

**INSIDE GRUNDY COUNTY**  
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The Grundy County Fair starts on Monday, July 17 and runs through the 21. Come and support the youth who have been working hard to prepare their projects for fair. Here's what you will see at this year's fair: non livestock projects including horticulture, clothing, woodworking, food and nutrition, visual arts, photography, etc. Presentations will be at 4:00 p.m. on Monday. There will be plenty of livestock exhibits to see as well. The horse show is Monday at 1:00 p.m. and dog show at 6:30 p.m. On Tuesday at 10:30 a.m. will be the dairy show and the rabbit show is at 3:00 p.m. The swine show is on Wednesday at 7:30 a.m. and bucket calf show at 5:30 p.m. (always a favorite with kids), poultry show is on Thursday at 8:00 a.m. and sheep show starts at 5:00 p.m. On Friday, the beef show starts at 9:00 a.m., llama show at 4:00 p.m. and fashion revue/style show and share the fun at 5:00 p.m.

While you are at the fair be sure to wear sunscreen and proper clothing to avoid sunburns. As you spend time outdoors, keep the following points in mind. Unprotected skin exposed to sun over a period of time can increase risk of developing skin cancer. One severe blistering sunburn before the age of eighteen doubles ones risk, which increases with age. Skin cancer is more common if you are fair or light skinned, have a family history of certain types of moles, or if you spend a lot of time outdoors in the sun.

What can you do to prevent or to detect skin cancer? First, examine your skin carefully front and back in a mirror every six to eight weeks. Take note of any changes in your skin; watch for sores that won't heal, red patches, and changes in size or color of moles. These may be warning signs of skin cancer. Consult your doctor for regular checkups and any time you are in doubt. Use suntan lotion with a sun protection factor (SPF) rating of at least 15 and wear a broad brimmed hat and other clothing to protect you from the sun.

I've seen and have had a few questions about earwigs, which can occasionally find their way into homes. Earwigs are relatively easy to identify by the prominent pincers or forceps on the end of the abdomen. On females the pincers are fairly straight, while male pincers are more curved and caliper-like. These pincers are used as both offensive and defensive weapons. Though they may try to pinch if captured and handled, they do not harm people. The common earwig is about 5/8 inch long and dark brown with a reddish head and pale yellow-brown legs. These "accidental invaders", if found inside your home, will not cause any harm or destruction. They are merely an annoyance or nuisance because of their presence. Earwigs found inside the house can be swept or picked up and discarded.

For more information, contact the Grundy office of ISU Extension at 319-824-6979.