



*'June 1-7'*

### *National Sun Safety Week*

#### **Take time to relax and keep hassles in perspective**

It's supposed to be the happiest time of the year for kids because they are out of school and enjoying their summer. Well don't let the sparkle of the sunshine fool you; there are many precautions to be taken before embarking on your summer retreats.

Sunburn, skin cancers, and other sun-related adverse health effects are largely preventable when sun protection is practiced early and consistently. Despite the fact that sun tanning and burning increase skin cancer risks, most Americans do not protect themselves from the sun's damaging rays.

UV Radiation has both positive and negative effects."

Positive effects of UV radiation include warmth, light, photosynthesis in plants, and vitamin D synthesis in the body. UV radiation also increases moods in people and kills pathogens. Overexposure to UV radiation has extreme health effects. Overexposure to UV radiation is the primary environmental risk factor in the development of UV-related adverse health effects, which include diseases of the eye, immune suppression, and skin cancers.

Children are most at risk for overexposure to UV radiation. With one in five Americans developing skin cancer, childhood education about sun protection is a vital step toward reducing risk and improving public health.

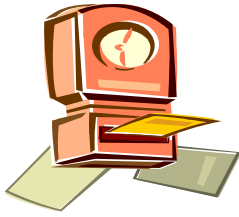
Many studies have concluded that sun exposure, especially sunburn, during childhood appears to increase the risk of melanoma, the most serious form of skin cancer. Just one or two blistering sunburns in childhood can double a person's risk of developing melanoma later in life.

Children are of particular concern because they spend a lot of time outdoors. Perhaps most importantly, skin cancer and other UV-related adverse health effects are largely preventable if sun protection practices are followed early and consistently.

The best sun protection is provided when all the sun-safe behaviors are practiced together. Sun protection habits include:

- \*Limit sun exposure during the hours when the sun's rays are the strongest, 10am to 4pm.
- \*Refer to the daily UV index when planning outdoor events.
- \*Seek shade whenever possible.
- \*Wear a wide-brimmed hat, sunglasses, and long-sleeved, tightly woven clothing.
- \*Use broad-spectrum sunscreens whose active ingredients block UVA and UVB rays.
- \*Avoid tanning salons.
- \*Limit exposure to the reflective surfaces like snow and water





**Payroll cutoff is every Monday at 10am**

**June 21st: National ASK Day**



June 21 is **National ASK Day**, which is a part of the **Asking Saves Kids** campaign of the PAX/Real Solutions to Gun Violence organization. In addition to asking about guns, National ASK Day is a good time to remember that you should ask about many other things before sending your kids over to the home of a friend or family member, such as:

- \*Is the home well childproofed?*
- \*Will the kids be supervised?*
- \*Do they have a pool or pond, and if so, is there a fence around it with a self-closing and self-latching gate?*
- \*Who else will be in the home?*
- \*Do they observe the ratings on video games, TV shows, and movies?*
- \*Do they have a trampoline, all-terrain vehicle, dirt-bike, BB gun, or other 'toys' that can injure children?*
- \*Will they have unsupervised access to the internet?*



It is hard enough to keep your kids safe in your own home, but it is almost impossible if you send your kids to someone else's home who simply 'hides' a loaded gun under a pillow where the kids can find it, lets young kids play teen or mature video games, or play unsupervised in a pool, etc. So ask questions before sending your kids to someone else's home. You can't simply assume that they have the ideas about safety and parenting as you do, just because your kids are the same age, go to the same school, or you live in the same neighborhood..



*FROM FIRST CHOICE:*

**Wishing all the happiness and fun a summer has to offer. Please be safe and be sure to make many memories from this Summer of 2009.**



*“Then followed that beautiful season... Summer... Filled was the air with a dreamy and magical light; and the landscape Lay as if new created in all the freshness of childhood.”*  
~Henry Wadsworth Longfellow



**BIRTHDAY WISHES FOR**

**Dawn Singleton 6/06**  
**Diana Mercer 6/07**  
**Donna Giddens 6/10**  
**Melissa Kelly 6/17**  
**Karen Miller 6/27**  
**Debra Hickey 6/23**