

## OUTDOORSUPDATE

OF THE OUTDOORS:

## Tan Is Good, Too Much Sun Isn't

BY GARY HOWEY  
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If there's one word that will make people set up and notice, it's the word "cancer."

It may not be one of the longest words in the dictionary, but it will take your breath away when the Doctor mentions the word, conjuring up all sorts of horrible thoughts.

It's one of those things that one never worries about, as it will never happen to me.

That's what I thought until 10 years ago when I was visiting my doctor for my annual physical.

He'd just finished stabbing and probing and was giving me all the results of my tests when he asked if there was anything else that needed to be looked at.

I mentioned a spot on my lip that had been there since Viet Nam, not anything real big, anything that hurt, just a spot that would break open from time to time.

He looked at it, mumbled a little bit and called the dermatologist into the office and that's when I heard that word "Cancer."

It couldn't be so; it had been there for over 25 years and really hadn't gotten any larger, at least on the outside.

I thought to myself, couldn't be, he had to be mistaken, I just knew he'd made a mistake, but when he said I needed to be back in a couple of days for a biopsy, I really started to panic.

I was in my mid 40's, I thought that I'd lead a pretty clean life, treated people the way I wanted to be treated, how could this be happening to me?

A couple of days later, they performed the biopsy after which, I went home to wait to see what the results of biopsy would be.

Several days later, I received a call, when the doctor informed me that it was what they thought to be squamous cell carcinoma skin cancer.

They didn't think it had spread, but they'd have to take part of my lower lip and couldn't be sure until they started cutting.

Not a place anyone would like to have a doctor start cutting on, especially when you make a living as a TV host, but there was no option, it had to be done!

The operation was scheduled for the following week when they had to take a big piece of my lower lip as well as a sizeable



SUBMITTED PHOTO

Outdoorsmen and women need to protect themselves from the sun year around as sun reflecting off the snow and ice during the cold weather is just as harmful to your skin as it would be during the summer months.

piece on the inside. Fortunately, it didn't appear that it had spread.

After several years of checkups, I'm now cancer free and a whole lot wiser.

I've always been an outdoorsman, hunting, fishing trapping, outside all the time and I knew that the sun could give you problems, but I never really took the time to protect myself.

When I was guiding and fishing tournaments, I hardly ever used sunscreen, as I worried about getting anything on my hands that would spook the fish and affect my ability to catch fish.

That was one of the times I was plain stupid. So what if I catch a few less fish this trip, I'm going to catch a lot less if I pass away at an early age from cancer.

Today I worry about skin cancer, as should anyone who spends much time out of doors.

Skin cancer is the most common of all

cancers in the United States, one that's fairly easy to prevent.

Here's a little information on skin cancer.

There are three types of skin cancer: the most common is basal cell, then there's squamous cell and then there's melanoma, which is the worst type, as it can spread throughout the body.

Over a million cases of non-melanoma skin cancers are diagnosed every year and the incidences are rising.

What's really crazy is that by simply avoiding prolonged exposure to the sun, protecting your skin with clothing and by using a good sunscreen, could prevent many of these cases.

Don't think that over exposure to the sun only happens during the summer as you can get burnt in the winter as well.

The sun reflecting off the snow or ice can burn you bad, so it's a good idea to use

some sort of skin protection in the winter.

The important thing to remember during cold weather is to have a sunscreen that isn't water based.

One company, Dermatone (www.dermatone.com) has a non-water based sunscreen called The Frostbite Fighter, SPF 23 which is used by the U.S. Ski and Snowboarding team to protect them from the wind and sun during the winter.

Sunscreens are especially important if you're fair skinned, blue eyed and have light colored or reddish hair.

It's hard to believe that all it takes to protect yourself from skin cancer is to apply a little sunscreen.

There's a huge difference between sunscreens. You want one with a Sun Protection Factor SPF of at least 15. You'll want a sunscreen that has both UA and UAB protection.

