

Moments With Mila

Fun in the Sun!

It's natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage...and possibly skin cancer...later!

- Keep in mind the sun is strongest between 10 a.m. and 4 p.m.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum

protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.

- For children, the Sun Safe Alliance recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember stay in the shade whenever possible!

It's a fact: Overexposure to the sun can result in skin cancer later in life. What are your family's risks from exposure to powerful UV rays?

- The Dangers of UV Exposure
- You can sunburn even on a cloudy day.
- On average, children get three times more exposure than

adults.

- Depletion of Earth's ozone continues to increase your exposure to UV rays.

Skin Cancer

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the US.
- Melanoma, the deadliest form of skin cancer, kills one person every hour.
- One blistering sunburn can double a child's lifetime risk of developing skin cancer.

Understanding how to protect you and your family from the sun is the only way to prevent skin damage and premature skin aging. Know what to look for in a sunscreen and why it is important to learn the best ways to stay protected in the summer and year 'round.



By Mila Bandel
County Health Nurse



SARAH WHITMORE plays her flute with the Lions All-State Band in Baldwin City.

Music students participate in the Lions All-State Band

Logan Whitmore, trumpet, and Sarah Whitmore, flute, St. Francis music students, participated in the Kansas Lions All-State Band June 1 through June 5. They were sponsored by the St. Francis Lions Club which also provided the funding for them to attend.

The students rehearsed several hours each day, learning 12 different musical selections ranging from ballads to "The Stars and Stripes Forever," and presented a concert on Saturday morning to a large audience of family, friends, and members of the Lions State Convention.

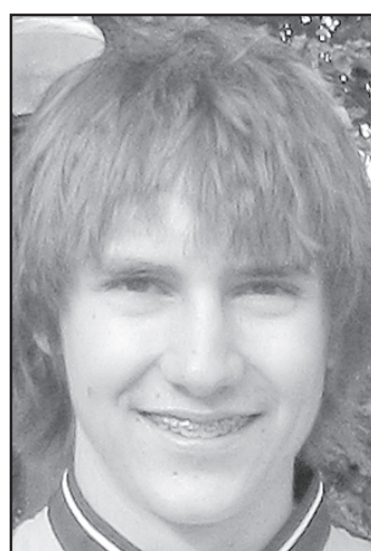
In addition to the concert band, the students were also grouped into chamber ensembles by instrument. During daily sectional rehearsals, various music educators provided individualized instruction to the students for their specific instrument. An ensemble concert was presented Friday evening, with each group performing musical selections they had learned during the week. Sarah was a member of the flute ensemble while Logan was a member of the trumpet ensemble.

Logan also auditioned and was one of five trumpet players chosen to perform with the Kansas Lions Jazz Band. This select group of musicians, under the direction of J.D. Parr presented a performance following the ensemble concert Friday evening. They wowed the audience with a variety of jazz tunes in styles ranging from swing to salsa to funk!

Next years Lions band will once again be hosted by Baker University.

The Kansas Lions All State Band was created in 1951 as a service to the youth of Kansas. Since then over 10,000 high school musicians have participated in the Lions Band. The program provides students an opportunity to rehearse, compete, and perform with their peers from across the state. It also offers opportunities to gain increased musical knowledge and skill, to form lifelong friendships, and is a stepping stone for many to further their musical careers.

This year's program, which was held at Baker University in Baldwin City, consisted of 210 band students from across the state,



Logan Whitmore

representing 112 schools. It was the third largest band in the past 7 years.

Each year the Kansas Lions All State Band is directed by the state's top college and high school music faculty. This year the band was under the direction of Ray James, director of bands at Baker University, and assistant director Will Cooper, Baldwin school district band director.

Obituary

Robert Allen Smith
Jan. 2, 1948 - May 27, 2010

Robert Allen Smith, the fourth child of Ellsworth L. and Pearl Schultz Smith was born in Cheyenne County, Kan. on Jan. 2, 1948. He died at the V.A. Medical Center in Denver, Colo., on May 27, 2010.

Bob attended grade school in Wheeler and graduated from St. Francis Community High School with the class of 1966. While in school he participated in FFA and wrestling. After graduation, he attended the National Electronic In-



Smith

stitution in Denver.

Bob was a typical farm boy enjoying the outdoors whether it was playing with trucks, hunting, riding the go cart, or taking apart a bicycle to see how it worked. In later years, he enjoyed racing dune buggies and playing golf, enjoying many tournaments at Riverside and with friends in Phoenix, Az.

On Nov. 4, 1967, he married Peggy E. Fuller. To this union one child, Stacey Lynn, was born. He was delighted to become a father and grandfather. He especially enjoyed spoiling his three grandchildren, Darian, Tre' (Buddy) and Analyse (Baby Girl). One of their favorite games was tickle monster, as well as watching mov-

ies and camping out in the living room!

