



## From the Desk of the Pastor...

*Acts 17:1-2 After Paul and Silas had passed through Amphipolis and Apollonia, they came to Thessalonica, where there was a synagogue of the Jews. And Paul went in, as was his custom, and on three Sabbath days argued with them from the scriptures...*

My first year as a pastor, as the school year was winding down and summer was approaching, I will never forget the fourteen-year-old boy who said to me after church one Sunday in early June, "I'll see you in September!" I was dumbfounded and perhaps a little naïve, as I had no idea what he meant. So I asked him and his response stuck with me as well. "My mom says we can take off of church for the summer."

I had never heard of such things. How could we take off of church for a season? Yet, sure enough, I didn't see him again until the Sunday after Labor Day. It made me wonder, "When did church become optional?" I know that the summer, for many with students in school, has a different schedule and there is a lot more traveling, but optional?

I am reminded that the apostle Paul traveled a lot as a Christian missionary whose job was to reach the Gentiles with the good news of Jesus. And as he went to foreign places where they had never heard of Jesus, sharing the good news, he still took time every week to go to synagogue. Because that was how he worshipped. He was a Jew who was a Christian. Churches had not been formed as we know them, but he would go each week to worship, and to study, and often to teach, or argue as the Scripture says. But he never neglected his worship time with God.

I am glad that we have the ability to worship online via YouTube so that when we are traveling we can still watch online to worship with Trinity, and I want to encourage you to learn how to use the YouTube app if you have not done so in order to continue worshipping with us during vacation or time away. Yet, I also want to encourage you to go and visit other churches in far away places when you are there. Worship with the people. Experience God in a new way.

When I was on Spiritual Renewal Leave, I did not take time away from God but searched for new places to worship, experiencing different ways, and styles, but always in an effort to connect with God. I encourage you to do the same, and then COME BACK AND SHARE with us. We have one member who always brings me a bulletin from the churches he visits while on vacation. Sometimes to show me something interesting they did, sometimes to show me how aligned we are, and sometimes just to prove he went to church! Regardless, I appreciate his desire to worship when he cannot be with us, for God does not take time off during the summer, and neither should we.

Worshipping together with you, near or far,

Pastor Hayden



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## Membership News

### NEW MEMBERS

**May 25, 2025**

Amy Rader  
Helen Rader  
Mark Rader  
Raymonde Macenat Bellange  
Solva Macenat  
Vadeline Macenat  
Lehama Macenat (*Baptized Member*)



### BAPTIZED

**May 25, 2025**

Emersyn Carleigh Brackins  
Daughter of Douglas and Alexis Brackins  
Maternal Grandparents: Jessica and Joseph Foster  
Paternal Grandparents: Penny and Chris Brackins  
Godparents: Carleigh Foster; Emily and Nick Kosmicki  
Church Sponsor: Emma Chandler

### DEATHS

**March 13, 2025**

Thomas Kellar

**May 10, 2025**

Samuel Walker

**May 5, 2025**

Thomas DuPont

**May 21, 2025**

Robert Todd

## Meet Leah Creswell Trinity's New Account



I was born in Texas, raised in Colorado and then we moved to California, where I spent most of my life. I have two beautiful and very smart children and three wonderful grandchildren.

I have been doing bookkeeping since I was seventeen years old. I was taught by this elderly Chinese man and he was very strict about details and making sure processes were always followed. I have worked in both public and private firms and have had great mentors and learned a lot along the way.

I went to college on the West Coast for a few years before my son was born. I have since been back for a year of random classes, but did not desire to obtain a CPA license.

I come from a family of very artistic women so I love being creative in art, design and even building. I renovated an old farm house and then redesigned and rebuilt an old fisherman house that had caved in and sat for twenty years along the Nanticoke River.

## Thank You

Trinity UMC,

Thank you so much for the George Patterson Memorial Scholarship. I truly thank you for supporting me. I am going into my third year of study with Kairos University Seminary, and I have been learning a lot. Your support of me and my work both in class and outside of class has been really encouraging, and has helped me go on both financially and emotionally. I am proud to call you my home church, and thankful for all that you've been doing for me, and the community at large. I wish I could be there this Sunday, but as you know, I am already pastoring another congregation or two, still, I look forward to when I can come back again.

