



# Still-Well Newsletter

Summer 2010

Vocational • Intellectual • Spiritual • Emotional • Physical • Environmental • Social

**Still-Well**  
University Student  
Wellness Program

**Editorial Board**  
Wendy Pinkerton  
Lynda Crossgrove  
Joni Newland  
Art Matthews

## Inexpensive Family/Couple Ideas for the Missouri Campus

1. Take a bike ride in the neighborhood.
2. Take the kids to Vacation Bible School while the parents go for a walk together.
3. Couples hold a movie date night and ask to borrow another friend's movies to watch.



Bianca Boehm enjoys playing in the park while her parents, Karl and Erin Boehm, and Andrea O'Brien watch.

7. Go to the antique stores/malls in town. A few stores in Kirksville to visit are Lawson Hill, Good Old Days Antique & Collectables, and Fantastic Finds.
8. Check the bulletin board in the south entrance of Hy-Vee Food Store. It posts events, plays, sports, etc.
9. Play frisbee golf at Rotary Park.
10. Check out the fall calendar for student activities and events for our campus. [blogs.atsu.edu/sga](http://blogs.atsu.edu/sga)
11. Check out Truman State University's calendar for activities and events. Some events require an admission fee. [calendar.truman.edu/calendar.php](http://calendar.truman.edu/calendar.php)
12. Buy some movies at one of the Redbox locations in town for a movie night. One at Walgreens, Hy-Vee, and the north and south McDonalds.
13. Go fishing (*with permit*) at Spur Pond, Hazel Creek Lake, or Forest Lake in Thousand Hills State Park.
14. Visit the Walt Disney museum in Marcelline, Mo. [www.waltdisneymuseum.org](http://www.waltdisneymuseum.org)
15. Visit Jamesport, Mo. and the culture of the Amish. [www.jamesport-mo.com](http://www.jamesport-mo.com)
16. Attend the Rutledge, Mo. Flea Market. [www.rutledge-fleamarket.com](http://www.rutledge-fleamarket.com)
17. Attend an auction on a Friday night at the McMain Auction House. [www.mcmainauctions.com](http://www.mcmainauctions.com)

4. Attend kids' workshops at Home Depot; contact them at 660.627.2777. [www.homedepot.com](http://www.homedepot.com)
5. Go train watching in LaPlata at the Chris Guenzler Millionth Mile Lookout Point. [www.raillookout.com](http://www.raillookout.com)
6. Go blueberry picking or corn picking at local farms. [lostbranchblueberries.com](http://lostbranchblueberries.com)

*continued on page 4*

**ATSU**

A.T. STILL  
UNIVERSITY

### In This Issue

Prevention ..... 2  
Questions to the Editorial Board ..... 3

Quote ..... 3  
Lose and Win Program ..... 4

# Prevention

Protection from sun exposure is important all year round, not just during the summer or at the beach. Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

The hours between 10 a.m. and 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

CDC recommends easy options for sun protection<sup>1</sup>—

- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Seek shade, especially during mid-day hours.

## Sunscreen

The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some make-up and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

## Clothing

Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

## Hats

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats

with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

## Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

## Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

## References

<sup>1</sup>Centers for Disease Control and Prevention. Guidelines for school programs to prevent skin cancer. *MMWR* 2002;51(No. RR-4):1-16.

Centers for Disease Control and Prevention, Division of Cancer Prevention and Control, [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

*Reprinted with permission.*

## Questions to the Editorial Board:

**Q:** I am looking for a dentist, and I am running across D.M.D.s and D.D.S.s. What is the difference - is one degree better than the other?

**A:** Actually mean the same thing - you are visiting a licensed dentist. Technically, D.M.D. stands for Doctor of Dental Medicine and D.D.S. stands for Doctor of Dental Surgery. The reason for the difference in suffix is that most dental schools offer the D.D.S. degree, but others give out the D.M.D. degree.

If you are searching for a dentist, check out the “Find a Dentist” search tool, which is linked at the top of the American Dental Association’s website at [www.ada.org](http://www.ada.org). Or use the American Academy of General Dentistry’s online directory at [www.agd.org/findadentist/disclaimer.asp](http://www.agd.org/findadentist/disclaimer.asp).

**Q:** How will U.S. Food and Drug Administration (FDA) assure the safety of seafood after the fishing and shellfish harvesting areas are allowed to re-open?

**A:** Federal and state waters closed due to contamination from the oil spill will only be re-opened for harvesting after it has been determined that seafood harvested from those areas is safe for consumption. The FDA oversees a mandatory safety program for all fish and fishery products under the provisions of the Federal Food, Drug and Cosmetic Act, The Public Health Service Act, and related regulations. If adulterated seafood is found on the market, both the FDA and the states have the authority to seize the product and remove it from the food supply.

“If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.” ~ *Elbert Hubbard*



## Lose and Win Program

by Elsie Gaber, Ph.D., Missouri Campus

The ATSU Human Resources office offered an eight-week program called Lose and Win for faculty and staff on the Missouri campus with an orientation session on April 5. United Health Care (UHC) provided the format and HR staff updated the outline with web links ([www.sparkpeople.com](http://www.sparkpeople.com)), YouTube connections, ([www.youtube.com/watch?v=6i86mKxaMN4&feature=channel](http://www.youtube.com/watch?v=6i86mKxaMN4&feature=channel)), and expert advisors, e.g. Dan Martin, Jan Collins, to inspire the participants to make healthy lifestyle choices and to embrace weight-loss strategies.

We had 28 individuals attend the Kick-off event and 17 follow through to the final week. The total weight loss for the Missouri campus group was 183.32 pounds.

The next eight-week program will start August 5 and 6 and focus on healthy lifestyle choices and embracing strategies that keep us moving in the direction of our goals.

If you would like access to the April/June 2010 Lose and Win program, please let me know ([egaber@atsu.edu](mailto:egaber@atsu.edu)) and I will add you to this google.site.

---

---

*continued from page 1*

18. Take a trip to Macon, Mo. to watch the exotic animal auction at Lolli Bros. Livestock, Inc. [www.lolibros.com](http://www.lolibros.com)
19. Try cosmic bowling on Saturday night at Leisure World Lanes. [www.leisureworldlanes.com](http://www.leisureworldlanes.com)
20. Visit the Herpetology Laboratory or the greenhouse on Truman State University campus.
21. Check out the Adair County Public Library for events and shows. [www2.youseemore.com/adaircpl/calendar.asp](http://www2.youseemore.com/adaircpl/calendar.asp)
22. Hike on the Thompson Campus Center nature trail.
23. Attend the Farmers' Market on the downtown square.
24. Take the kids to the Brashear Park wading pool in Kirksville.
25. Go walking, biking, watch a sunset at Thousand Hills.

---

---

### Still-Well Steering Committee:

Ron Gaber, Dan Martin, Fred Peterson, Margaret Wilson, Eric Snider, Jeff Suzewits, Kelly Halma, Lynda Crossgrove, Wendy Pinkerton, Thom Van Vleck, Tim Tucker, Mary Greer, Jeff Alexander, Beth Poppre, Tonya Watson, Art Matthews, Stephanie Patyk, Helen Ewing, Dustin Smith, Jim Farris, Stephanie Varckette, Jonathon Kirsch, Cynthia Kaye, Tom Hotvedt, and Michelle Panico