



Spotlight

Teams forming now for 4th Annual Swim for Melissa

Huntsville Hospital Foundation is seeking kids ages 5 to 14 to serve as team captains, form eight-person teams and secure donations for the Melissa George Neonatal Memorial Fund. All money raised will purchase equipment for the Regional Neonatal ICU at Huntsville Hospital for Women & Children.

Non-competitive swim event is Saturday, Aug. 15 Hampton Cove pool

For more information, call 265-8077 or visit swimformelissa.org.

Have fun in the sun, and make your skin "priority one!"

With summertime comes backyard picnics, baseball games, days at the lake – and harmful ultraviolet (UV) rays. Exposure to these UV rays causes an estimated 90 percent of all skin cancers. In fact, the risk of developing skin cancer, the most common form of cancer, doubles with more than five sunburns.

Prevention is always the best medicine, so follow these guidelines to keep UV rays from putting a damper on your outdoor fun:

- Limit unprotected sun exposure, especially between 10 a.m. and 4 p.m.
- Cover up with clothing whenever possible, wear broad-brimmed hats and UV-blocking sunglasses.
- Apply sunscreen with an SPF of 15 or higher every day 30 minutes before going outside. If spending the day in the sun, reapply at least every two hours.
- Avoid tanning beds and sun lamps.
- Examine your skin from head to toe monthly.

Most skin cancers can be diagnosed early and successfully treated. See your physician every year for a professional skin exam. If you have concerns about the size, color, shape or elevation of any skin spots, schedule an appointment with your physician immediately.

Karen Henry, RN, Huntsville Hospital Cancer Program Manager

For more information, visit The Skin Cancer Foundation at skincancer.org or The American Cancer Society at cancer.org.

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Tex-Mex Summer Squash Casserole (eatingwell.com)

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| 2 1/4 pounds summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups) | 1 4 1/2-ounce can chopped jalapenos (about 1/2 cup), drained | 1/4 cup all-purpose flour |
| 2/3 cup finely chopped yellow onion | 1/2 teaspoon salt, or to taste | 3/4 cup mild salsa |
| 1 4-ounce can chopped green chiles | 2 1/4 cups grated extra-sharp Cheddar cheese (about 7 ounces), divided | 4 scallions, thinly sliced, for garnish |
| | | 1/4 cup finely chopped red onion for garnish |

Preheat oven to 400 degrees. Coat a 9x13-inch baking dish with cooking spray. Combine squash, onion, chiles, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion. **(Makes 12 servings. Per serving: 101 calories, 5 grams total fat)**

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