God Bless you all,  
Joseph Hayden.

Thank you so much for the cards of sympathy sent to us during the passing of our son, Jason. Your prayers and spiritual support meant so much to us during this time.

Dottie & John Butler

To: Pastor Hayden, Pastor Burris and all my friends at Trinity

Thanks for the visits, cards, gifts and other kindnesses shown to me since my illness.

I am now a permanent resident at Lakeside. My new address is: Lakeside Assisted Living, Apt, 103, Mallard Landing, 1109 S. Schumaker Drive, Salisbury, MD 21804

Love,  
Hazel Price

On behalf of our congregation, I would like to extend sincere thanks to Trinity UMM for the delicious pancake and sausage breakfast served in celebration of the mothers in our church. Your kindness and effort made the morning extra special. It was truly appreciated and thoroughly enjoyed.

With gratitude, Ann Hill, Trinity Lay Leader



# 2025

## High School Graduates

Melissa Bell  
Wicomico High School  
Parents: Patrick and Xiuhua Bell

Ethan Richardson  
Delmar High School  
Parents: Wesley and Susan Richardson

Julia D'Angelo  
Delmar High School  
David and Katie Irvine

Sophia Sarbanes  
Parkside High School  
Parents: Jimmy and Margo Sarbanes

Vadeline Macenat  
Parkside High School  
Parents: Raymonde Macenat Bellange  
and Solva Macenat

## College Graduates

Dora Ashby  
Hood College  
Parents: Bryan and Leisl Ashby

Anthony Sarbanes  
Methodist University  
Jimmy and Margo Sarbanes

Emma Dunne  
Wake Forest University  
Parents: Mick and Stacy Dunne

Caleb Thamert  
Salisbury University  
Jeff and Amy Thamert

Ben Jordan  
University of Maryland College Park  
Parents: John and Susan Jordan

Kailey Thamert  
Southern New Hampshire University  
Jeff and Amy Thamert

Tenley Pelot  
McDaniel College  
Parents: William and Kimberly Pelot

Erica Townsend  
Dartmouth College  
Parents: Duane and Mickey Townsend

Hannah Richardson  
Salisbury University  
Parents: Wesley and Susan Richardson

## Scholarship Recipients

Rev. George R. Patterson Scholarship

Joseph D. Hayden  
Son of Tammy and Vaughan Hayden

Just like a blossom

Just like a blossom ,

Jesus rose from the grave.

God gave his only son

So we might behave

When Jesus died on the cross ,

We thought all was lost

Like a blossom ,

His petals had fallen off.

But on the third day ,

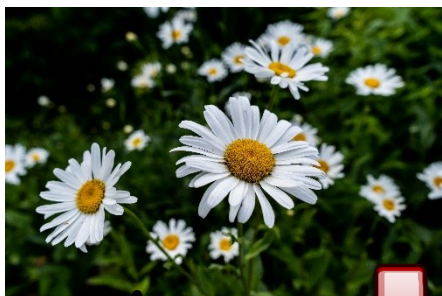
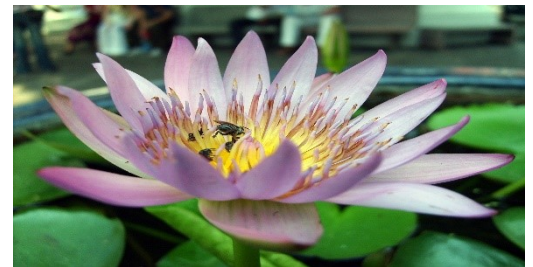
He rose with grace.

Bringing hope and love ,

To every place. By Kiera Vickers



This Photo by Un-





# Missions

By Carroll Thamert

A few weeks ago, I found myself sitting on my back deck enjoying a cup of coffee on a crisp, cool, late Spring morning. I do this often now surrounded by God's Creation Masterpiece of beautiful flowers, budding trees, singing birds, and colorful butterflies. This is my time to relax, think, and pray. I found myself humming a favorite hymn from a recent Sunday service, "Pass It On", by Kurt Kaiser. As the hymn states, this day was like God, ..."That's how it is with God's love; Once you've experienced it, You want to sing, It's fresh like spring, You want to pass it on".

