

Skin Cancer: Everyone Needs the Facts

By Hazel Jackson
County Extension Agent for
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Skin cancer is a serious disease that can affect anyone. As with any cancer, knowledge is our best protection. The following questions and answers will help you to understand more about skin cancer and how to reduce your risk of developing the disease.

How common is skin cancer? Skin cancer is the most common cancer in the United States, and rates of the disease are increasing. Each year, about a million Americans learn they have skin cancer.

What causes skin cancer? Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. Skin cancer can be caused by a lifetime's worth of exposure to the sun. Artificial sources of UV radiations, such as tanning booths

and sun lamps, also can cause skin cancer.

Do people who tan easily get skin cancer? Anyone can get skin cancer. However, people who have fair skin that freckles, light-colored eyes, or a family or personal history of skin cancer are more likely to develop the disease. People who spend a lot of time in the sun also are more at risk.

Can children get skin cancer? Most skin cancers appear after age 50, but the sun's damaging effects begin in childhood. In fact, 80 percent of a person's lifetime exposure to sun happens before age 18. For this reason, it is important to protect children from too much sun. **Where on the body does skin cancer develop?** Skin cancer usually appears on the areas exposed

to the sun—the face, head, neck, hands, and arms.

What are the warning signs of skin cancer? The most common warning sign is a change on the skin, especially a new growth or a sore that doesn't heal. The cancer may start as a small, smooth, shiny, pale, or waxy lump. Or, it can appear as a firm red lump. Sometimes the lump bleeds or develops a crust. Skin cancer can also start as a flat, red spot that is rough, dry, or scaly.

For more information on skin cancer, watch a KET broadcast on the topic to be aired on May 30, 2000 at 8:00 p.m.

"Letters"

(Cont. from A2)

Dear Editor,

The Community Action Service Team (C.A.S.T.) would like to thank the following businesses for their donation to our car show. With your help the car show was a great success. Hiatt's S&H, Long's Automotive, J&L Equipment, D&S Computers, D&D Auto Repair, McClure Electronics, Mt. Vernon Automotive, Collins Respiratory Care, Shoprite of Brodhead, Marathon, Citizens Bank, Marshall's Florist, Dana Corp., Image Inks, Barron Pallets, Drives & Conveyors, Packaging Materials, General Rubber & Plastics and KDE Sales & Service.

C.A.S.T.

Dear Editor,

Rockcastle Census
What is your favorite reason(s) to reside in Rockcastle County?

Take the poll!
() Because of the Law Enforcement/Justice System.

- () Because a person's chances of winning the lottery is better in a rural area.
- () Because you have family there.
- () Because you have no idea.
- () Because this is a great place to live.
- () Because you like the drug/crime rate.
- () Because you just plain like it.
- () Because you're waiting for Elvis to come to Renfro Valley.
- () When is the next election?

We can make a difference by making Rockcastle County a better and safer place for everyone.

Kevin Saylor
Rt. 3, Box 549
Brodhead, Ky.
606-758-0170 evenings
859-986-6533 daytime

Dear Editor,

Recently, three of our Mt. Vernon Elementary School fifth-grade classes were returning from a field trip to the Museum of Appalachia in Norris, Tennessee and had the misfortune to be riding on a school bus that broke down on Interstate 75 at exit 141. However, we had the very good fortune to be from Rockcastle County and want to take this opportunity to thank the many people who came to our assistance.

First, we thank our bus driver, Mr. Keith Coffey, who, at the first indication of a mechanical problem, pulled off the Interstate and parked the bus. His foremost concern for the safety of his passengers and their comfort was commendable.

We especially want to thank Mrs. Rosamond Brown, our principal, who maintained telephone contact throughout. Her first concern was the safety and well-being of our students

and staff. She authorized us to provide refreshments for the students. We were able to arrange a much appreciated meal for our students at Perkins Restaurant while Mrs. Brown notified parents.

Next, we thank Mr. Perkins, Brownie Martin and Jerry Reynolds. They were responsible for repairing our bus and providing a back-up bus/driver. Our bus was quickly and expertly repaired before we had finished our meal.

Lastly, we want to thank all the parents! It was certainly an anxious

time for them and we appreciate the patience, support and confidence they extended to us. Your children were real troopers and behaved so very well. Even the management at Perkins Restaurant complimented their good behavior. We tried to make the best of a bad situation and we believe, thanks to all of you, we were successful!

Thana Connelly
Melinda Kincer
Sheila McQuary
Tracey Lewis
Sheryl Bullock

A Special Thanks You for the Citizens of Rockcastle County

Recently, our daughter Holly Kidwell, was diagnosed with Leukemia. She spent 18 days in the UK Children's Hospital.

Holly received at least 200 visitors from the county alone, not to mention the numerous donations made by local churches, school staff, classmates and family workers.

In our time of anguish and despair, this county of friends and family came together to reach out a helping hand just when we needed it the most. The overwhelming love that we received from fellow Rockcastle Countians has left us feeling as if we owe you all something—a great big Thank You!

At this time, I would like to thank each person that prayed for our daughter, for without these loving prayers I'm sure one of us would have not been able to pull through this difficult time. Thank you for each gift, card, phone call and donation. And, a very special thanks to all the classmates and teachers that visited Holly. To see her face light up when you came to see her just flooded my heart with gratitude.

Thank you all once again and, by the way, Holly is now home and doing very well. 2 1/2 more years of treatment is necessary but, with continued prayer, a full recovery with total remission is already in the making.

Friends of Holly will sponsor a dunkin' booth at the Headwaters of the Dix River Fish Fry Festival Saturday, June 3 in Brodhead. All proceeds will go towards the cost of Holly's treatment and we would very much appreciate your participation.

Thank you all once again.
Paul and Angel Kidwell
Holly, Jennifer and John Paul

White Goods collection held

A white goods collection was recently held with 2,001 appliances brought in for a total of 286,528 lbs. Non-profit organizations and clubs prizes were awarded to Skaggs Creek Baptist Youth Group, First Baptist Youth Group and the Kiwanis Club.

The Rockcastle Co. Conservation District would like to thank everyone who participated and made this a great success. Especially, to Gary Miracle and the employees at Mt. Vernon Scrap who worked very hard.



Skaggs Creek Baptist Youth Group collected 171 appliances for 31,600 lbs. and received the first place prize money of \$500. They also received \$625 for the appliances.



Coordinator Dale Winstead accepts the second place \$250 prize money for the First Baptist Youth Group. The group collected 142 appliances for 18,060 lbs. They also received \$660 for the appliances.



Randall Templeman and Sandy Whitaker present Gary Mink and Don Coyle of the Kiwanis Club the third place \$150 prize. The club collected 105 appliances for 17,460 lbs. They also received \$525 for their appliances.

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This all American Snuggler® provides extra comfort and room. It features smooth roll arms, a tailored skirt and a double roll back. Available as either an over-size recliner or a twin-size steamer. Available with a matching storage ottoman.

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LEATHER II

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