

Heroes of the Heartland

A premier event of the American Red Cross, Central Iowa Chapter



The concept for **Heroes of the Heartland** grew out of a desire to develop an event that is closely related to the mission of the American Red Cross – helping people save lives.

The Red Cross provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies. This is done through the simple, yet powerful, process of one person putting their needs aside to help another. **What better way to celebrate this spirit of humanitarianism than by honoring those Iowans who have shown courage, kindness and unselfish character by their acts of heroism in our local communities?**

Hero awards are offered in multiple categories: **911 Dispatcher, Adult Good Samaritan, Community Impact, Fire or Rescue, Health Care, International Impact, Law Enforcement, Military, Senior Good Samaritan, and Youth Good Samaritan.** Every fall, nominations are reviewed by a committee of community leaders who select the winners. Awards are presented at the breakfast in March of each year.



Last year's Heroes included a 17-year-old girl who almost lost her arm in a farm accident and now volunteers as an FFA public speaking advocate for farm safety, a Good Samaritan and a police officer who rescued a young woman from a burning car, and a single man who has dedicated his life to fostering some of Iowa's most troubled youth and counts 45 lives changed for the better.

The Eighth Annual Heroes of the Heartland breakfast is **Thursday, March 4, 2010 from 7-9 a.m.** at the Meadows Ballroom, Prairie Meadows Racetrack & Casino in Altoona. All proceeds of the event benefit the programs and services provided by the American Red Cross, Central Iowa Chapter.