They moved to Seattle, Wash., where he worked for Boeing. He was inducted into the Army and served in Vietnam from 1968 to 1970.

They returned to St. Francis to farm on the family farm briefly after his father died in 1977. After a couple of years on the farm, the family returned to Denver. He was an over-the-road truck driver for many years, working as an owner operator, as well as for other truck lines.

Preceding him in death was his grandson, Darian; his parents; grandparents, Leon and Radie Smith, Paul and Lena Schultz; his father-in-law and mother-in-law, Bill and Belva Fuller; his brother-in-law, Thad Douthit Jr. and nephew, Gary Grice.

Those left to mourn include his wife Peggy (Thornton, Colo.), daughter Stacey (Eddy) and his grandchildren, Tre' and Analyse (Henderson, Colo.). Other survivors include his sister, Deloris (Mike) Brittain, Duvall Wash.; brother, Edward (Vickie) Smith, Blue Springs, Mo.; sister, Mary Lou Douthit, St. Francis; sisters-in-law, Linda Carmichael, Lakewood, Colo., and Rita (Daniel) Stephens, St. Francis; his nephews, Michael (Diane) Brittain Jr, Mark Brittain, T.J. (Lynae) Douthit, Todd (Michelle) Smith, Eric (Sabrina) Smith, Damon Carmichael, John Stephens and David Stephens; his nieces, Tammy Grice and Tricia (Grant) Paulson, uncle and aunt, Rueben and Valjean Schultz, 12 great nieces and nephews, two great-great nieces, many cousins and friends.

He was a wonderful husband, father and grandfather who gave so much and asked for so little. He will be dearly missed.

It takes a second to say I love you, but a lifetime to show it.

He was buried with full military honors and services were held at the Fort Logan National Cemetery, 4400 W. Kenyon Avenue, Denver, on June 4, 2010.

Keep safety when working bulls

As breeding season rolls around, Kansas State University's Chris Reinhardt wants to remind cattle producers to take extra care when working with cattle, especially bulls.

"Hand-raised bulls do not have the same timidity of humans as those raised by their dam," said Mr. Reinhardt, who is a feedlot specialist with K-State Research and Extension. "These bulls view humans as their equal and constantly have the potential to become aggressive toward their handler."

He also encourages producers to take the time to inspect and repair their working facilities, noting that the same facilities that handled last season's calves through weaning may be sufficiently worn enough that larger, stronger, and more aggressive bulls may push the system beyond its limits.

"An extra day of maintenance could prove a great investment if human or animal injury is prevented and the time and inconvenience of escaped bulls is avoided," he said.

He encourages producers to take their own age into account when working with mature cattle.

"As the body ages, several things happen. Response time slows, vision diminishes, and healing time is extended.

At 18 the body is still nimble enough to dash out of harm's way; with advancing age, the need to plan for, avoid, and prevent dangerous situations increases. A mishap at 18 or 20 resulting in a muscle pull, a sprain, or even a broken bone will heal more rapidly and permanently than the same injury after 50."

For more information, contact the Cheyenne County Extension office at 785-332-3171

Club Clip

Classy Classics Red Hatters

Valjean Shultz and Donna Zimbelman planned a mystery shopping excursion for the St. Francis Red Hatters for Thursday, June 24. Not until the ladies were all assembled around the two o'clock hour at Valjean's house was it revealed as to where they were going.

Names were drawn out of a miniature red hat and members were to go downtown and buy a gift for this lady. There was a set amount that they were to spend and not a lot of time to do it. So 14 ladies in their colorful finery graced the streets and stores of St. Francis, looking for something they thought this person might

enjoy. Having been told to reassemble at Donna's house at 3 p.m. it was time for sundaes with lots of choices for toppings.

Then the fun continued as the gifts were opened one by one, some funny, some cute and some practical...all appreciated.

Enjoying 2 hours of hometown

camaraderie were, Neva DeGood, Barb Ewing, Joy Gienger (guest), Helene Landenberger, Ilene O'Leary, Tommie Peter, Laura Pugh, Madeleine Roberson, Shirley Sherlock, Valjean Schultz, Arlene Walz, Deloris Wiley, Betty Winston and Donna Zimbelman.

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Students Graduate

Colby Community College

Several Cheyenne County residents were among the students receiving associate of applied science degrees, associate of science degrees, associate of arts degrees, associate of general studies degrees or certificates at the 45th annual commencement ceremonies at Colby Community College on May 15.

Candice Wise and Deanna Wilson received associate of applied

science degrees.

Andrea Born, Brady Frewen, Katherine Jones and Emily Walz received associate of arts degrees.

Talon Jones received a certificate.

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The Saint Francis Herald and Bird City Times will be closed Monday, July 5th.

Deadline will be Tuesday, July 6th at 5 p.m.

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