With my eyes tearing up, as I hummed the tune, I thought how "time waits for no one". Time rushes on! Not only it is almost Summer, but this year Bobbie and I not only have celebrated 50 years of marriage, but recently 50 years as members of Trinity UMC on Heritage Sunday. It was during this 2/3 of our lifetime that members of Trinity have "passed on" not only the Church Heritage, but more importantly "God's Love that they have experienced" to us! It has made me realize that "God is always Good, Always in Control". He has always been with me, reinforcing and adding to my journey of faith. He has stepped in when I needed him most, providing me with the right situations, and bringing the right people into my life to strengthen my faith.

God Blessed me with loving parents that instilled values in me and a strong foundation in faith. My small community with its small Methodist Church looked out for me, treating everyone as family. In 1968, I graduated from high school, three months later traveling to the "big city of Salisbury to become a teacher. My faith took a back seat, as this shy student found his way through the many challenges and roadblocks of college; but God never left my side. He brought the right people into my life. My mentor teacher took me under her wing and taught me to be a teacher who cared. In fact, I would soon join her as a fellow teacher next door at Bennett Junior and later as a fellow member of Trinity UMC.

As the saying goes, the rest is history. I've been in Salisbury since. Bobbie caught my eye during my 2<sup>nd</sup> year as a history teacher when she joined the faculty as 1<sup>st</sup> year orchestra teacher that September. In March of that school year, we were married by Rev. Ed Thomas at Trinity Methodist. When Bobbie first came to teach, a fellow musician/teacher invited her to join the Trinity Choir. When we got engaged, Bobbie invited me to attend Trinity. The first Sunday I attended, I felt at home! The people all seemed to be filled with joy and happiness. Smiles were everywhere and I felt so welcomed. Even though the Church and congregation were probably ten times bigger than Neavitt Methodist, I soon felt part of the Trinity Family.

I felt like God had intervened and brought Bobbie and Trinity into my life. Soon after our marriage, we joined Trinity. From the first time attending Trinity, I've also felt the Presence of God's Love and the Salvation of Jesus! The beauty of the Sanctuary with its architecture and stained glass windows, along with the people, shines the Light of that Love on all that enter. Both our children were baptized at Trinity and brought up in the Church attending Sunday School, serving as acolytes/crucifers, fellowshiping in MYF, and serving on the Appalachian Service projects. My twin grandchildren were also baptized at Trinity 21 years ago.

My journey of faith has been strengthened each year by the different ministers and members I have had the pleasure of knowing. People like Mr. John Howe, a 70-year widower of Trinity, took me as a 25-year-old as an "adopted grandson" under his wing. His humble, caring ways and his faith definitely affected me. Even though Trinity has been Blessed with many wonderful ministers, it was Rev. Howard Gordy and his family that brought my faith in God and the Saving Grace of Jesus to fruition. He became my Spiritual Mentor as well as a lifetime friend until God took him home. He got me to "step out of my safe zone", taking on leadership roles with the MYF, the first Trinity Appalachia service adventures, playing on and later managing for over ten years with the Trinity Softball Team, and serving on various committees. He comforted me so much when my father died, even attending his Funeral in Neavitt where I gave the eulogy. Even after he retired back to Salisbury, he would often sit with me in the back row of Trinity as our wives sang in the choir, catching up on small talk and his jokes before the service.

It was members of the Trinity Family over the years like Mr. Howe, Rev. Gordy, the many other Ministers including Pastor Hayden (who made the scriptures more meaningful in his Bible Studies/Sermons and helped me to pray in public without fear) and the many friends that I have made at Trinity over the years that "Passed it On" to me. As the hymn says, it was the "spark that got (my) fire going. And soon all those around can warm up o its glowing. That is how it is with God's Love...". The Family of Trinity expresses it, wanting to Pass the Love on to me and you!

