

Facts about sun exposure

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and repeated unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer.

Many people rack up a lot of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your chances of developing skin cancer.

Facts About Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they cause tanning, burning, and other skin

Home ed Tranda Watts, Extension specialist



damage. Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC. UVC rays are dangerous but are filtered by the ozone layer. What's important is to be protected from exposure to UVA and UVB, the rays that cause skin damage.

UVA rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because UVA rays pass effortlessly through the ozone layer (the protective layer of atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure. Beware of tanning beds because

they use UVA rays as well as UVB rays. A UVA tan does not help protect the skin from further sun damage; it merely produces color and a false sense of protection from the sun.

UVB rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.

For more information on sun safety, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or at 785-443-3663.

Wheat Plot Tour



K-State Extension Crop Specialist Dr. Jim Shroyer addressed the crowd on Tuesday at the 2013 Wheat Plot Tour on U.S. Highway 36, about six miles west of Norton. The Wheat Plot Tour, in cooperation with local farmer Steve Washburn, consisted of 20 varieties of wheat planted. For farmers, there is not much concern for diseases but drought remains the top concern, according to Keith Van Skike, K-State Extension Specialist. The big question farmers asked, what was the variety of seed planted in 2012 and what were the harvest results?

—Telegram photo by Dana Paxton

Budget cuts to cause 'significant damage'

"The FY14 \$845,188 reduction in the FHSU state appropriations will have a significant negative impact on our institution," said Fort Hays State University President Edward H. Hammond.

"In fact," he said, "the salary cap reduction of \$276,176 made by the Legislature represents the amount of money we spent this year hiring additional faculty to serve our increased enrollment. He said that FHSU will manage the cuts through a "tri-polar

strategy": First, using savings produced by the new wind energy project as well as savings from attrition and retirements; second, implementing one-time bonuses for faculty and staff instead of all base-salary increases; and third, utilizing the funds from the tuition increase proposal.

For the next academic year, FHSU is proposing an increase in tuition of \$3.70 per credit hour, or 3.42 percent, for Kansas residents.

"What these increases mean to our students is that their tuition and fee bills will go up 2.96 percent, or just \$4.17 per credit hour," he said. "This will continue Fort Hays State University's leadership in providing high-quality education at a very reasonable cost. In fact, a Kansas student will be able to pay the tuition and fee bill for 15 credit hours and spend less than \$2,200 a semester."

Summer reading programs advance literacy

Public libraries throughout the state are providing summer reading programs and encouraging Kansas children to spend lots of time with books.

State Librarian Jo Budler said, "There is only one known cure for the notorious 'summer slide' reading. Students who do not read during summer months lose reading skills and fall behind their peers. Our librarians have developed programs and activities to foster a love of reading and develop strong reading skills in Kansas' children. Getting Kansas readers to their local public libraries is the first step."

Last year, over 88,000 Kansas children participated in public library reading programs that were partially funded by the State Library of Kansas. Studies find that when children participate in summer reading programs, the ability to improve their academic outcome increases dramatically and the

impact is greatest for those who live in poverty.

Mary Boller of Northwest Kansas Library System said, "We feel the Collaborative Summer Library Program helps level the playing field for our struggling learners here in Kansas who may lose valuable knowledge during the summer months and in turn gives our public libraries the resources and the support they need to continue to provide the highest level of programming for all children and teens regardless of income or circumstances."

This year, the State Library of Kansas contributed \$37,500 to support summer reading programs across the state. Local public libraries leverage these funds to great effect. In 2012, when granted the same amount of State Library funding, Kansas libraries reported they received \$707,228 worth of donated materials and services to support summer reading and that

libraries spent \$493,998 of local funds on their summer reading programs.

The State Library of Kansas helps fund local public libraries' participation in the Collaborative Summer Library Program; this year's theme is "Dig Into Reading." The State Library also provides summer programming and resources to teens and adults who are visually impaired and cannot read standard print through Kansas Talking Books. Kansans 14 years of age or older are invited to learn more about Talking Books and its summer reading program by calling 1-800-362-0699 or emailing KSLIB_Talking_Books@library.ks.gov.

Summer reading participants can also win prizes by signing up for the Governor's "Read Kansas Read" program. Visit www.readkansasread.ks.gov for more information on this program.

HONOR ROLL

Norton Community High School

Honor Roll 4th 9 Weeks

Highest 4.00

Seniors

Sierra Black, Katherine Boteler, Eli Bozarth, Jade Braun, Tawni Griffey, Kamilla Jones, Axel Riggins, Regan Simpson, Rachel Slipke, Teal Stewart.

Juniors

Bailey Ambrosier, Darcy Bainter, Leif Carlson, Katelyn Engelbert, Ashley Hildebrand, Cody O'Hare, Johnnye Ruder.

Sophomores

Neysa Carlson, Stephen Cummings, Morgan Farber, Chance Uehlin, Stewart Whitney.

