

Story of the Month:

November is **Lung Cancer Awareness Month**, so we'll focus on this, the most preventable cancer. Charles smoked a pack a day--sometimes more--for years, but he's doing better thanks to chemotherapy and lifestyle changes. **Watch his story [HERE](#).**



Big Headline:

Scientists discover that lung tissue damaged by smoking can regenerate after quitting! Read [THIS ARTICLE from Discover Magazine](#) about the various changes that occur in your body once you quit smoking. Then join ACS for the [GREAT AMERICAN SMOKE OUT](#) on 11/21!



Shout Outs!

St. Anthony's High School is a new event but has raised over \$10,000 in just a few weeks! **Way to go Hailey and everyone at #FriarNation!**



Revenue & Recruitment Ideas for the Month:

With **GASO on 11/21**, try fun ways to educate, recruit, and fundraise that are specific to lung cancer and the risks of smoking:

Canvas on your campus or in your community with these [GASO resources](#).

Make sure people see you by trying a fun idea like "Blow Bubbles Not Smoke" with bubble wands or "Blow Pinwheels Not Smoke" with pinwheels. You could offer Hershey's Kisses to people who don't smoke or make a donation with "Kiss Me, I don't Smoke." Sell popcorn to encourage people to quit vaping and avoid [popcorn lung](#).

Straight Facts:

- Lung cancer is the second most common cancer in both men & women
- In 2024 there will be nearly 234,580 new cases of lung cancer, and there will be nearly 125,070 deaths
- Though new cases are down, thanks in part to fewer people smoking and more quitting, lung cancer is still the most deadly cancer (~20% of all cancer-related deaths)
- **Test your knowledge** with a Lung Cancer Quiz!

Upcoming RFL Challenges & News:

Community Events

- **Fall Fundraising Challenge**--all of November (raise \$350 or more and get this sweatshirt!)
- **Great Training Event for Celebrating #40 Years of Impact--11/7 at 7PM (CST)**. Be sure to RSVP!
- Giving Tuesday--December 3rd



Campus Events

- **Fall Fumble**--all of November, top 32 teams compete to raise money! Winning teams earn prizes →
- **NEW! Top Fundraiser Challenge**--Round 1 qualifier = 12/3/24. Top 10 fundraisers of each school will move on Round 2 (deadline = 2/11/25); final count will be in March (date TBD). The winner will be invited to Campus Leadership Summit!



Be sure to check out these recommended trainings/video series!



Click here to schedule a Teams meeting with Julie