Hopefully each of us will continue to "Pass It on" through the many Missions of Trinity as well as our interactions with others both in Church and community. Even though Summer is almost here with season that God gave to us in order to slow down some, to relax/rejuvenate, and to enjoy the wonders of His Creation, let us all still take time to support and pray for: Salisbury Urban Ministries; Joseph House; HALO; Santa's Angels, and Hands and Hearts; and others. Wherever you go this Summer: to the mountain tops, to the Beaches, overseas, or even in your own back yards, remember to "Pass It On" to others..."I wish for you my friend, this happiness that I've found. You can depend on Him...I want you to know ; The Lord of Love has come to m, I want to pass it on". Enjoy the Summer! God Bless You All!



The members of Trinity UMC continue to support the programs of SUM through their donations of food/money/clothing, their time volunteering, and their prayers to help the community. Thanks to everyone who has helped SUM. With the Summer fast approaching, please continue to support the needy because the need is still there.

Last month, the Food Pantry served 433 clients (included 159 families; 262 individuals; and 12 new clients). A total of 362 bags of food (government funded as well as donated, bought, from grants)

God's Kitchen continues to serve lunches through volunteer help to 150-160 individuals each Saturday morning. The Kid's Café continues to operate an afterschool program for grades 1-5. They will also attend the YMCA Summer Day Camp for 4 weeks. Representatives of the Men's Welcome Center continue to give out 15 bags of food, snacks, hygiene items, and clothing monthly to the homeless men on the streets and in the parks and camps. Volunteers and donations are always welcomed. Some possible donations needed are: Raman noodles and spaghetti sauce for the Pantry; individual wrapped snacks for the Kid's Café summer camp; and bug spray and saltines for the Men's Welcome Center. Donations can be left in the Lazarus Container after each Sunday service, Trinity's Office, or can be dropped off at SUM office at 326 Barclay Street.

Future Fundraisers: May Spring Letter Campaign; July School Essentials Project; August Dental Hygiene Month; and Fall Letter Campaign. Look for details later in the Bulletin.

**SALISBURY URBAN  
MINISTRIES**  
DONATIONS NEEDED FOR:

**LAZARUS FOOD PANTRY:**

Raman Noodles  
Spaghetti Sauce

**KIDS CAFÉ:**

Individually Wrapped Snacks for  
Camp

**MEN'S WELCOME CENTER:**

Bug Spray  
Saltines

Donations can be dropped off at:

Salisbury Urban Ministries Office  
326 Barclay St.  
Or call 410-749-1563



## **Mother's Day Breakfast A Success**

By Carroll Thamert

The Mother's Day Breakfast to honor Trinity's women was quite a success. Over 100 people attended. The men prepared and served the all you could eat pancake and sausage meal along with water, coffee, orange juice, and/or milk. A good time and fellowship seemed to be enjoyed by all.

Thanks to all the men that helped to make this event a success. Special thanks goes: to Tom for setting up for us on Friday; to Sue for all her help behind the scenes prior to the event; for Jay and Jay for their hard work in the kitchen; and, of course, all those that attended! Hope to see you all next year!



### **May 12<sup>th</sup>, 2025 UMM Meeting**

The last Meeting of the Trinity UMM before the break for Summer was held on Monday, May 12, 2025, at the Deli at Pecan Square. Twelve men were in attendance for the dinner and meeting.

Gil Dunn called the meeting to order at 6:00 p.m. Pastor Hayden opened the meeting with a prayer and the blessing of the food. After dinner and a period of fellowship, Gil thanked everyone who helped to make the Mother's Day Breakfast a success. He also thanked everyone for a very successful year thus far, pointing out programs that the men have had success with thus far.

Treasurer Rick Darrah reported that the Treasury has a balance of \$711, which includes the \$200 collected from the Free Will Donation from the breakfast. The donation is more than enough to cover the expenses.

The following upcoming projects were discussed:

- The men will cook hot dogs for the the Trunk Yard Sale sponsored by the United Methodist Women at the Family Life Center on Saturday, September 27<sup>th</sup>, 2025.
- The men will help to prepare and serve the lunches for God's Kitchen for the Saturday in October, 2025.
- Pastor Hayden will keep the men informed of the Conference UMM Zoom gatherings and prayer meeting for the Summer.