Apply the sunscreen liberally about thirty minutes before going out into the sun, reapplying it 15-30 minutes after that.

Don't be fooled by the word waterproof when it comes to sunscreens as there is no such thing, water resistant maybe, but not completely waterproof.

I've never come across a sunscreen that didn't wash off in the water, rub or come off when you sweat.

Reapplication is the big thing when it comes to applying sunscreen.

Your nose, ears and lips really need to be protected because they're going to receive the largest amount of sun.

There are numerous lip ointments that have a SPF of 15 such as Blistex that not only keep your lips moisturized when you're in the sun; they're also going to protect them from the sun.

You'll want to use lip treatments that offer at least a 15 SPF.

If you're worried like I was about the smell on your hands, Dermatone also makes The Ultimate Fishermen's Sunscreen SPF 30 which is Fragrance Free and won't attract insects or leave fragrance on flies, lures, bait or hands.

I was lucky, but I wouldn't want to rely on luck when it comes to getting skin cancer.

Don't let cancer stop you from enjoying life and the great outdoors.

Cover up, apply sunscreen, avoid excess exposure to the sun, and your outdoor experiences will be a lot more enjoyable.

Gary Howey, Hartington, Neb., is the Producer/Host of *Outdoorsmen Adventures TV* which can be seen on *KTTM/KTTW-TV*, (FOX) *Sioux Falls/Huron on Sunday @ 7:00 am*. For more information on the outdoors check out [www.outdoorsmenadventures.com](http://www.outdoorsmenadventures.com).

## OUTDOOR REPORT

## Spies Appointed To S.D. GF&amp;P Panel

PIERRE (AP) — Watertown businessman Jim Spies has been appointed by the governor to serve on the state Game, Fish and Parks Commission.

He replaces Tim Kessler of Aberdeen. Kessler resigned in May after a lawsuit was filed arguing that he had served more than the eight years allowed by state law.

The Spies appointment leaves one vacancy on the commission. The governor said Monday he's accepted the resignation of commissioner Merton Clarkson of Ludlow.

## Kites And Castles Set For July 31 At Lake McConaughy

LINCOLN, Neb. — Sand sculpting and kite flying will be highlighted at the annual Kites and Castles event July 31 at Lake McConaughy State Recreation Area (SRA).

Join the fun at Martin Bay and enter the free sand-sculpting contest, which will include events for all ages and skill levels. Pre-registration is preferred but not required. Spend the rest of the day on the white sands flying a kite, having dinner or attending a free concert. Make a weekend of it and camp and fish at Lake McConaughy or Lake Ogallala SRA.

A park entry permit is required. For more information about Kites and Castles, call (308) 289-2770.

## Input Sought On Neb. Waterfowl Regulations

LINCOLN, Neb. — A public hearing to set waterfowl hunting seasons will be conducted by the Nebraska Game and Parks Commission's Board of Commissioners at its July 29 meeting in Lincoln. The meeting begins at 8 a.m., with the public hearing scheduled for 9 a.m.

Staff will provide information and present possible changes in waterfowl regulations at the meeting, which will be held at Game and Parks headquarters, and commissioners will receive public input.

Game and Parks staff is recommending no major changes to the 2010 seasons.

Final information and allowable frameworks from the U.S. Fish and Wildlife Service are pending.

