

OUTDOORS DIGEST

State Parks Host Outdoor Activities

PIERRE — Several state parks and recreation areas in South Dakota are hosting outdoor events and educational programs at the end of the month for visitors. The activities are a great opportunity to enjoy the outdoors.

- Halloween in July, Lake Poinsett Recreation Area near Arlington, July 27-29. Get in the spooky mood with a Halloween campsite decorating display, costume parade, and even trick-or-treating! Be sure to bring candy for your guests. Sign up at the welcome center to take part in the fun! Info: 605-983-5085
- Dutch Oven Cooking Demonstration, Lake Poinsett Recreation Area near Arlington, July 28, 10 a.m. CDT. Come to the amphitheater for a Dutch oven cooking demonstration. Info: 605-983-5085
- Predator vs Prey, Roy Lake State Park near Lake City, July 28, 10 a.m. CDT. Learn common predator and prey techniques, play games and win prizes! Info: 605-448-5701
- Christmas in July, Chief White Crane Recreation Area near Yankton and Walker Point Recreation Area near Madison, July 28. Get in the holiday spirit by creating your own Christmas campsite display and participating in Christmas activities for all ages! Info: Chief White Crane, 605-668-2985; Walkerá€™s Point, 605-256-5003.

There is no cost to participate in any of the programs, but park entrance licenses are required for all vehicles entering the park.

For more information on activities in South Dakota state parks, visit www.gfp.sd.gov, contact the individual park office, or call 605-773-3391.

Four Hurt In Jeffrey Reservoir Boating Incident

LINCOLN, Neb. — Four juveniles were injured July 16 when a collision took place on Jeffrey Reservoir involving two personal watercraft and a johnboat.

One of the injured was treated at the scene. The other three were transported to Gothenburg Memorial Hospital with minor injuries. Two of those three were treated and released and the other was transported later to Good Samaritan Hospital in Kearney for further evaluation. Two other juveniles also involved in the incident were not injured.

The Nebraska Game and Parks Commission and Lincoln County Sheriff's Office responded to the incident south of Brady. Game and Parks is investigating.

The boating incident is the 15th reported in Nebraska in 2012.

Bow Hunter Education Instructor Training Scheduled

LINCOLN, Neb. — The Nebraska Game and Parks Commission will train bow hunter education instructors Aug. 16 in Bridgeport. Apprentice volunteer instructors will be trained at 6 p.m. at the Prairie Winds Community Center, 428 Main St.

Register before Aug. 16 at huntsafenebraska.org, then click on "Become a Volunteer Hunter Education Instructor," or contact Mike Streeter at 402-471-6134 or mike.streeter@nebraska.gov.

Family Fishing Night To Include Fly-Fishing

LINCOLN, Neb. — Family Fishing Night at Omaha's Benson Park Pond on July 24 will have an added attraction: fly-fishing. In addition to the Nebraska Game and Parks Commission's standard fishing activities, Trout Unlimited members will give fly-fishing demonstrations and instruction.

A limited number of fly rods will be available for use, although Game and Parks will have plenty of spin-casting rods for worm-and-bobber fishing. The event runs from 6-8 p.m. on the east side of the pond.

Extreme Summer Conditions Could Affect Fish, Bird Populations

BY BRENT FRAZEE

(c)2012 The Kansas City Star (Kansas City, Mo.)

KANSAS CITY, Mo. — You aren't the only ones suffering through this sweltering heat and drought.

Fish and wildlife also are showing signs of distress. And if weather patterns don't change soon, the summer of 2012 could leave an indelible mark on future fishing and hunting in some areas.

"The situation for fish populations in small bodies of water is on the verge of being critical," said Bob Mattucks, fisheries biologist for the Missouri Department of Conservation. "We're already getting reports of fish kills in ponds, and that's about a month early."

"We're where we were at the end of last summer. If this hot, dry weather continues, I think we're going to see a lot more problems."

Those problems arise when the water becomes hot and holds less oxygen. Aquatic vegetation dies, and on cloudy, still days when the remaining vegetation isn't giving off oxygen, large fish

OF THE OUTDOORS | GARY HOWEY

Too Much Sun Not So Fun

BY GARY HOWEY

Hartington, Neb.

You may have heard some of this information before, but it's worth repeating and could save your life.

The sun is something that brings joy to a lot of people, especially those of us that love to be outdoors after a long cold winter.

But, if you don't take some precaution it can be a real game changer.

It's really pretty simple! It isn't rocket science! If you spend too much sun with out some kind of precaution, it can lead to skin cancer! I know what you're saying; skin cancer is something others get not me.

Don't believe it? It can happen to anyone at any age. When a patient hears the word cancer, it will scare the daylight's out of you

To me, it wasn't all that long ago, I was at my annual physical, with everything checking out OK when a dermatologist stopped in to talk with my doctor.

He was an outdoorsmen and watched our Outdoorsmen Adventures television series, asking how things were. I told him things were going well and during our conversation, he indicated if he could ever do



Gary HOWEY

I casually mentioned I had this area on my lip, which had been there for quite awhile.

