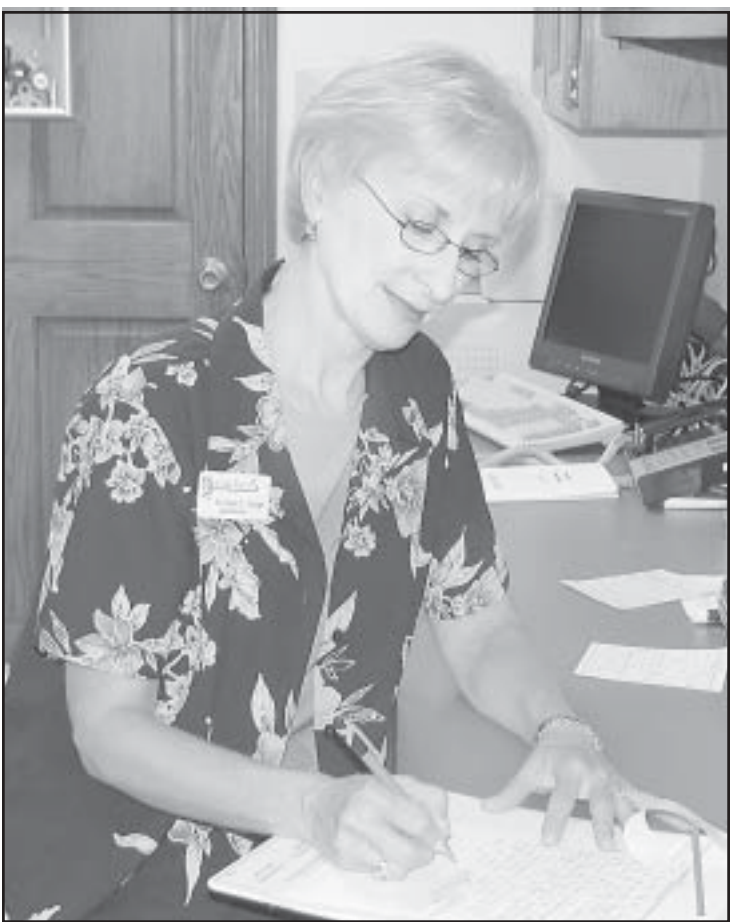


# Eye doc does good deeds in Chile



Dr. Karen Aldridge, Norton, recently returned from Chili, South America, where she was participating in a humanitarian eye care project with the Volunteer Optometric Services to Humanity.

Optometrist Dr. Karen Aldridge returned March 29 after participating in a humanitarian eye care project with the Volunteer Optometric Services to Humanity (VOSH) 2004 Chile Eye Care Team in Ancud, Chile, South America.

Dr. Aldridge, who was accompanied by her husband, Jerry Aldridge, was one of five eye doctors and 15 assistants who provided free eye examinations, glasses, medicine and medical treatment to 1,700-plus patients from Ancud and the surrounding municipalities during the March 19-29 trip. Donated medical equipment and supplies were used, with the leftover medical supplies donated to the Ancud City Hospital.

All of these volunteers are members of VOSH, an organization founded in Kansas in 1972, to allow optometrists of the world to provide a humanitarian organization whose members can donate their time, service and skill to deliver eye care to impoverished people around the world.

VOSH distributes eye glasses donated by many sources (including the ones Lions Club picks up) and matches the best possible prescription to the patients' needs. Dr. Ellis Potter, an optometrist from Iola led the

group and said, "We were surprised by the fact that few people had ever had eye exams and required difficult and complicated prescriptions. Further, few patients previously had bifocal prescriptions and few had correction for astigmatism."

This project was coordinated by the Rotary Clubs of District 6110 (Kansas, Missouri, Oklahoma and Arizona) and Rotary District 4530 (South America). The Ancud host Rotarians provided lodging, transportation and helped with the operation of the five-day clinic.