The meeting was adjourned at 7:15 pm with a prayer by Rev. Burris. The next meeting of the UMM is scheduled for Monday, September 8<sup>th</sup>, 2025, at 6 pm. Have a great Summer!

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## **JUNE BIRTHDAYS**

### **1 - Julie Ayd**

Frank DelGaudio III  
Andrea Hudson  
Chris Mitchell  
Chris Shaffer  
Jennifer Trader

### **2 - Robert Abel**

Anne Collins  
Zander Devies

### **3 - John Long II**

T. J. Mumford III  
Gray Turner

### **4 - Sheila Darrah**

Debbie Harris  
Ellen Moran  
Allen Wootten

### **5 - Chana Ferretti**

Gary Luppens  
Katie Parsons  
Michael Payne  
Blake Twilley  
Jennifer Underwood  
Dale Vroman  
Steve Windmuller

### **6 - Christopher Bozman**

Luke Emge  
Allie Guy  
Harper Mills  
Rick Smoak, Jr.

### **7 - Logan Barnes**

Debra Downing  
Casey Lynch  
Susan Richardson

### **8 - Cale Ashcraft**

Stephen Ashcraft  
Sherri Harkins  
Tanner Leonard  
Liam Nelson  
Mary Nelson  
Micah Outten  
Macallan Trader  
Chuck Ulm  
Dan Williams  
Brian Wright

### **9 - Michael Murray**

Gayle Whitelock

### **10 - David Downes**

Maysen King  
William Layfield  
Lucas Payne  
Leanna Pusey  
Donna Thompson  
Morgan White

### **11 - Violet Jones**

Landry Parsons  
Linda Townsend

### **12 - Alivia Devies**

Brittany Grier  
Melissa Kiser  
Elizabeth Nelson  
Trevor Peters  
Sophia Senkbeil  
Kennedy Soper  
John Timmons  
Richie Wright II

### **13 - David Hooper, Jr.**

Jill McCabe  
(Mrs. Doug)  
Tilghman Mills  
Peyton Pearce

### **14 - Michael Abercrombie**

Leisl Ashby  
Paige Greenwood  
Christine Okerblom  
Karen Payne  
Kaye Thomas  
Tom Ward

### **15 - Kirby Ashcraft**

Matthew Gilland

### **16 - Jackie Adams**

Margo Hunt  
Graham Moore  
Barbara Nazelrod  
Jay Reading  
Scott Robertson  
Karen Smith

### **17 - Thomas Leonard**

Marcie McGrillies  
Rachel McGrillies  
Warren Pitsenbarger  
Woody Wilson, Jr.

### **18 - Bruce Bostwick**

Danny Gregory, Jr.  
Kristi Jenkins  
Claire Wright

### **19 - Jaqueline Leanne Irvine**

Brett Miles  
Brynne Moore  
John Rankin

### **20 - Cindy Collins**

Gavin Mann  
Bettie Nichols  
Tom Preller  
Michael Shockley

### **21 - Chad Lowe**

### **22 - Joe Beach, Jr.**

Marisa Farrelly  
Katie Fox  
Chip Jenkins  
Susan Jordan  
Sydney Mills  
Lynne Smoak

### **23 - Ken MacFarlane**

Glen Parsons  
Brian Tregoe  
Marlene Waller

### **24 - Ellie Ennis**

Dora Larimore  
John O'Brien

### **25 - Barbara Culver**

Caden Pavese  
Jordan Plymale  
Jane Seagraves  
Lindsay Wallingford  
Emily Wright

### **26 - Mark Blades**

Jacob Corry  
John Fleming  
Taylor Lawson  
Kim Miles  
David Reichenberg  
Mitzi Scott  
Charles Staiger

