

News

Spring has sprung - time to use caution

By PASHA CARROLL
SUN REPORTER

Sun worshippers beware. Skin cancer is to sun as lung cancer is to smoking.

According to the American Cancer Society, almost 60,000 people will be diagnosed with skin cancer this year. A major risk factor - excessive sun exposure and exposure to a tanning booth.

Don't worry, it's not like you have to hibernate in the summer. You can still enjoy a day at the beach, just cover up, drop the oil and don the sunscreen.

You won't only be avoiding cancer; you will decrease wrinkles and other signs of aging.

For many, the bronzed look is a favorite. Nowadays it is a recognized market. There are products, available at the local

Detection:

Examine all moles and birthmarks, looking for the ABC's of Melanoma detection.

- A - Asymmetry
- B - Border irregularity
- C - Color variation
- D - Diameter bigger than a pencil eraser
- E - Enlargement.

drugstore that will give the glow of the sun without the cancerous rays.

May is skin cancer awareness month in Florida. The Florida Department of Health officials say, "Although skin cancer is the most common of all cancers, it is also one of the most preventable."

DOH recommends using sunscreen with a Skin Protection Factor of at least 15. For anyone who has ever gone to a Florida

Beach in May, you know that SPF 15 might not stave off burnt skin.

According to the Florida Cancer Data System, more than 3,000 new melanoma cases are reported each year. Florida lags only behind California in the cases of melanoma, which is the most serious skin cancer.

According to the American Cancer Society in 2005 almost 60,000 cases of Melanoma will be sun-related. It is estimated that almost 8,000 people will die nationally from melanoma this year.

Education for kids

GatorSHADE is a program that educates children on the dangers of the No.1 cancer in the United



Courtesy photo

According to the American Cancer Society, in 2005 almost 60,000 cases of Melanoma will be sun-related, an estimated 8,000 people from it. Sun is one of the leading causes.

Please see **Cancer**
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 <p>Tim Yandell Cell: 850-865-0250 tyandell@directway.com</p>	 <p>Denise Fitchben Cell: 850-624-5095 dfitch21@aol.com</p>
 <p>Lot in Seacrest with No Buildout \$549,000</p> <ul style="list-style-type: none"> + 13 Acres on 3280 near Bruce, \$1600,000 + Lot on cul-de-sac in Bay Harbour \$169,900 + 3 Acres @ \$25,000, Can Be Divided + Great Lot in Growing Area, Cross Creek \$13,500 + 2700 Sq. Ft Home in Black Creek w/ Approx. 45 Acres \$700,000 + .25 acre w/ small trailer in Freeport/Black Creek area. 	<p>FREEPORT ★ NEW CONSTRUCTION ★ 4BR/2BA DREAM HOME! On 1/2 acre lot, steps from Black Creek. Call Denise (850) 624-5095</p> <p>Prime Commercial Bay 98 - 3 acres across from Christal International. Minutes from beaches. \$1,900,000</p> <p>Panama City. Near medical facilities, schools, shopping. Beautiful all brick 6BR/3.5BA. In-law apt. \$630,000</p> <p>Call Access! Price for 1BR/2BA, beautiful view of bay from balcony and porch. St. Andrews... Only \$349,900</p> <p>Commercial Panama City - Airport Road, great location near medical facilities, 1400 sq ft, 1/2 acre \$363,000</p>

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LAND

Seacrest Beach - Build a three story home with gulf views on this first tier lot in Seacrest Beach Subdivision. No build out timeframe. Concierge service to 12,000 sq ft pool and beach. Ext. 2053

Inlet Beach - Unobstructed gulf views in Inlet Beach!! New luxury community with 10 homes, community pool, store's throw from the beach. Ext. 2069

Seagrave Beach - Land under \$600K!! Home site available near One Seagrave Place and Cosoon's Bell off 30A. 50x100. No build out restrictions or HOA fees. JUST LISTED! Ext. 2103