The following are preliminary Game and Parks staff recommendations for the 2010 waterfowl hunting seasons:

- Early Teal — Low Plains, Sept. 4-19; High Plains, Sept. 4-12
- Early Canada Goose — Sept. 4-12

- Youth Waterfowl — Sept. 25-26
- Duck and Coot — Low Plains Early, Oct. 9-Dec. 19 and Dec. 25-26; Low Plains Late, Oct. 16-17 and Oct. 23-Jan. 2, 2011; High Plains, Oct. 9-Jan. 12, 2011

- Dark Goose — East Unit, Oct. 23-Jan. 26, 2011; North Central Unit, Oct. 9-Jan. 21, 2011; Platte River Unit, Oct. 23-Feb. 4, 2011; Panhandle Unit, Nov. 6-Feb. 4, 2011; Niobrara Unit, Oct. 23-Feb. 4, 2011

## Remote Camera Highlights Nesting Least Tern

LINCOLN, Neb. — Bird enthusiasts now may watch a nesting interior least tern via TernCam, a cooperative effort of the Nebraska Natural Legacy Project, Tern and Plover Conservation Partnership, Nebraska Game and Parks Commission, U.S. Fish and Wildlife Service, Nebraska Environmental Trust Fund, and the University of Nebraska-Lincoln.

A remote camera has been set up on an active sand and gravel operation along the North Loup River near Ord. The camera sends a continuous display of images of a tern, named Truman, nesting at the site. Truman is incubating three eggs, which are estimated to hatch soon.

The least tern is considered an at-risk species by the Nebraska Natural Legacy Project and is on the state and federal endangered species list. TernCam is located within an area designated as the Lower Loup River Biologically Unique Landscape by the Nebraska Natural Legacy Project. Least terns and piping plovers historically nested on open sandbars of Nebraska's river systems. Many of these sandbars have become densely vegetated and no longer offer suitable habitat. These birds will use sand and gravel operations as alternative nesting habitat.

View the cam at [www.ternandplover.unl.edu/terncam.htm](http://www.ternandplover.unl.edu/terncam.htm).

## Rattlesnakes Are A Danger, But Dogs Can Be Taught To Avoid Them

BY RAY SASSER

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DALLAS — I was quail hunting in south Texas several years ago with a hunting guide who used a Labrador retriever to search for fallen birds. Somebody crippled a bird that fluttered down into a clump of huffe grass.

The gun dog saw the bird fall, raced for the cover, stuck his head into the dense vegetation and suddenly jumped back with a panicked yelp. The guide grabbed the dog (a big, yellow male lab) and made a quick examination, but there was little doubt about what had just happened.

Sure enough, a look at the dog's broad nose revealed twin puncture wounds about an inch apart. A drop of yellow venom dripped down the side of the dog's nose. He had obviously been bitten by a rattlesnake.

As a hunter stomping around in tall cover,

looking for fallen doves, teal ducks or early-season quail (south Texas snakes may be active all 12 months of the year), you would be dismayed to know how many rattlers have been within striking range.

The good news is a snake bites for two reasons: one is to secure food. The second is self defense. Unless you step directly on a snake, the odds of being bitten are very small. Research has shown that rattlers spend more than 90 percent of their time hiding patiently in thick cover, waiting for a rat or rabbit to wander by.

As long as the snake doesn't feel threatened, it's unlikely to bite. The rattlers that buzz like crazy and put on a wild west rattlesnake show are snakes that are surprised in the open and have no place to hide.

Unfortunately for our canine companions, they don't know enough to let hidden snakes lie. Upon smelling a snake, dogs have a ten-

dency to advance face first to investigate the smell. Thus, the high percentage of snake bites that dogs incur is on their heads.

Dogs can be taught to avoid snakes, and the Lone Star German Shorthaired Pointer Club has as much experience as any local group when it comes to snake-proofing clinics. In the last 31 years, they've had more than 4,000 dogs come through their annual event. Actually LSGSPC has renamed their event a "snake avoidance clinic" and that's really a better term, because no dog is truly snake-proof.

Even if a dog knows a snake is something to avoid, it can always run into a snake from upwind and get nailed before it knows the snake is there.

Trainers typically use live rattlesnakes with their fangs removed. They put an electric training collar on the dog and allow its owner to bring the dog toward the snake from

downwind. Most dogs go right for the snake as soon as they realize it's there. They get a mild electric shock for their poor judgment.