### **27 - Sonnie Lucas**

Peter Whaley

### **28 - Natalie Booth**

June Burton  
Julia D'Angelo

### **29 - Tim Pusey**

Pam Weeg

### **30 - Dawn Hinman**

Hannah Johnson  
Michelle Mann  
Philip Mason  
Brooke Reese  
Alison Wootten



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## **JULY BIRTHDAYS**

**1 - Hannah Ashcraft**  
Lauren Crouse  
Hannah McCabe  
Jennifer Race

**2 - Teresa McCain**  
Teri Nelson  
Coral Rychener  
Caleb Wilson

**3 - Shirley Davis**  
Natalie Shaffer  
Frank Taylor

**4 - Mimi Boulden**  
Marissa Dickerson  
Colbey Hunt  
Mike Kelley

**5 - Harrison Brennan**  
Krissy Gilbert  
Courtney Wilkins

**6 - Sharon Kriegisch**  
Amy Luppens  
Dan Peters  
David Price  
Alexa Sande  
Keith White

**7 - Dylan Maine**

**8 - Tyler Barnes**

**9 - Konley Brewer**  
Casie James  
Adalyn Doyle  
Mason Shetler  
Keith Staton

**10 - Chase Bostwick**  
Jack Calloway  
Shelby Frost

**11 - Nicole Acle**  
Cameron Barnes  
Vickie Blades  
Allison Dickson  
Bill Fowler  
Joseph Ireland  
Regina Lankford  
Kaylyn Propst

**12 - Gary Brown**  
Charles Smith, Jr.

**13 - Emily O'Brien**  
Jay West

**14 - Cassie Dempsey**  
Genevieve Payne  
Jeffery Thamert

**15 - Shelby Byrd**  
Carolyn Chandler  
Natalie Dunn  
Everett Morton  
Mark Shipley  
Monroe Trader

**16 - Morgan Helfrich**  
Judi Mason  
David Roe  
Wynn Smith  
Kate Soper  
Clay Thompson

**17 - Brady Hunt**  
Carroll Nichols

**18 - Harper Ferro**  
Lauren Follebout  
Cindy Laws

**19 - Karen Culver**  
Russell Parsons  
Cheryl Plymale  
Zachary Savage

**20 - Gordon**  
Abercrombie  
Terry Dix  
Jennifer Dwiggins  
Joseph Scott  
Peggy Sheeran

**21 - Gavin Shipley**  
Addie Tregoe  
Jeffery Webster

**22 - Nathan Douse**  
Emily Hooper  
Bev Horner  
Janice Morton

**23 - Loudell Insley**  
Kaytlyn Senkbeil

**24 - Emma Chandler**  
Ethan Hall  
Tracy Horsey

**25 - Melissa Bell**  
Linda Lloyd  
Isaac Mah  
Victoria McIntyre

**26 - Hannah Hooper**  
Connor Smith

**27**

**28 - Jonah Corry**  
Carol Evans  
Samuel Evans  
John Stuart

**29 - Gabriel Alfano**  
Jordan Davies  
Esther Joinice  
Gary Moore  
Christopher Okerblom  
Emil Paul  
Wendy Simpson

**30 - Kennedy East**  
Ted Nichols

**31 - Jack Kutchen, Jr.**  
Jackson Phiefer  
Terry Sell  
Mike Williams

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## **AUGUST BIRTHDAYS**

### **1 - Jay Bozman, Jr.**

Erika Corry  
Ed Glagola  
Vicki Gray  
Lee Larimore  
Brock Lawson  
Logan McIntyre  
Jimmy Sarbanes  
Luke Twilley  
Trent Warfield