Seacrest Beach - Considered lot in quiet neighborhood with best appreciating homes near Alyx Beach. No annual HOA fees or dues. Ext. 2139

CONDOS

Sterling Shores - Fantastic gulf views from this 2nd floor Two Bedrooms Two Bath unit in Destin. Fully Furnished and Rental Ready. JUST LISTED! Ext 2113

Jade East - Gulf front two bedroom two bath 9th floor unit in Destin. Fully furnished. JUST LISTED! Ext 2129

Tidewater - One Bedroom One Bath Gulf Front. Great view. Expedited completion date end of 2005. Buy now and no payments until 2006! Ext 2079

West PC Beach - "The Villa" Townhouse. Two Bedroom Two Bath Renovated Beach Rental. Walking Distance to Beach. Fully furnished. Pool. Ext. 2043

West PC Beach - "Sardocelle" One Bedroom One Bath Charming Unit under 200K!! Gulf Views Top Floor Unit with Cathedral Ceiling and Sky Lights. Fully Furnished. Ext. 2083

The Village of South Walton - "Rosemary's Suite" Great Weekend Getaway. Walk to Rosemary Beach, Restaurants, and Shopping!! Fully Furnished. 12,000 sq ft Pool and Golf Cart. Ext. 2083

TOWNHOUSES

Santa Rosa Beach - Lowest priced property in the area! Two Bedrooms Two Baths. Close to Sacred Heart Hospital. Great Rental Property. Ext. 2033

HOMES

West Panama City Beach - Turnkey Property on Two Parcels of Land. Renovated. Three Bedrooms Two Baths. Forced in Lockport. TWO UNLOCKS from the beach. Ext. 2003

Old Seagrave Beach - Charming renovated fully furnished beach house. Walking distance to the beach. Deep wide overhanging balconies. Large 1/4 Acre lot on quiet street. Ext. 2013

Pre-Construction On 30A - Mediterranean three story home in small subdivision. 4 Bedrooms 3 Baths. Large great room. Gulf views from lower with wet bar and bedroom suite. Completion date the end of 2005. Ext. 2023

Search for all properties online:
WWW.WEKNOWTHEBEACH.COM

ISLE OF VIEW REALTY, INC.

South Walton/Residential

- 450' + Lakefront/Gulfview - 4 lots in Santa Rosa Beach "Incredible Spa" 2 1/2 acres \$5,225,000
- 5 Acres - Inlet Beach corner north of lake CR 201 - 10 units \$1,250,000
- Santa Rosa 7th St. - 50 x 125 LOT \$79,500
- Gulfview on Blue Mountain Beach - 1/4 acre lot w/in-ground pool \$75,000
- 3BR/2.5 BA plus Apt. - Blue Mountain Beach - granite tops brand new \$278,000
- Gulfview & Complete Remodel - 3BR/2.5BA granite counters all new appliances ... \$288,500
- Inlet Beach - 1/4 acre w/ 2BR home 5 unit dev. \$475,000
- Hidden Highlands Lot - On Spaced Dolphin 60' x 139' \$325,000
- Lakefront South of 98 - Sklon Way \$240,000
- Peachtree Circle - 90' x 135' lot off E. Hwy in Santa Rosa Beach \$134,900
- Santa Rosa Beach - 1/2 acre 3BR/2BA workshop screened porch handicap access ... \$248,500

Commercial & Residential

- 9 Acres +/- - Corner of C-39 and Church Bayou paved roads all utilities \$3,000,000
- 20 Acres - Light Industrial 660' on C-23 south of US Hwy 98 \$2,750,000
- Rosemary Beach BOA Lot - TNDAs 5 acre (4 units) & commercial \$1,250,000
- Gulf & Lake Views - 2 Lots - Comm/Resid. 2050 sq ft 4BR/2BA 900+ ft to beach \$1,500,000
- Gulfview Duplex - Blue Mountain Beach 2BR/1.5BA each "vacationized" on 1/4 acre \$777,000
- Corner Hwy. 98 & Veterans Rd. - Paved all 4 sides - SW corner (.7 acre) Pending \$775,000

