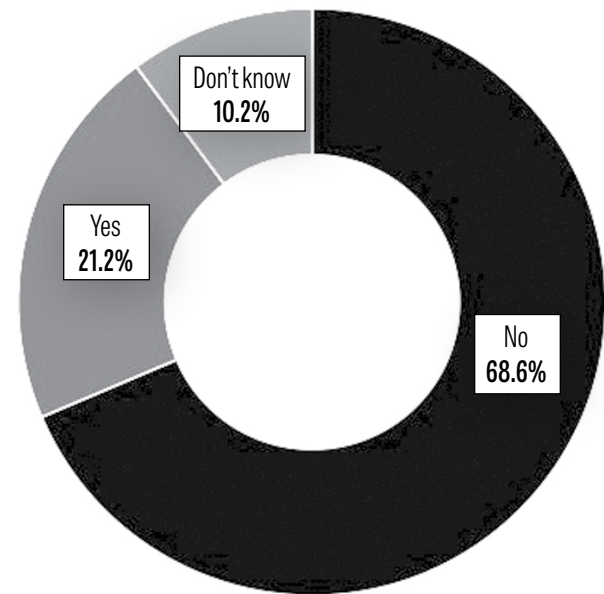


ONLINE POLL:

Juniper Hill Aquatic Center opened Saturday.
Do you plan to visit the facility this season?



This poll reflects the opinions of 137 respondents.
Visit www.state-journal.com to take part in today's poll.

EDITORIAL

Be protected against sun's harmful rays this summer

With summer unofficially under way, the National Council on Skin Cancer Prevention is raising awareness about the dangers of prolonged sun exposure and ways folks can protect their skin from sunburn, which increases the risk of skin cancer — the most common form of cancer in the United States, while enjoying the outdoors.

Each year, approximately 5.5 million cases of skin cancer are diagnosed in the U.S., which is more than the number of breast, colon, lung and prostate cancers combined. In fact, one in five Americans will develop skin cancer during their lifetime. The good news is that roughly 90% of skin cancers are preventable.

Not only do sunburns increase the risk of skin cancer, they can also make you more susceptible to heat-related illness and dehydration. Before heading outside, consider the following tips from the American Academy of Dermatology for protection from the sun's damaging ultraviolet rays:

- ▶ The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you, seek shade.
 - ▶ Wear sun-protective clothing like a lightweight, long-sleeved shirt, pants, a wide-brimmed hat and UV-protective sunglasses.
 - ▶ Apply a broad-spectrum, water-resistant sunscreen with an SPF of at least 30 or higher, which will offer protection against both UVA and UVB rays.
 - ▶ Always reapply sunscreen every two hours and after swimming or sweating when outdoors.
 - ▶ Avoid tanning beds as the ultraviolet light from the machines can cause skin cancer as well as premature skin aging.
 - ▶ To look tan, consider using a self-tanning product in addition to sunscreen.
 - ▶ Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun, which can increase the chance of sunburn.
 - ▶ Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious skin spots or anything changing, itching or bleeding.
- Remember it is never too late to practice sun safety. Make sure you are protected from the sun's harmful rays before enjoying the outdoors this summer.

70% of Earth is already altered by humans

Chipping away at Franklin County's countryside and green space by developers and politicians "powerful posturing to purvey" their false analogies is extremely dangerous. The Frankfort/ Franklin County Comprehensive Plan by the community's good citizens have been loggerheaded by government and their developers special interest it appears.

There's a myth behind the perception of the necessity of development for societal or economic growth. That's why developers and many politicians don't think environmentally and that myth is what they want us to believe. They do not reward values that insure environmental and ecological sustainability for the future.

It's assumed by them that "growth" is only tied to development — bulldoze the natural land scape away forever — never to produce oxygen again for the future generations. They have an underlying belief that it's a linear progress as a path to a "better" future — no matter the cost to the environment.

The problem is its unsustainable practices and inequality or social disparity we've witnessed in our community — they don't care what the individual citizens concerns are in our community

that volunteered to design the comp plan.

Demonstrably developers and politicians ignore alternative paths that prioritize social equity, environmental protection and local needs. Their unfettered degradation of farmland just leads to re-sources depletion, pollution and the ongoing climate change — all undermining the foundations of the health of the following generations by undermining the health of the planet.

Developers and politicians live in a created sense or illusion of a constant pursuit of growth where they think there's a perpetual inadequacy and lack of satisfaction if they aren't exploiting earths resources negatively for fraudulent gain. 70% of earth is already altered by humans.

Developers and politicians think one size fits all as you can clearly see in their actions. Copycat other counties degradation of green spaces and it will all be good? While neglecting environmental, ecological, social and cultural wellbeing.

Alternative paths can improve people's lives and promote their

health, welfare and security without brick and mortar/metal box buildings plus concrete and blacktop for the greed of special interest groups.

Belching more carbon with cars isn't the answer to earth' sustainability either. And that's all I see coming with these "imposters" with political control that are assuring money for all through their ecocide economy.

Using human ingenuity, changing the way we perceive the world is the way to stop bad habits that are killing the life on Earth. We've got to weed out bad actor developers and politicians.

Governments can implement environmentally-friendly policies and incentivize sustainable practices by promoting more so public awareness and education and also set environmental standards, mandate green practices, promote green technology and encourage sustainable consumption more than ever. Frankfort/ Franklin County needs to keep their thinking caps on now for the future generations.

Richard Jones is a fifth generation farmer in Franklin County. With his two sons, he operates the family business — Happy Jack Pumpkin and Produce Farm. He can be emailed at rwjhappy@gmail.com.



SUBMIT LETTERS TO THE EDITOR

The State Journal encourages readers to submit letters to the editor. Letters should be the original work of the author, no form letters, and be fewer than 250 words. The State Journal reserves the right to edit letters for grammar and brevity. To submit a letter email letters@statejournal.com

LETTERS

FACEBOOK COMMENTS FILLED WITH NAME-CALLING, HATRED

Dear editor,

Please quit posting editorials on Facebook. As we know, people will say things in posts they would never say in person or when putting pen to paper. From what I've seen, the comments regarding the newspaper opinion pieces are filled with name-calling and hatred. I suspect that many commenters have not researched the topic or even read the entire editorial. I can't imagine any benefit to the paper or the public of posting these pieces. So, I beg you, please quit!

Danise Newton
Frankfort

'LONG OVERDUE FOR HORSERACING TO BE RELEGATED TO HISTORY'

Dear editor,

Most people have already forgotten the Kentucky Derby — interest in horseracing is just about non-existent — but it's newsworthy to note that jockey Junior Alvarado whipped the winner Sovereignty with such frequency he's been fined and banned.

The violation was Alvarado's second offense in

the last 180 days.

The issues of drugs, fatal injuries, whipping, slaughter and corruption in this dying industry are all well documented. Thoroughbreds are accidents waiting to happen: Their legs are too long and fragile and they're forced to run while still young and growing. Horses routinely suffer from injuries, lameness and exhaustion and are just as routinely drugged with muscle relaxants, sedatives and other potent pharmaceuticals, both legal and illegal. Thoroughbreds in the racing industry are reputed to be so habitually doped up that they've been called "chemical horses," and their feet, bones and bodies are progressively destroyed as a result.

When they drop, tracks go to great lengths to shield spectators from breakdowns, quickly shifting into crisis mode when horses hit the turf. Tarps and tents are erected, and announcers don't miss a beat in focusing attention on anything other than the inert body.

It's long overdue for horseracing to be relegated to history.

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