

Dear Friend, Thank you for reading another edition of my e-newsletter, the Carson Courier.

In this week's Carson Courier:

President's Day District Work Period

President Obama Signs the American Recovery and Reinvestment Act

National Cancer Prevention Month

PRESIDENT'S DAY DISTRICT WORK PERIOD

This week, Congress adjourned for its first District Work Period of 2009. After weeks of work to stabilize our economy, expand children's health care, and ensure pay equity for all Americans, I was happy to finally return to Indianapolis for a full week with my fellow Hoosiers. I had an opportunity to travel the district and meet with many of my constituents to discuss their concerns and hear about the good work they are doing for our city.

On Monday, I will be back in Washington, reinvigorated in my fight to bring economic relief to struggling families across Indianapolis. As Congress gets back into full swing, I encourage you to continue contacting me with your thoughts and opinions. They have been invaluable over the last two months and will become even more so as the House takes up legislation to address rising foreclosures, skyrocketing health care costs, and the imminent need for clean and renewable energy.

PRESIDENT OBAMA SIGNS THE AMERICAN RECOVERY AND REINVESTMENT ACT

On Tuesday, President Obama signed the American Recovery and Reinvestment Act into law, bringing to an end an historic legislative endeavor that has been in the works for several months. Throughout the drafting of this legislation, I was proud to stand up for my constituents in the Seventh District to make sure that their concerns were fully taken into consideration and that their tax dollars were spent responsibly.

To be sure, this legislation did not fund every project and initiative for which I had advocated. However, after weeks of negotiations over each of the bill's provisions, I remain confident that it will help create millions of jobs across the United States and help put our receding economy back on track.

In the coming months, Indianapolis residents will see significant renovations to their neighborhoods and expansion of their public transportation systems. Nearly 7,500 jobs will be created in our city alone and millions of Indianapolis residents will see significant tax breaks. Because of this legislation, I have hope that millions of Hoosiers will very soon begin to see the fruits of an improved economy.

NATIONAL CANCER PREVENTION MONTH

Cancer is one of our nation's most pervasive and devastating diseases, affecting over 550,000 Americans every year. Few families have been fortunate enough to avoid its destructive impact. Fortunately, modern science has developed early detection techniques and treatments that are beginning to save thousands of lives each year. This February, National Cancer Prevention Month serves as an opportunity for all of us to better educate ourselves about the proactive steps we can take to reduce the risk of cancer.

Increased cancer awareness and research is especially urgent in Indianapolis. Each year, Indianapolis residents die from cancer at a rate of 224/100,000 compared to a national rate of 189/100,000. This level may be unusually high but it is not too late for us to turn it around. There are a number of organizations located in the Indianapolis metropolitan area that you can contact about cancer screening, early detection techniques and other questions you may have about cancer and its treatment.

National Cancer Institute

1-800-4-CANCER

<http://www.cancer.gov>

Provides information on prevention, screenings and treatment.

American Cancer Society

1-800-ACS-2345

<http://www.cancer.org>

Provides information on prevention, screenings and treatment.

American Academy of Dermatology

<http://www.aad.org/public/exams/screenings/index.html>

Provides free cancer screenings in Indianapolis.

Planned Parenthood

1-800-230-PLAN

<http://www.plannedparenthood.org>

Offers free or reduced cost screenings for breast, cervical and testicular cancer.

Susan G. Komen for the Cure

1-877-GO-KOMEN

<http://www.komen.org>

Provides information on detection and treatment of breast cancer.

Thank you for reading the Carson Courier. Please do not hesitate to contact me with your thoughts and concerns. I value your views and your input helps me to better represent the people of Indiana's Seventh District in Congress.