

EVENTS

Past, Present, Future**Relay for Life Quilt Raffle Tickets available \$1 each or 6 for \$5.**

This beautiful hand crafted quilt will be raffled off at our June 26th Relay for Life event. Winner need not be present to win.

Drawing will be held at the end of the day June 26, 2010 at the Relay for Life event.

**Look Good, Feel Better**

meet once monthly and provide trained beautician reviews for skin care, hair care, ways to wear scarves, and other Look Good Feel Better tips.

Contact **Kim Ransdell** for more information and take advantage of this great information!

For information and resources on these monthly topics visit:

The American Cancer Society web site www.cancer.org

The National Cancer Institute web site www.cancer.gov/statistics

Stop smoking information at www.smokefree.gov and www.hospicenet.org

Ohio Cancer Specialists
1125 Aspira Court
Mansfield, OH 44906
1-877-4-HOPE-RX
(1-877-446-7379)

June 2010 News

Our June 12th Ice Cream Social was a rousing success! Thank you to all who attended! Donations reached \$1164 and raffles \$170.50.

Visit our website for more pictures of this event at <http://www.ohcancer.com/news/newsletter.html>



Many of the participants asked us for the recipe of the Apple Dumplings that the staff made for this event. We have included it below for any and all. These are simple and delicious.

Apple Dumpling Recipe

2 Lg Granny Smith Apples, Peeled & Cored
1 -1/2 C Sugar
2 (10 oz) Cans Refrigerated Crescent Rolls
1 - 1-1/2 tsp Cinnamon
1 (12 oz) Can/Bottle Mountain Dew
1 C Butter

Pre-heat oven to 350°. Grease a 9 X 13 baking pan, Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each wedge in crescent dough starting at the smallest end. Pinch to seal and place in baking dish.

Melt butter in small sauce pan over medium heat and stir in the Cinnamon and Sugar. Pour mixture over the apple dumplings in the pan. Next, pour Mountain Dew over all. Bake, uncovered, for 35 - 40 minutes in preheated oven, or until golden brown. Service warm with delicious ice cream of your choice.

of their most precious resource: time. More time with their families and friends, more memories, more celebrations...and more birthdays. [Read More about the CPS-3 at http://www.cancer.org/](http://www.cancer.org)

Join Us June 26th for Relay for Life Starting at 11 am, join us at Malabar Mehock Field to participate in Relay for Life. Survivors are the reason we Relay and they make up a group of nearly 11 million strong who are finding their way through the cancer experience and fighting back against the disease. At Relay For Life, Survivors are our guests of honor.

From 6PM-10PM The Cancer Prevention Study-3 (CPS-3). The American Cancer Society's Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have no personal history of cancer to join this historic research study. The ultimate goal is to enroll 500,000 adults from various racial/ethnic backgrounds from across the U.S. By joining CPS-3, you can help us understand how to prevent cancer, which will save lives and give people more of their most precious resource: time. More time with their families and friends, more memories, more celebrations...and more birthdays. [Read More about the CPS-3 here..:](#)

Early diagnosis and screening

While it is not always possible to prevent cancer, early detection is one of the most important factors in beating cancer. Some types of cancer, such as breast, skin and testicular cancers, can and should be regularly self-examined. If you detect anything to give you concern, make an appointment to talk to your physician or medical professional for further screening.

Visit our website for more information at : <http://www.ohcancer.com>

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