

To prevent cancer, ‘Don’t Fry’

The National Council on Skin Cancer Prevention has declared today as Don’t Fry Day.

This is the start of Memorial Day weekend when many people traditionally begin spending more time outdoors. This campaign seeks to advance awareness of skin cancer prevention.

“We want everyone to have a safe and enjoyable summer,” said Roderick Bremby, Secretary of the Kansas Department of Health and Environment. “That includes taking precautions to lower your risk of skin cancer – the most common form of cancer in the U.S.”

One in five Americans will develop skin cancer in their lifetime. More than one million new cases of skin cancer will be diagnosed in the United States this year, including more than 100,000 cases of melanoma, the most dangerous form of skin cancer, especially among young people. One American dies of melanoma almost every hour. Nearly 100 deaths in Kansas are due to the disease annually.

“The best way to prevent skin cancer is to protect yourself from the sun,” said Dr. Jason Eberhart-Phillips, state health officer. “Up to 90 percent of melanomas are caused by exposure to ultraviolet light or sunlight and could be prevented....”

What You Can Do to Be Safe in the Sun

1. Do not burn. Overexposure to the sun is the

most preventable risk factor for skin cancer.

2. Avoid sun tanning and tanning beds. Ultra-violet light from tanning beds and the sun causes skin cancer and wrinkling. Use a sunless self-tanning product instead.

3. Cover up. Wear a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.

4. Seek shade; use umbrellas. Remember that the sun’s rays are strongest between 10 a.m. and 4 p.m.

5. Generously apply sunscreen. Use a sunscreen with a Sun Protection Factor (SPF) of at least 15 with protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days.

6. Use extra caution near water, snow and sand. These reflect damaging rays and increase your chance of sunburn.

7. Check the UV index. The UV Index provides information to help you plan outdoor activities to prevent overexposure to the sun. You can find the UV Index for your area online at: www.epa.gov/sun-wise/uvindex.html.

8. Get vitamin D safely. Get vitamin D safely through vitamin supplements and foods fortified with vitamin D. Don’t seek the sun or indoor tanning.

Information is available at www.skincancerprevention.org. For Kansas cancer information and resources, visit www.cancerkansas.org.



We will observe the Memorial Day holiday on Monday, May 31, with no paper delivered that day.

Advertising deadlines are as follows.

Free Press: Wednesday, June 2, paper deadline is 9 a.m. on Tuesday, June 1, for display advertising.



We’re Looking for EXECUTIVE MATERIAL!



Are you looking for a good job?

Recent college grads welcome!

The Colby Free Press is looking for a full-time advertising executive to sell advertising for Nor’West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, inDesign, and Acrobat helpful but not necessary. Must have good communication skills, and excellent customer service skills with attention to detail. Send a letter and resume to Steve Haynes, publisher, at 155 W. Fifth St., Colby, Kansas., 67701 or s.haynes@nwkansas.com. This could be the job you’ve been looking for.



155 W. 5th • Colby, KS 67701 • 785-462-3963

LOCAL TV LISTINGS

sponsored by the

Monday Evening										May 31, 2010
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
KAKE/ABC	The Bachelorette				True Beauty		Local	Nightline	Jimmy Kimmel Live	
KBSL/CBS	How I Met Rules		Two Men	Big Bang	CSI: Miami		Local	Late Show Letterman	Late	
KSNK/NBC	SNL in the 2000s				Law & Order		Local	Tonight Show w/Leno	Late	
KSAS/FOX	Lie to Me		The Good Guys		Local					
Cable Channels										
A & E	Hoarders		Hoarders		Hoarders		Obsessed		Hoarders	
AMC	Heartbreak Ridge						Courage Under Fire			
ANIM	River Monsters		River Monsters		River Monsters		River Monsters		River Monsters	
BRAVO	Housewives/NJ		Housewives/NJ		Housewives/NJ		Housewives/NJ		Housewives/NYC	
CMT	Footloose					Footloose				
CNN	Campbell Brown		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Beerfest		Sunny	Sunny	Sunny	Sunny	DailyShow	Colbert	Tosh.0	Tosh.0
DISC	Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
DISN	Phineas Phineas		Phineas	Phineas	Hannah	Hannah	Wizards	Deck	Suite	So Raven
E!	Knocked Up				Kendra	Kendra	Chelsea	Bullock	Chelsea	Kendra
ESPN	MLB Baseball			Baseball Tonight			SportsCenter			Fastbreak
ESPN2	Basketball		World Series		World Series				Baseball	NASCAR
FAM	Harry Potter-Phoenix		Freaky Friday				The 700 Club		Whose?	Whose?
FOOD	Unwrapped	Unwrapped	The Best	The Best	Diners	Diners	Good Eats	Unwrapped	The Best	The Best
FX	Next						Cruel Intentions			70s Show
HGTV	Property	Property	House	My First	House	House	Selling N	First	House	My First
HIST	Pawn	Pawn	America-Story				American Pickers		Pawn	Pawn
LIFE	Serious Moonlight		Sleepless in Seattle				Will		Frasier	Medium
MTV	Jersey Shore		Jersey Shore		Jersey Shore		Dudesons	Dudesons	Dudesons	Dudesons
NICK	G. Martin	Malcolm	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SCI	S. King's The Stand		S. King's The Stand				Children of the Corn			
SPIKE	Brothers	Band of Brothers			Band of Brothers			Band of Brothers		
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Lopez Tonight		Name Earl	Name Earl
TCM	Kelly's Heroes					The Eastwood Factor				DirtyHary
TLC	Cake Boss	Cake Boss	Cake Boss		Cake Boss: Ult.		Cake Boss	Cake Boss	Cake Boss	
TNT	NBA Pregame		NBA Basketball				Inside the NBA			TBA
TOON	Adventure	Flapjack	Chowder	6TEEN	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen
TRAV	Bizarre Foods		Bizarre		Bizarre		Tackles-Globe		Bizarre Foods	
TV LAND	Sanford	Sanford	Raymond	Raymond		Ghostbusters				
USA	NCIS		WWE Monday Night RAW				Burn Notice		In Plain Sight	
VH1	Tough Love Couples		Tough Love Couples		Michaels	Dad Camp		Tough Love Couples		Michaels
WGN	Funniest Home Videos		Funniest Home Videos		WGN News at Nine		Scrubs	Scrubs	S. Park	S. Park
Premium Channels										
HBO	Real Time/Bill Maher		The Hangover				REAL Sports Gumbel			
MAX	Terminator Salvation				X-Men Origins					
SHOW	Brothers at War				Nurse	Tara	Nurse	Tara	Zack and Miri Make	

