

# The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

[www.kvrotary.org](http://www.kvrotary.org)



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## SATURDAY'S FOUNDATION CELEBRATION EVENT WAS A SUCCESS!

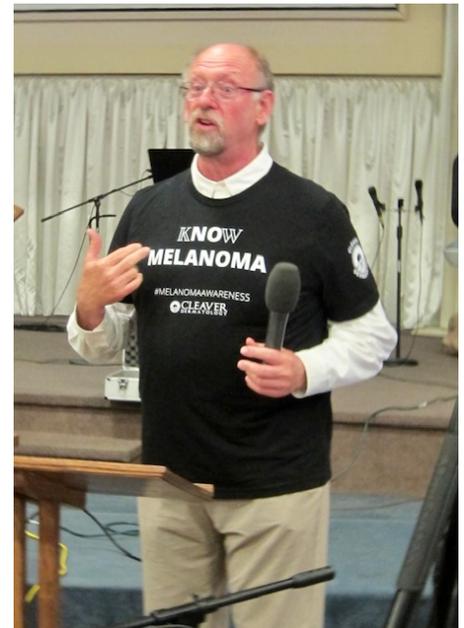
Pictured are participants in the "hat competition" in which Jeff Romine reported that everyone won! In lieu of paying one person's bar bill, our anonymous sponsor gave \$100 to the Foundation. Jeff said \$14,100 donated overall!

**A MESSAGE FROM DANA:** Another outstanding effort by Rotarians. The May food drive resulted in 83 boxes of Hamburger Helper donated to the Pantry for Adair County(PAC).



**KLIFE DIRECTOR JOEL GORDON** thanked us for partnering with KLIFE on the soccer field project, on which much progress has been made..

**LLOYD CLEAVER, DO, ON MELANOMA AWARENESS:** Dr. Cleaver spoke about three types of skin cancer: Basal Cell Carcinoma, Squamous Cell Carcinoma, and the most serious form, Malignant Melanoma (MM). He said May is Melanoma Awareness Month. Dr. Cleaver said experiencing five or more sunburns between ages 15 and 20 increases skin cancer risk by 68%. Using sunscreen daily reduces risk of MM by 50%. Exposure to natural and artificial UV rays can increase the risk of progression from a benign mole to MM. Each year 400,000 cases of skin cancer are attributed to tanning bed use; higher rates of MM in females 15-29 than males are attributed to tanning bed use. Although death rates have been dropping in recent years, someone still dies every 52 minutes. He said treatment is principally surgery and checking lymph nodes. The depth of the Melanoma results in deeper involvement. New meds have also been developed for treating MM. Dr. Cleaver said, if we come away from his talk today with anything, we should remember the **ABCDs** of Melanoma: **A**symmetry (one half doesn't match the other half), **B**order Irregularity (edges are ragged notched or blurred), **C**olor (pigmentation is not uniform; shades of tan, brown and black are present; dashes of red, white and blue add to the mottled appearance); and **D**iameter (width is greater than six millimeters, about the size of a pencil eraser). Dr. Cleaver said any growth of a mole should be a concern. Earlier diagnosis is important for a better outcome.



**50-50 Drawing:** Ralph Cupelli did not pull the ace of spades; pot now up to \$452.

### Guests:

**Joel Gordon** (guest of Randy Smith)

**Rick Henshaw** (guest of Taylor Mullenix)

### Upcoming Programs:

**June 2:** Four Way Test Awarded

**June 9:** Mark Shahan/County Commission Update

**June 16:** Joel Bacon "C-SPAN: Its Non-Partisan Mission"

**June 23: NO NOON MEETING** (Evening Food, Installation and tour of Aquatic Center)