North & Central Walton

- Freeport Development Site - 1.28 acre 18 units permissible \$750,000
- 50' Bayfront "in Villa Tamar" - 1150 sq ft home on high bluff Reduced \$479,900
- Bayview Forever - Bay Harbour Subdivision Freeport. 2 available lots \$349,900
- Bayview Rd. S - Bayview lot on 60' x 150' south Freeport \$279,900
- One Acre Cleared & Filled - South Freeport close to bay paved street \$165,000
- Creekside - Cul-de-sac wooded 1/2 acre lot \$70,000
- Corner Location B S 20 & C-320 - 4 acres commercial in Bruce FL \$220,000
- Chorton Beach - 4 lakefront lots w/ income \$340,000

Nikki Nickerson,
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News

Cancer

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States - skin cancer.

The program was developed in 1994 to educate

Florida children about how the sun can wreak havoc on their delicate skin. The primary founder of the program is Carol Reed Ash, associate director at University of Florida Shands Cancer Center.

The complete curriculum package is available online at www.gatorshade.ulf.edu and is complete with interactive learning tools for teachers and children.

What skin type are you? (Provided by loreal.com)

- Red hair, very fair skin, always burn, never tans - you should always use sunscreen with SPF 40 or more.
- Blond hair, fair skin, often burns, tans lightly - you should also always use sunscreen with SPF 40 or more.
- Blond or light brown hair, fair to medium skin, sometimes burns, tans progressively - for the first few days in the sun you should use SPF 20 - 40. After you have a tan use SPF 10 - 20.
- Brown hair, olive skin, rarely burns, tans easily - for the first few days in the sun you should use SPF 20 - 40. After you have a tan use SPF 10 - 20.
- Brown to black hair, dark skin, rarely burns and tans deeply - for the first few days use SPF 10 - 20. After you have been exposed use 2 - 10.
- Black hair, very dark skin, never burns, tans deeply - even you folks are at risk for skin cancer. L'Oreal recommends using and SPF 2 - 10 while you are in the sun.

Protection:

- Shade is your friend. Remember your beach umbrella or find solace under a tree.
 - Light cotton is good. Wear lightweight clothing to cover up in the sun.
- Hats can help. Your scalp can burn easily, as can the sensitive skin on your face, neck and ears, a hat will keep the sun's rays away.
- Slather on the sunscreen. Use at least a SPF 15, but use higher SPF, depending on skin types. Sunscreen needs to be reapplied every two hours or after going for a dip.
- The future is so bright, you got to wear shades. Sun can also cause cataracts, so to keep your future in sight, keep your sunglasses on. This can also help prevent wrinkles around your eyes because you won't be squinting in the glare.
- Time is of the essence: If you are sensitive to the sun avoid its peak hours, which are 10 a.m. to 3 p.m.
 - Cloudy days create harsh rays. Watch out because even on gloomy days sunburn is a real threat.

Destin woman arrested for methamphetamine

DESTIN On April 22, Walton County Sheriff's Officers arrested Belinda S. Cornette, Destin, for Possession of Methamphetamine with intent to sell/deliver.

Cornette was working as a taxi cab driver for a local cab company, when the taxi van that she was driving was stopped for a

traffic violation. During an investigation, Walton County Sheriff's Officers discovered Methamphetamine, packaged for sale, and narcotic paraphernalia in the vehicle.

Cornette was taken to the Walton County Jail and booked for narcotics violations and issued a traffic citation.

SWFD fire report

The South Walton Fire Department responded to the following calls for the week of May 1 - 7.

- 12 - Automobile accidents
- 3 - Miscellaneous
- 3 - Fire
- 17 - Fire alarm malfunction
- 43 - Medical
- 14 - Non-emergency transfers

This week's safety tip: If you are bathing a young child, maintain constant supervision to prevent accidental drowning or scald burns.



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