Not a big spot, not anything that bothered me much, just one of those things that would break open from time to time.

When he asked me how long it had been there and I said since Viet Nam, he looked a bit concerned, took a look at my lower lip, then

talked with my doctor and that's when he said he thought it could be "cancer".

Say what? This can't be because, it's been there forever, never really hurt and as far as I could tell, it hadn't gotten any larger.

I knew he had to be wrong, but when he ordered me back in a couple of days for a biopsy, I really started to worry.

I wasn't that old, I'd thought I lead a pretty clean life, never really did anything wrong, I treated people the way I wanted to be treated, and he had to be mistaken!

A few days later, they performed the biopsy and I spent the next couple of days worrying about what the results might be.

Several days later, I received the call from the doctor informing me it was what they thought to be, one of the nastier cancers, melanoma. Well, melanoma is the worst of all skin cancers, one that spreads out like a spider web, moving throughout the body and he wouldn't know if it spread until they operated.

The dermatologist thought that they might have to remove a large chunk of my lip, so he decided to turn the procedure over to a surgeon from another hospital in



PHOTO: TEAM OUTDOORSMEN ADVENTURES
Anglers are more apt to get sunburned when on the water as the suns intensity is magnified. Applying sunscreen regularly and covering up are good step towards helping prevent skin cancer.

Sioux Falls. I made several trips to his office, where he explained the good, the bad and the ugly when it comes to skin cancer.

The surgery was scheduled and once he started cutting, thankfully they found it wasn't melanoma and to make a long story short, they took a big chunk from my lower lip as well as a sizeable piece from the inside.

Fortunately for me, it didn't appear it spread any farther than the lip area and after several years of checkups, I'm now cancer free and a whole lot wiser.

As many of you know, I've always been an outdoorsmen, hunting, fishing trapping, outside all the time and I knew the sun could give me problems, but I never really took the time to protect myself.

When I was guiding and fishing tournaments, I didn't use much, if any sunscreen because I worried about getting anything on my hands the fish could detect, which might affect my ability to catch fish.

Which is really "Duh" STUPID! So what if I catch a few less fish this trip! I'd be catching a whole lot less fish because I could die at an early age, cutting my trips to the river, SHORT! So I best protect myself from the sun by using sunscreen.

Now days, I worry about skin cancer as we all should, especially if we spend much time outdoors.

Don't think you can only need to protect yourself from the sun during the warmer months, as you can get sunburn year around, even during the winter months.

Skin cancer is the most common form of cancer in the United States and one, which is fairly easy to prevent, if you use common sense.

There are three types of skin cancer with two most common types being basal cell and squamous cell cancer. Basil cell is the one that most people are familiar with; it's the type that's removed by a doctor by freezing or burning it off. It's usually found

on the head, face, neck, ears, hands and arms. It too can be dangerous and spread if not taken care of in its early stages.

Squamous cell is more serious as it may spread quickly if not taken care of, and it too has to be surgically removed.

Melanoma, the nastiest of all skin cancer can spread all over the body quickly, but it is less common.

Believe me, anyone can get skin cancer, but it's more common in people who;

- Spend a lot of time in the sun or have been sunburned
- Have light-colored skin, hair and eyes
- Have a family member with skin cancer
- Are over 50

Over one million cases of non-melanoma skin cancers are diagnosed each year in the U.S. and the incidences are rising.

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

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

One thing you can bet on is that there's a huge difference between sunscreens! You want one with a Sun Protection Factor SPF of at least 30 or greater has broad-spectrum protection, which protects against UVA and UVB rays and is water resistance.

Apply the sunscreen liberally thirty minutes before going out into the sun. It's a good idea to reapply it every 15 to 30 minutes after that.

Re-application 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 or higher such as Dermatone lip balm that not only keeps your lips moisturized when you're in the sun; they're also protecting them from the harmful effects of the sun.

If you're worried like I was about the smell on your hands, there are several companies such as Dermatone's that now are making sunscreen for fishermen Ultimate Sunscreen for Fishermen a sunscreen that's fragrance free and one that won't harm your fishing line.

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 outdoors experiences will be a long and enjoyable.

Gary Howey, Hartington, Neb., is a former tournament angler, hunting and fishing guide. He is the President of Outdoorsmen Productions, Producer/Host of the award winning Outdoorsmen Adventures television series and the co-host of Outdoor Adventures radio program. More information on the outdoors is available at www.outdoorsmenadventures.com.

Lewis & Clark Orthopedic & Sports Therapy Would Like To Welcome...

Doctors of Physical Therapy

Connie Casanova, DPT, and Samantha Schnabel, DPT, and announce
Amanda Adamson, DPT, as Director of Physical Therapy

**We will be moving to our new location in
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Back Left: Samantha Schnabel, DPT; Connie Casanova, DPT; Marge O'Hara, Aide; Erica Stanley, DPT.
Front Left: Lisa Huber, PT; Amanda Adamson, DPT; Kari Kaiser, Aide.

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