"It's amazing the food, goodwill, service and cooperation that the Rotarians of North and South America can energize with a project of this nature. Our service was greatly needed and appreciated," said Dr. Potter.

Ancud is located 700 miles south of Santiago, Chile. The city of 40,000 is located on the island of Chiloe, which is similar in geography and climate to Vancouver Island, Canada. Patients were mostly agricultural workers and fishermen.

The medical people (those working in the hospitals and clinics) of Ancud, Chiloe Island, Chile, were very helpful in providing support staff during the organization and operations of the VOSH trip.

Dr. Aldridge operates Prairie Wind Eye Care at 114N. Kansas.

# Repellent, sunscreen don't mix

Applying a sunscreen and a DEET-based insect repellent to skin at the same time can reduce the sunscreen's effectiveness by as much as one-third. New combination products might seem like an easy way to get the balance right. Often, however, they're not a good idea.

**Home ed**  
**Tranda Watts,**  
**Extension**  
**specialist**



In most cases, you don't need to apply DEET as often as sunscreen. If you apply a combination product often enough to get the protection you need from the sun's ultraviolet rays, you could very well misuse the DEET and have an adverse reaction.

The goal with insect repellents is to get complete coverage on clothing and exposed skin (avoiding the eyes and mouth), while using as little of the product as possible.

DEET-based repellents are usually the product of choice. They have a long history of safe use on both skin and clothing, if applied following label directions. Plus, they help repel the mosquitoes and ticks that can transmit diseases (West Nile virus, Lyme disease, Rocky Mountain spotted fever, etc.) for which there are no human vaccines.

Unfortunately, the puddles and moisture pockets generated by the wet weather of this last week and landscape irrigation help foster mosquito populations. So, diseases carried by insects can become a very real threat almost every year.

The goal with sunscreen is to get complete, saturated coverage of exposed skin (avoiding eyes and mouth), remembering that lightweight summer clothing doesn't necessarily block all of the sun's ultraviolet rays. Those rays can not only cause painful sunburn now, but also lead to leathery skin and skin cancer in the future.

Even though U.S. skin cancer

statistics are going through the roof, most people still don't apply enough sunscreen to meet label directions, and they don't reapply often enough.

The U.S. Center for Disease Control and Prevention recommends applying sunscreen first, followed by an insect repellent containing DEET.

Most experts say to apply sunscreen about 30 minutes before going outdoors. If the product doesn't have time to bind to your skin, it can easily wash off. It is also good to wait 10 to 15 minutes after applying the sunscreen before applying the repellent.

Children are more sensitive than adults to insect repellents. So, parents should limit protection for infants to netting draped over their carrier. Children who are able to walk or crawl need a repellent. Parents must look at the labels carefully before buying a DEET product and then closely follow the selected label's directions for children. Or, they should use a repellent that's based on soy oil that requires more frequent applications.

In many cases, parents also should apply repellent by spraying the product on their hand and wiping the child's skin. Parents with young children may find it prudent to skip the ears, eyes, and mouth. You may also want to avoid the hands which often end up in the child's mouth.

All DEET-containing products

are equally effective. The percentage of DEET in a product simply determines the amount of time an application will remain effective. For example, a 20 percent DEET will last four to five hours. Even for adults, it's not recommended to use any product with more than 33 percent DEET.

All sunscreen labels carry a sun protection factor or SPF number. A product's SPF is like a multiplying factor. For example, by applying an SPF 10 sunscreen, those who normally would be okay in the sun for 10 minutes can stay out in the sun for 100 minutes.

The general rule has been: The more easily you burn the higher SPF number you should apply. If you're also applying an insect repellent, you should be applying a product with a higher SPF than you normally would use on its own. It is also recommended that any adult not go out wearing less than an SPF 15.

Many sunscreen product labels recommend reapplying sunscreen every two hours, plus after swimming, sweating, or towel drying. You don't need to reapply insect repellent until the mosquitoes actually start biting.

