer Society's Great American Health Check Challenge provides the resources to help turn these resolutions into reality.

The Great American Health Check Challenge web site offers several resources to help you and your loved ones improve your health. It provides an online health check assessment that takes only five minutes to complete. After completing the health assessment, you will receive a

personalized action plan, which you can discuss with your doctor. This action plan includes a list of changes to diet, exercise, and personal habits that could help improve your overall health, as well a list of cancer screenings that are recommended for you based on age, gender, and family history. **Screening can prevent cancer or detect it at its earliest, most treatable stage.**

Do something great for yourself and your loved ones this holiday season – take the Great American Health Check and encourage others to take it as well. Take steps towards reducing your risk of cancer with the help of your personal action plan and accept the challenge to become healthier in 2009!

Visit www.cancer.org/healthcheck to take advantage of these great resources and learn more about the programs offered by the American Cancer Society to help educate you about cancer risks, early detection methods, and prevention.



National Cervical Screening Month

A little note to all women out there...January is National Cervical Cancer Screening Month. As part of the Great American Health Check, you should also find out what screenings you may need to prevent cervical cancer and detect it early. For more information on cervical cancer, visit www.cancer.org/cervicalcancer.



Healthy Recipe Lemon cake with brandied blueberry sauce

Post Holiday Blues Recipe: Lemon Cake with Brandied Blueberry Sauce

It's going to happen. The holiday season will come to an end and rather than wallowing in the memories of food and fun, why not keep the momentum going! Get some friends together and cheer them up by serving some Lemon Cake with Brandied Blueberry Sauce.

Lemon Cake with Brandied Blueberry Sauce

Don't expect to have leftovers of this lemony dessert. The sauce is so delightful served over lemon yogurt.

Preheat Oven to 400 F.

TO PREPARE CAKE: Grease and flour a 9-inch nonstick fluted tube pan. In a medium mixing bowl, stir together cereal, salt, sugar, flour, and baking soda.

Add oil, buttermilk, eggs, lemon juice, and lemon zest. Beat for 5 minutes on low speed until well blended.

Bake for 25 minutes until lightly browned. Cool cake completely. Invert onto platter and sprinkle with powdered sugar.

Cake:

2 cups O-shaped cereal, finely ground in food processor
3/4 teaspoon salt
3/4 cup sugar
2 cups all-purpose flour
1/2 teaspoon baking soda
1/3 cup canola oil
1-3/4 cups buttermilk
2 eggs, beaten
1/4 cup fresh lemon juice
2 tablespoons lemon zest
2 tablespoons powdered sugar

Blueberry Sauce:

1/2 cup plus 1 tablespoon brandy
2 tablespoons sugar
2 cups frozen blueberries
3 tablespoons lemon juice
1/2 teaspoon cornstarch
1 teaspoon cold water

TO PREPARE SAUCE: While cake is baking, heat brandy and sugar in a medium saucepan over medium-high heat, stirring constantly. Boil 3 minutes to reduce alcohol. Stir in 1 cup of blueberries and remove from heat.

Purée remaining cup of berries and lemon juice in food processor. Add purée to brandy mixture and return to a boil.

Mix cornstarch and water together in small cup. Add to saucepan, stirring until mixture thickens. Cool slightly and serve over completely cooled lemon caked.

Makes 1-1/2 cups of sauce.

Serves 8.

APPROXIMATE PER SERVING: 403 calories, 11 grams of fat



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Health Check Quiz: Reducing your cancer risk

Take the following quiz on the American Cancer Society's Great American Health Challenge and test your knowledge of the steps you can take to reduce your cancer risk.

Then, visit www.cancer.org/greatamericans to create your personalized action plan, and take the steps you need to reduce your cancer risk.

1. True or False. You have no control over reducing your cancer risk.
 - A. True
 - B. False
2. Many Americans think that there is little they can do to avoid getting cancer, but in fact, at least ___ percent of cancer deaths could be prevented through healthy lifestyle factors.
 - A. 10
 - B. 20
 - C. 35
 - D. 50
3. Research indicates that cutting cancer death rates by 50 percent nationally would save about 280,000 lives every year in the United States, and ___ in Indiana and Michigan.
 - A. 100
 - B. 8,960
 - C. 16,990
 - D. 13,600

4. True or false. There are four components of the Great American Challenge.
 - A. True – The American Cancer Society's Great American Health Challenge asks Americans to make a commitment to “check, move, nourish and quit” to reduce their cancer risk.
 - B. False
5. Taking the Great American Health Check Challenge will allow you to
 - A. Create an individualized action plan that provides guidance on which cancer screening tests are best for you
 - B. Create an individualized action plan that provides guidance to family and friends
 - C. Have day-to-day lifestyle suggestions on how to eat healthy, quit smoking and get the right amount of exercise
 - D. All of the above

You'll find the answers below, in a teeny tiny font! For more information on the Great American Health Challenge, call the American Cancer Society, anytime day or night, at 1-800-ACS-2345 or log on to www.cancer.org/greatamericans.

Answers: 1. B, 2. D, 3. C, 4. A, 5. D



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Great Lakes Orientation (GLO) for New Staff

GLO is a three day program to orient new staff to the American Cancer Society and the Great Lakes Division. It is at GLO that new staff receive an overview of the Great Lakes Division through presentations by key staff members who will provide support and resources to set them up for success in achieving our mission.

One of the most important pieces of GLO is the relationship building that occurs with the participants. When they leave GLO, they not only are armed with information and resources, they also know they have the opportunity to make a difference in the fight against cancer.

Meet Savanna Rivest | Community Representative | Lakeshore Area Service Center | West MI



“The most rewarding part for me of being an ACS staff is going from being a volunteer to being staff. I had a really positive experience as a volunteer. Knowing the huge impact that ACS staff had on me [I’m happy that I’m] able to be in that position now, to have that impact on volunteers, and really inspire that passion [in them]. That’s the best part.”