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Tuesday Evening										June 1, 2010
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
KAKE/ABC	Wipeout				20/20		Local	Nightline	Jimmy Kimmel Live	
KBSL/CBS	NCIS		NCIS: Los Angeles		The Good Wife		Local	Late Show Letterman	Late	
KSNK/NBC	America's Got Talent				Losing It-Jillian		Local	Tonight Show w/Leno	Late	
KSAS/FOX	Hell's Kitchen		Glee		Local					
Cable Channels										
A & E	Criminal Minds		Criminal Minds		Criminal Minds		CSI: Miami		Criminal Minds	
AMC	Man in the Iron						Gangs of New York			
ANIM	The Blue Planet		The Blue Planet		The Blue Planet		The Blue Planet		The Blue Planet	
BRAVO	Housewives/NJ		Housewives/NJ		9 by Design		Housewives/NYC		Housewives/NJ	
CMT	Extreme-Home		Driving Miss Daisy				Pure Country			
CNN	Campbell Brown		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Daniel Tosh: Serious		South Pk	South Pk	Sit Down	South Pk	Daily	Colbert	S. Park	South Pk
DISC	Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch		Deadliest Catch	
DISN	The Shaggy Dog				Phineas	Hannah	Wizards	Deck	Suite	So Raven
E!	True Hollywood Story		Unsolved Crime				Chelsea	E! News	Chelsea	The Soup
ESPN	MLB Baseball				Baseball Tonight		SportsCenter		Baseball	Fastbreak
ESPN2	WNBA Basketball		WNBA Basketball				Football		NFL Live	NASCAR
FAM	Funniest Home Videos		Funniest Home Videos		Funniest Home Videos		The 700 Club		Whose?	Whose?
FOOD	Challenge		Chefs vs. City		Chopped		Good Eats	Unwrapped	Chefs vs. City	
FX	Armageddon				Justified		Justified		70s Show	70s Show
HGTV	My First	My First	House	Buck	House	House	First	My First	House	Buck
HIST	Sniper: Inside				The Universe		How the Earth		Sniper: Inside	
LIFE	Grey's Anatomy		Message in a Bottle				Will		Frasier	Medium
MTV	True Life		The City	The Hills	The Hills	The City	Downtown	The Hills	The City	Downtown
NICK	Malcolm	Malcolm	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SCI	Star Trek: Next		Star Trek: Next		WWE NXT		Stir of Echoes			
SPIKE	Deadliest Warrior		Deadliest Warrior		Deadliest Warrior		Deadliest Warrior		Real Vice Cops Uncut	
TBS	Office	Office	Office	Office	Office	Office	Lopez Tonight		Name Earl	Name Earl
TCM	Hoosiers				Rocky				Natural	
TLC	Family	Family	Family	Family	The Little Couple		Family	Family	Family	Family
TNT	Bones		Bones		Bones		CSI: NY		CSI: NY	
TOON	Garfield	Chowder	Codename	Ed, Edd	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen
TRAV	Ice Cream Paradise		Steak Paradise		Hamburger Paradise		Barbecue Paradise		Ice Cream Paradise	
TV LAND	Cosby	Cosby	Raymond	Raymond	Raymond	Raymond	Roseanne	Roseanne	Roseanne	Roseanne
USA	Law & Order: SVU		Law & Order: SVU		Law Order: CI		Law Order: CI		Psych	
VH1	Couples	Michaels	Dad Camp		Basketbal	Chilli	Brandy & Ray J		Black to the Future	
WGN	High Fidelity				WGN News at Nine		Scrubs	Scrubs	S. Park	S. Park
Premium Channels										
HBO	I Knew It Was		Yes Man				Treme		Last House on Left	
MAX	Red Corner				Bride Wars			Zane	Co-ed Confidential 3	
SHOW	Not Forgotten				Nurse	Tara	Nurse	Tara	Bon Jovi: Beautiful	