## Grassland Reserve deadline July 16

July 16 is the cutoff date for Grassland Reserve Program applications to be considered for this year's funding.

To determine if the program will help you in your farming operation, stop by the United States Department of Agriculture Service Center in Norton at 113 N. Norton. Their phone number is 877-2623 and website address is: www.ks.nrcs.usda.gov.

# Norton County gets new patrol trooper

Trooper Phil J. Henrickson of the Kansas Highway Patrol has been assigned to Norton County.

Trooper Henrickson received the assignment following completion of a 22-week basic law enforcement course at the patrol's training academy in Salina.

He is a graduate of Logan High

School and studied animal-crop science at Fort Hays State University.

Trooper Henrickson has begun his duties under the supervision of Master Trooper Dave Schoenberger. Upon completion of field training, he will assume patrol duties in Norton County.

## NORCATUR NEWS

A Norcatour landmark, St. Mark's Lutheran Church, is being preserved by moving it to the Decatur County Last Indian Raid Museum in Oberlin. Moving the church will be quite expensive, and donations are being accepted. The Modern Woodmen of America are holding the first fundraiser, with a chance to win \$100. The Woodmen will match donations up to \$2,500, which will be a great help to the project. Tickets are available from any Modern Woodmen member, Museum board or staff, or at the Museum. Tickets are \$1 or 6 for \$5, and the drawing will be held Wednesday, June 23. For more information call (785) 475-2712.

Dwaine Stapp left on May 24 to visit with son, Randy and Karen Stapp in Mt. Vernon, Ind. While there he attended the graduation and open house of his grandson Christopher.

Memorial weekend guests of Lora Linn and Lacy Lechlitter were Rodney and Lisa Lechlitter of Siebert, Colo., and Ron Lechlitter of Colorado Springs, Colo.

A luncheon honoring our state vice president, Nancy Luikart of Shawnee Mission was given by the Norcatour Rebekah Lodge on June 7. Other guests were Deputy Grand Master Billy Cochran and Mrs. Cochran, Mary Gnagy, Marilyn Collins, Esther Tweed of Norton, Barbara Ebbert of WaKeeney, Darlene Day, Ruby Heikes and Alberta Mitheny of Lenora.

Visitors the weekend of June 12 in the Alice Shirley home were her sister, Delores and Dick Loongwith of Mission, Texas. Delores and Dick also visited children in Hastings, Neb. Other visitors that weekend were Barry and Donna Gregory (son of Delores) from Hastings, Neb.; Herb and Carol Shirley, Dave and Sam

Stapp of Norcatour, and Donald and Goldie Stapp of Oberlin.

Goldie Brewer and LaVerne Milner attended a tea at the Rose of Sharon in Norton Wednesday, June 9. The Norton Daily Telegram held the tea for all their correspondents, so they could get acquainted with the Telegram staff and each other. LaVerne and Goldie represented the Norcatour News.

On June 5, Rea and Dee Magers joined the Marion and Lorraine Long family reunion at Webster Reservoir. There were about 65 members of the Long family in attendance. Lorraine Long is a sister to Dee's mother, Millie Hahn.

Jim and Donna Vick of Monument, Colo., were overnight guests on Friday, June 11, of Goldie Brewer. They came especially for the funeral services of Audrey Craig.

Rea and Dee Magers joined several friends at the home of Loyd and Mary Waldo, Oberlin, on June 9, for buffalo burgers and all the trimmings. Lots of visiting and good eating was enjoyed by all.

Jeff Magers and Joy were recently in Bend, Ore., for Jeff to finish a work project for the Bureau of Reclamation, and to attend the graduation of Joy's son, Robert. While they were gone Rea and Dee Magers did their chores.

Birthdays: A.W. Lyon - June 21.

Jim Plotts recently installed wiring for a new air conditioner for the Norcatour News volunteers. Rea Magers selected and brought the air conditioner, and the City of Norcatour allowed the installation by Virgil Price and Rea Magers.

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