To prevent cancer, 'Don't Fry'

The National Council on Skin Cancer Prevention most preventable risk factor for skin cancer. has declared today as Don't Fry Day.

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 sources, visit www.cancerkansas.org.

2. Avoid sun tanning and tanning beds. Ultra-This is the start of Memorial Day weekend when 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/sunwise/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 re-



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.





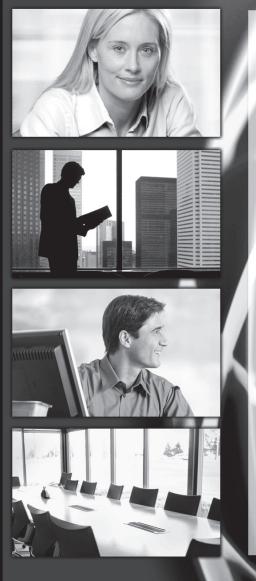


Monda	ay Eve								May 31	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
	The Bachel				True Beaut	/	Local	Nightline	Jimmy Kimr	nel Live
KBSL/CBS	How I Met	Rules	Two Men	Big Bang	CSI: Miami		Local	Late Show		Late
	SNL in the 2	2000s			Law & Orde	r	Local	Tonight Sho	ow w/Leno	Late
KSAS/FOX			The Good	Guys	Local					
Cable Cha	annels									
A & E	Hoarders		Hoarders		Hoarders		Obsessed		Hoarders	
AMC	Heartbreak	Ridge					Courage Ur	nder Fire		
ANIM	River Mons	ters	River Mons	sters	River Mons	ters	River Mons	ters	River Mons	ters
BRAVO	Housewives	s/NJ	Housewive	s/NJ	Housewives	s/NJ	Housewives	s/NJ	Housewives	s/NYC
CMT	Footloose					Footloose				
CNN	Campbell B	rown	Larry King	Live	Anderson C	ooper 360			Larry King L	_ive
COMEDY	Beerfest		Sunny	Sunny	Sunny	Sunny	DailyShow	Colbert	Tosh.0	Tosh.0
DISC	Deadliest C	atch	Deadliest C	Catch	Deadliest C	atch	Deadliest C	atch	Deadliest C	atch
DISN	Phineas	Phineas	Phineas	Phineas	Hannah	Hannah	Wizards	Deck	Suite	So Raven
E!	Knocked Up	C			Kendra	Kendra	Chelsea	Bullock	Chelsea	Kendra
ESPN	MLB Baseb	all		Baseball To	onight		SportsCent	er		Fastbreak
ESPN2	Basketball		World Serie	es	World Serie	S			Baseball	NASCAR
FAM	Harry Potte	r-Phoenix	Freaky Fric	lay	-		The 700 Clu	ub	Whose?	Whose?
FOOD	Unwrapped	Unwrapped	The Best	The Best	Diners	Diners	Good Eats	Unwrapped	The Best	The Best
FX	Next	•		•		Cruel Inten	tions			'70s Show
HGTV	Property	Property	House	My First	House	House	Selling N	First	House	My First
HIST	Pawn	Pawn	America-St	ory			American P	ickers	Pawn	Pawn
LIFE	Serious Mo	onlight	Sleepless i	n Seattle			•	Will	Frasier	Medium
MTV	Jersey Sho	re	Jersey Sho	re	Jersey Sho	re	Dudesons	Dudesons	Dudesons	Dudesons
NICK	G. Martin	Malcolm	Chris	Chris	Lopez	Lopez	The Nanny	The Nanny	The Nanny	The Nanny
SCI	S. King's Th	ne Stand	S. King's T	he Stand			Children of	the Corn		
SPIKE	Brothers	Band of Bro	thers		Band of Bro	others	•	Band of Bro	others	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Lopez Tonig	ght	Name Earl	Name Earl
TCM	Kelly's Herc	bes				The Eastwo	ood Factor	-		DirtyHary
TLC	Cake Boss	Cake Boss	Cake Boss		Cake Boss:	Ult.	Cake Boss	Cake Boss	Cake Boss	
TNT	NBA Prega	me	NBA Baske	etball			•	Inside the N	İBA	TBA
TOON	Adventure	Flapjack	Chowder	6TEEN	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Teen
TRAV	Bizarre Foo	ds	Bizarre		Bizarre		Tackles-Glo	be	Bizarre Foo	ds
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USA	NCIS	•	WWE Mon	day Night RA	W		Burn Notice)	In Plain Sig	ht
VH1	Tough Love	Couples	Tough Love	e Couples	Michaels	Dad Camp		Tough Love	Couples	Michaels
WGN	Funniest Ho	ome Videos	Funniest H	ome Videos	WGN News	at Nine	Scrubs	Scrubs	S. Park	S. Park
Premium	Channels						·		·	·
HBO	Real Time/E	Bill Maher	The Hango	ver			REAL Spor	ts Gumbel		
MAX	Terminator	Salvation			X-Men Orig	ins				
SHOW	Brothers at	War			Nurse	Tara	Nurse	Tara	Zack and M	iri Make