The exercise is then repeated. Stubborn dogs may require several shock treatments to get the idea. Most dogs eventually learn to avoid snakes, and their actions in the field can also alert hunters to a snake's location.

Don't try this exercise at home. Only experts should handle rattlesnakes and even the experts get bitten occasionally. One dog owner got the bright idea of putting a snake in a portable dog kennel so he wouldn't have to remove the snake's fangs or milk its venom.

What he managed to do was teach his dog to avoid a portable dog kennel. Dog owners who hunt or have pets in snake country should also talk to their veterinarians about the rattlesnake vaccine that greatly reduces the effects of snakebite.

## Petition Seeks To Have Wolves Howl Across Country

BILLINGS, Mont. (AP) — Tens of thousands of gray wolves would be returned to the woods of New England, the mountains of California, the wide open Great Plains and the desert West under a scientific petition filed Tuesday with the federal government.

The predators were poisoned and trapped to near-extinction in the United States last century, but have since clawed their way back to some of the most remote wilderness in the lower 48 states.

That recovery was boosted in the 1990s by the reintroduction of 66 wolves in Idaho and Yellowstone National Park. Yet as those first packs have flourished, increased livestock killings and declining big game herds have drawn sharp backlash from ranchers, hunters and officials in the Northern Rockies.

But biologists with the Arizona-based Center for Biological Diversity want to expand that recovery across the country. A few isolated pockets of wolves, they say, are not enough.

"If the gray wolf is listed as endangered, it should be recovered in all significant portions of its range, not just fragments," said Michael Robinson, who authored the petition. Robinson said the animals occupy less than 5 percent of their historic range in the lower 48 states.

The federal Administrative

Procedure Act allows outside parties to petition the government to act when species are in peril. U.S. Fish and Wildlife Service spokesman Chris Tollefson, whose agency received the petition, said there was no deadline by which the agency must respond to the one filed Tuesday, which was signed by Robinson and another biologist, Noah Greenwald.

Tollefson also said an internal review was under way to figure out where wolves once lived and where they might be returned.

"We need to look at what is realistic and where the suitable habitat would be," Tollefson said.

The review will be completed by late 2010 or early 2011 and will contain recommendations but no final decision on whether to create new wolf populations, Tollefson said.

About 6,000 wolves live in the U.S. outside Alaska, with most of those in the Great Lakes and Northern Rockies, with only a few dozen in Arizona and New Mexico. They are listed as endangered except in Alaska, Idaho and Montana.

In early 2008, a similar petition was lodged by the Natural Resources Defense Council. In its rejection of that petition, the Fish and Wildlife Service said the Great Lakes and Northern Rockies programs had succeeded and any additional recovery efforts would be "discretionary."

The Fish and Wildlife Service faces no deadline to respond to such petitions.

Like the Bush administration, the Obama administration has pushed to end federal protections for wolves and return control over the animals to the states.

But both administrations have been rebuffed in the courts. Federal judges have ruled repeatedly that the government failed to prove existing wolf numbers will ensure the population's long-term survival.

Last year, the Interior Department relented to pressure from environmentalists in the Great Lakes. The agency agreed to put wolves back on the endangered list at least temporarily — just months after they had been removed for the second time in recent years.

Wolves are notorious preda-

tors with a hunger for livestock, and experts say they could survive in most of the country if they were allowed.

Young adult wolves sometimes travel hundreds of miles when looking to establish a new territory. In the last several years, packs have gained a foothold in parts of Oregon and Washington. Others have been spotted in Colorado, Utah and northern New England.

But with wolves, more than just biology is at play. Politics serves the deciding role in where wolves are allowed, said David Mech, a wolf expert and senior scientist with the U.S. Geological Survey.

"In the areas where they are not acceptable, they will be killed out — illegally if nothing else, Mech said.

The Northern Rockies population has stirred the most rancor, largely because of sheep and cat-

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