

Dear Player, Sponsor, Donor,

I am trying to raise awareness for colon cancer prevention in Licking County. Although March is colon cancer awareness month, we need to be aware of colon cancer every day all year around. I have a personal love for golf and awareness that many cancers, including colon cancer hit those living in Licking County each year. For this reason I am initiating a golf scramble, "Colon Cancer Golf Shoot Out" on May 19, 2012 at the Granville golf Course at 2 pm. Colon cancer affects men and woman alike, occurs 90% of the time in those over 50 years of age (which means 10% of the time occurs in those under 50!) and can be prevented. I believe that through awareness and education that we can cut the incidence of colon cancer in our county.

My hope is that I can get enough sponsors and golfers together to play a round of golf to help raise awareness in Licking County. I will donate the proceeds to the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute. My hope for the future is that we can do this every year and I would like to see funds eventually go to increase access to those people who may not be able to get screened by defraying costs of screening for colon cancer.

Could you please help this cause by making a monetary donation, sponsor a hole, or maybe give a door prize and if you can, get a foursome together and join us on the course!

Please see the accompanying form. If you have any questions please write me at:

[coloncancergolf@gmail.com](mailto:coloncancergolf@gmail.com)

Thank You for your support,

Kosta Morris

Net Proceeds to **benefit:**

**The Arthur G. James Cancer Hospital and Richard J. Solove  
Research Institute**

Granville Golf Course  
555 Newark-Granville Road, Granville, Ohio 43023  
May 19, 2012, 2 pm

## **Sponsorship Levels and Participant Information**

### **Golf Shoot Out Participant \$75.00**

- 18 holes of golf at Granville Golf Course
  - After party cookout
  - Educational material provided by the James Cancer Center
  - Prizes
- \*Make checks payable to Colon Cancer Golf Shoot Out

### **Sponsor a Hole \$100.00**

- Signage displayed at tee box
  - Full size advertisement in "Golf Shoot Out" program (information provided by the sponsor)
  - Booth and/or representative to provide information day of the event
- \*Make checks payable to OSU CCC-James

### **Donation of \$50.00**

- Half page advertisement in "Golf Shoot Out" program (information provided by the sponsor)
- \*Make checks payable to OSU CCC-James

### **Donation of \$25.00**

- Business card size advertisement in "Golf Shoot Out" program (information provided by the sponsor)
- \*Make checks payable to OSU-CCC James

### **In Kind Donations**

- Listed in the "Golf Shoot Out" program

### **Volunteer**

- Acknowledge in the program for their time and services
- FUN FUN FUN!!!

\*\*\*Please RSVP by May 11, 2012: [coloncancergolf@gmail.com](mailto:coloncancergolf@gmail.com) or 740-587-0154\*\*\*

Net Proceeds to **benefit:**

The Arthur G. James Cancer Hospital and Richard J. Solove  
Research Institute

Granville Golf Course  
555 Newark-Granville Rd.  
Granville, Ohio 43023

Date May 19, 2012

Time 2 pm

18 Holes, Cart, Lunch, Prizes, and Fun, all for Colon Cancer Research at  
The James!

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZipCode: \_\_\_\_\_  
Telephone-Home: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_

Check (one or more below):

Player (\$75)    Hole Sponsor (\$100)\*    Monetary Donation    Prize Sponsor

\*Consists of sign with "company name" on tee box. Please include a logo.

Prize Description: \_\_\_\_\_

Donation Amount: \_\_\_\_\_

Preferred Grouping (Four per Group):  
\_\_\_\_\_  
\_\_\_\_\_

Please make check payable to Colon Cancer Golf Shoot Out and mail form to:

Kosta Morris  
154 Glyn Tawel Drive  
Granville, Ohio 43023 Phone: 740-587-0154

[coloncancergolf@gmail.com](mailto:coloncancergolf@gmail.com)

**FACTS ABOUT COLON CANCER PREVENTION AND COLON CANCER**

- 75% Of all colon cancer occurs in people with no known risk factors
- Risk factors include:
  - Age: 91% of colon cancers occur in those over 50 years old  
So get screened by colonoscopy by this age or sooner
  - Race: African Americans have higher risk of colon cancer so undergo testing at age 40-45 years old
  - Family history of polyps and colon cancer

**With a positive history risk goes up and earlier testing may be recommended**

- Personal history of inflammatory bowel disease
- Lifestyle risk factors:
  - Poor diet: low fiber and higher fats
  - Smoking
  - Excess alcohol
  - Sedentary lifestyle
  - Obesity
- **SYMPTOMS AND WARNING SIGNS: Abdominal pain**
  - Anemia (low red blood cells)
  - Change in bowels (small caliber stool)
  - Blood in stool
  - Weakness and fatigue (could be a sign of low iron levels)
  - Weight loss
- **PREVENTING COLON CANCER:**
  - Removing colon polyps (precancerous) by colonoscopy
  - Lifestyle changes
  - Recognize **family history** and realize that a **positive family history** may mean **earlier screening by colonoscopy**

[www.Screen4coloncancer.com](http://www.Screen4coloncancer.com)

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

[www.acg.gi.org](http://www.acg.gi.org)

[www.colonoscopyfordummies.com](http://www.colonoscopyfordummies.com)