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Wednesday Evening										June 2, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Middle	Middle	Family	Cougar	Happy Town		Local	Nightline	Jimmy Kimmel Live		
KBSL/CBS	TBA	TBA	Criminal Minds		CSI: NY		Local	Late Show Letterman	Late		
KSNK/NBC	Losing It-Jillian		America's Got Talent		Law & Order: SVU		Local	Tonight Show w/Leno	Late		
KSAS/FOX	So You Think				Local						
Cable Channels											
A & E	Dog Bounty Hunter		Dog Bounty Hunter		Billy	Billy	Billy	Billy		Dog Bounty Hunter	
AMC	Pulp Fiction						Enter the Dragon				
ANIM	River Monsters		River Monsters		Monsters Inside Me		River Monsters		River Monsters		
BRAVO	Top Chef Masters		Top Chef Masters		Top Chef Masters		Top Chef Masters		Housewives/NYC		
CMT	Extreme-Home		Strictest Parents		Strictest Parents		Strictest Parents		Strict Parents		
CNN	Campbell Brown		Larry King Live		Anderson Cooper 360				Larry King Live		
COMEDY	Chappelle	Chappelle	South Pk	S. Park	South Pk	Tosh.0	Daily	Colbert	Tosh.0	South Pk	
DISC	Weird or What?		MythBusters		Scenario	Scenario	Weird or What?		MythBusters		
DISN	Adventures of Sharkboy			Phineas	Phineas	Hannah	Wizards	Deck	Suite	So Raven	
E!	Extreme Dr. 90210		Kendra	Kendra	Extreme Dr. 90210		Chelsea	E! News	Chelsea	Extreme	
ESPN	MLB Baseball						SportsCenter		Baseball	Fastbreak	
ESPN2	30 for 30			Spelling Bee				NFL Live	NASCAR	Poker	
FAM	Pixar Short Films				Funniest Home Videos		The 700 Club		Whose?	Whose?	
FOOD	Challenge		B. Play	B. Play	Dinner: Impossible		Good Eats	Unwrapped	B. Play	B. Play	
FX	Lara Croft Tmb				Lara Croft Tmb				Wild Things		
HGTV	Property	Property	Holmes on Homes		House	House	Ren.	Nails	Holmes on Homes		
<div><div><div>2010</div><div>CMT</div><div>MUSIC AWARDS</div></div><div><div>LIVE JUNE 9 8/7c</div><div>Hosted by KID ROCK</div><div>Featuring performances by: Jason Aldean, Toby Keith, Kid Rock, Lady Antebellum, Miranda Lambert, Tim McGraw, Brad Paisley, Carrie Underwood, Keith Urban, Zac Brown Band</div></div><div>cmt.com</div></div>											
HIST	America-Story				Extreme Marksmen				America-Story		
LIFE	Grey's Anatomy		Sister Act 2: Back				Will	Will	Frasier	Medium	
MTV	True Life		The Hills	The Hills	The Challenge		The Challenge		Downtown	The Hills	
NICK	Malcolm	Malcolm	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny	
SCI	Ghost Hunters		Ghost Hunters Acad.		Ghost Hunters		Ghost Hunters Acad.		Scare	Scare	
SPIKE	UFC Unleashed		UFC Unleashed		The Ultimate Fighter		Half Pint	Half Pint	The Ultimate Fighter		
TBS	Payne	Payne	Are We Th	Are We Th	Browns	Browns	Lopez Tonight		Name/Earl	Name/Earl	
TCM	The Dead			The African Queen				Across the Pacific			
TLC	Toddlers & Tiaras		Toddlers & Tiaras		Toddlers & Tiaras		Toddlers & Tiaras		Toddlers & Tiaras		
TNT	Law & Order		Law & Order		Law & Order		CSI: NY		CSI: NY		
TOON	Dude	Destroy	Ed, Edd	Ed, Edd	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	
TRAV	Man, Food	Man, Food	Man, Food	Man/Food	Man/Food	Man/Food	Vegas: Adults Only 2		Man, Food	Man, Food	
TV LAND	Cosby	Cosby	Raymond	Raymond	Get Rich	Get Rich	Roseanne	Roseanne	Roseanne	Roseanne	
USA	NCIS		NCIS		In Plain Sight		Law & Order: SVU		NCIS		
VH1	Chilli	Basketbal	Brandy & Ray J		Tough Love Couples		Michaels	Dad Camp		OCD	
WGN	Man-2 Brains				WGN News at Nine		Scrubs	Scrubs	S. Park	S. Park	
Premium Channels											
HBO	Ghost Town		My Sister's Keeper				Real Time/Bill Maher		Land of the Lost		
MAX	Vegas	Harold & Kumar Escape			My Life in Ruins			Co-ed Confidential			
SHOW	Nurse	Tara	Pride: Gay Comedy		Inside NASCAR		Fight	Penn	Inside NASCAR		