Freshmen

Casey Ambrosier, James Berry, Philip Boutwell, Hailey Branek, Audrie Burge, Weston Erbert, Lauren Mordecai, Audrey Morel, Raenee Patterson, Valery Rostek.

Honors I 3.50-3.99

Seniors

Ryan Bainter, Lane Bigge, Jared Bohl, Cassius Dole, Andrew Ellis, Cody Ellis, Saman-

tha Gordon, Julia Kent, Katelin Koch, Carson McKenna, Teslee Nickell, Wyatt Wentz.

Juniors

Branson Addington, Kristen Burge, Marisa Maddy, Drew Schrum, Jared Shelton, Landon Slipke.

Sophomores

Lindsay Addington, Kaitlyn Bohl, Sheridan Dillehay, Connor Griffey, Derek Rowh, Jesika Smith, Kobie Unterseher.

Freshmen

Adriana Ankenman, Kyle Bell, Alma Clavijo, Taylor Dicks, Briannah Fessler, Brendon Frack, Kirstin Georgeson, Alexis Hartwell, Nickala O'Hare, Kylie Perez, Nicholas Peterson, Peyton Renner, Lexi Voss.

Honors II 3.00-3.49

Seniors

Chalise Christensen, Dustan Daniels, Christopher Fisher, Stephanie Hager, Brianna Karnopp, Alexis Lively, Shelbi McKenna, Alec Melvin, Dalton Miller, Vaughn Newman, Brett Pulec, John Renner, Treven

Rossi, Dylan Sprigg.

Juniors

Gabriel Bird, Kayla Campbell, Christopher Chambers, Travis Cressler, Austin Hager, Damian Lawson, Marc Miller, Hannah Pollock, Cole Renner, Ethan Ross, Andre Valencia, Danielle Wagoner.

Sophomores

Christian Boser, Derick Campbell, Conor Cox, Kenzie Esslinger, Adrienne Hager, Mickey Hahn, Wyatt Harting, Jordan Karnopp, Kendall Miller, Molly Scott.

Freshmen

Carmen Ball, Andrew Bashford, Adam Baughman, Hanna Brooks, Cayanna Campbell, Evan Chambers, Mariah Dawley, Sylvia Estes, Morgan Griffey, Ward Hayes, Cameron Heikes, Skylar Johnson, Rachel Jones, Michael Kasson, Gavin Lively, Molly Maddy, Shelby Mulford, Morgan Olliff, Dalton Pfannenstiel, Quinton Porter, Elizabeth Smith, Kristin Stewart, Ryan Thraikill.

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Norton Commodities

Will be here
and available
for pick up
at the
Norton
Community
Center

Wednesday, June 19

1:00 p.m.
to
3:00 p.m.

COLLEGE NOTES

Nearly 3,000 students earn degrees from Kansas State University.

The graduates are from 103 Kansas counties, 48 states and 41 countries.

Degrees earned include nearly 2,350 bachelor's degrees, more than 600 master's degrees, more than 170 doctorates and more than 20 associate degrees.

Students earning degrees include:

Norton
Norton: Laura Baird, Bachelor of Science in Family Studies and Human Services; Jordan Herman, Master of Arts in Security Studies; Logan Kelly, Bachelor of Science; KaraJo Sprigg, Bachelor of Science; Luke Van Skike, Bachelor of Science; Heath Vincent, Bachelor of Science in Electrical Engineering

Phillips

Logan: Anne Hartman, Master of Science in Family Studies and Human Services; Kathryn Hartman, Bachelor of Science

in Family Studies and Human Services; Raeann Pinkerton, Associate of Applied Science and Bachelor of Science in Aeronautical Technology

GRAVESIDE SERVICE AND
CELEBRATION OF LIFE FOR
Robert J. Dole
who passed away on May 6, 2013 will be
held at 10:30 a.m., Saturday, June 15, 2013
at the Mount Hope Cemetery in Alma, KS
THERE WILL ALSO BE AN INFORMAL GATHERING FOR FRIENDS AND FAMILY
IMMEDIATELY FOLLOWING THE GRAVESIDE SERVICE AT THE
ALMA CONGREGATIONAL CHURCH WITH A MEAL AT NOON.

**Moffet Drug
Pharmacy**
THIRD ANNUAL
Shred Day
Saturday, June 22
From 9:00 a.m. until NOON (or until truck is full)
Bring all of your personal documents that you
would like shredded and have them destroyed
on site for FREE
by a state of the art shredding truck
250 lb. limit per person. If you expect to have
more, please talk to the Moffet staff
about making arrangements

**Water
Aerobics**
WITH
Connie Lacy
Meets Every Monday and
Wednesday at 5:30 p.m.
at the
Norton Municipal Pool
All Summer Long!
**Call 871-0445
with Questions**