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AKE/ABC	Wipeout				20/20		Local	Nightline	Jimmy Kim	mel Live
BSL/CBS			NCIS: Los /	Angeles	The Good \	-	Local	Late Show		Late
	America's C		01		Losing It-Jillian		Local	Tonight Sho	ow w/Leno Late	
able Ch	Hell's Kitch	en	Glee		Local					
A & E	Criminal Mi	inds	Criminal Mi	nds	Criminal Mi	nds	CSI: Miami		Criminal Mi	nds
AMC	Man in the Iron				Onininar Winds		Gangs of New York			
ANIM	The Blue P		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-Ho		Driving Miss					Pure Count	,	
CNN	Campbell E		Larry King I		Anderson C		Dette	O alla sat	Larry King I	
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DISN	The Shagg		Dedullest	aton	Phineas	Hannah	Wizards	Deck	Suite	So Rave
E!	True Hollyv	, ,	Unsolve Cri	ime	. milouo	. iai iiai	Chelsea	E! News	Chelsea	The Sou
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FAM		ome Videos		ome Videos		ome Videos			Whose?	Whose?
FOOD FX	Challenge		Chefs vs. C	lity	Chopped Justified		Good Eats	Unwrapped	Chets vs. C '70s Show	ity 70s Sho
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MTV	True Life		The City	The Hills	The Hills	The City	Downtown	The Hills	The City	Downtow
NICK	Malcolm	Malcolm	Chris	Chris	Lopez	Lopez	,	The Nanny	The Nanny	The Nan
SCI	Star Trek: N		Star Trek: N		WWE NXT	Vorrie	Stir of Echo		Declar	lone !!
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TCM	Hoosiers	UNICE	Office	Office	Rocky	Onice	Lopez Toni	giit	inaille Earl	Name Ea
TLC	Family	Family	Family	Family	The Little C	ouple	Family	Family	Family	Family
TNT	Bones		Bones		Bones		CSI: NY		CSI: NY	
TOON	Garfield	Chowder	Codename	,	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Chicken	Aqua Te
TRAV	Ice Cream		Steak Para	1	Hamburger		Barbecue F		Ice Cream	
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-	Channels				Walt News	Sat Mille	Ocrubs	001003	O. T alk	O. T ark
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MAX	Red Corner	r			Bride Wars			Zane	Co-ed Conf	fidential 3
SHOW	Not Forgott	ten			Nurse	Tara	Nurse	Tara	Bon Jovi: B	eautiful
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AKE/ABC BSL/CBS SNK/NBC SAS/FOX able Cha A & E AMC ANIM BRAVO CMT CNN CMT CNN COMEDY DISC DISC DISN ESPN ESPN2 FAM FOOD	7:00 Middle TBA Losing It-Jil So You Thi annels Dog Bounty Pulp Fictior River Mons Top Chef M Extreme-Ho Chappelle Weird or W Adventuress Extreme Dr MLB Baseb 30 for 30 Pixar Short Challenge	7:30 Middle TBA Ilian ink y Hunter n sters //asters ome Brown Chappelle /hat? s of Sharkboy r. 90210 pall	8:00 Family Criminal Mii America's C Dog Bounty Dog Bounty River Mons Top Chef M Strictest Pa Larry King I South Pk MythBuster Kendra	Cougar inds Got Talent dasters dasters arents Live S. Park 's Phineas Kendra Spelling Be B. Flay	Happy Tow CSI: NY Law & Orde Local Billy Monsters Ir Top Chef M Strictest Pa Anderson C South Pk Scenario Phineas Extreme Dr e Funniest He Dinner: Imp	Billy Billy Inside Me Masters Inside Me Masters Inside Me Scenario Hannah Scenario Hannah Soper 360 Scenario Hannah Soper 360 Scenario Hannah	Local Local Local Billy Enter the D River Mons Top Chef M Strictest Pa Daily Weird or W Wizards Chelsea SportsCent The 700 Ch	Nightline Late Show Tonight Sho Billy ragon ters lasters rents Colbert hat? Deck E! News er NFL Live ub	11:00 Jimmy Kimi Letterman ow w/Leno Dog Bounty River Mons Housewive: Strict Parer Larry King I Tosh.0 MythBuster Suite Chelsea Baseball NASCAR Whose? B. Flay	I1:30 mel Live Late Late / Hunter ters s/NYC tts South Pl- s So Rave Extreme Fastbrea Poker Whose? B. Flay
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