### **2 - Debbie Benedict**

Finley Helfrich  
Jamie Hudson  
Susan Lloyd  
Natalie Tull

### **3 - Abigail Custis**

David Duplechain  
Mimi Parks  
Justin Shipley  
Krista Warfield  
Olivia West

### **4 - Jack Bowne**

Ryan Dunn  
Devin Dunsten  
Suzanne Harkins  
Brady Leonard  
Ryder Nelson

### **5 - John Rivello**

Hunter Shaner

### **6 - Suzy Benedict**

William Custis  
Donna Malone  
Scott Malone  
Connie Taylor

### **7 - Ella Meadows**

Ashley Wood

### **8 - Ashton Evans**

Christopher Howard  
Ron Laws

### **9 - Todd Grier, Jr.**

Colton Payne  
Dana Ryan  
Julien Scott IV  
Gwyn Terrell  
Zachary Titus

### **10 - Joni Boyce-Butler**

Jack Brixner  
Evan Kiser  
Aiden Pusey  
Stephen Roser  
Andrew Thorsten

### **11 - Nancy Johnson**

Bailey Moses  
Josh Shaffer

### **12 - Jessica Fox**

Frank Harrision  
Sue Posey  
Calvin Robinson

### **13 - Chad Brown**

John Custis  
Jeffery Duplechain  
Matt Lankford  
Barry Tull

### **14 - Andrew Endicott**

Nancy Horner  
Jill McCabe (Mrs. Hap)  
Bill Mengason  
Connie Strott

### **15 - Lisa Barnes**

Luke Clatterback  
Ashlyn Ennis  
Jenny Roser

### **16 - Tyler Dunn**

Ian Hinman  
Elliott Meeks  
Emily Ritchey  
Ruth Ann Savage  
Mace Smith

### **17 - Jane Ashcraft**

Gary Chandler  
Jackson Doyle  
Madison Dunn  
Walker Harman  
Hillary Hogg  
Richard Snyder  
Cohen Weeg  
Phillip Wood

### **18 - Maude Ahtes**

Bill Draucker  
Matthew Menzel  
John Routenberg  
Hunter Wright

### **19 - Larry Albright**

Leigha Early  
Leonard Evans  
Kathy Hensley  
Peter Lischick  
Angie Mills

### **20 - Joel Davies**

Tom Hehman  
Cindi Martin  
Sam Shannahan  
Pat Stein

### **21 - Ryan Boyce**

Robert Bullock  
Helen Burns  
Ron Gilland  
Martha Usilton

### **22 - Ryan Hedger**

Suzanne Wilson

### **23 -**

### **24 - Karalynn Fykes**

Marie Graef  
Patty Green  
Ava Sammons  
Lindsay Smith

### **25 - Laura Benedict**

Scott Booth  
Ross Hammer  
Matthew Jones

### **26 - Josh Downes**

### **27 -**

### **28 - Kasey Ashcraft**

Emma Douse  
Lindsay Hall  
Shelly Hall  
Amanda Harris  
Dan Jackson  
Doug McCabe  
Joshua Price  
Susan Smith

### **29 - Rebecca Boyce**

Hugh Jackson  
Ronald Nelson  
Sky Smith

### **30 - Maddox Ferro**

Robert Hudson  
Cody Wheatley

### **31 - Matthew Cooper**

Ryan Mann  
Laura Orbino





## Sun & Skin Safety

Health Outreach Ministry

Dot Baker, RN

**NO MATTER YOUR AGE OR SKIN COLOR,  
PROTECT YOUR SKIN TODAY AND EVERY DAY**



**WHY SHOULD WE BE CAREFUL?** Skin cancer, caused by too much sun, is the most common of all cancers in the US. Melanoma - a serious and potentially deadly skin cancer - is among the fastest rising cancers in the US. Every day, more than 9,500 persons are diagnosed with skin cancer. More people will be diagnosed with skin cancer this year than breast, prostate, lung, and colon cancer combined. More young adults (especially women) are being diagnosed with skin cancer. About two Americans die "every hour" from skin cancer. **WHAT ARE SOME RISKS?** The sun is the primary source of radiation rays which cause most skin cancers. Other sources include tanning beds. Sun rays cause sunburns, eye damage, and early skin aging. Your risk increases if you have had more than 5 sunburns in your lifetime, have personal/family history of skin conditions, have numerous moles, &/or have been exposed to radiation and certain chemicals.

**WHAT CAN YOU DO AT ALL AGES & SKIN TONES?** **Do Not Burn** Too much sun is the most preventable risk factor for skin cancer. **Avoid Sun Tanning and Tanning Beds** Ultraviolet (UV) light from tanning beds and the sun causes skin cancer and wrinkling. If you want to look like you've been in the sun, use a sunless self-tanning product instead. **Cover Up** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses. **Seek Shade/Use Umbrellas** Seek shade when possible. Remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m. **Generously Apply Sunscreen** Put all exposed skin using a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days, and after swimming or sweating. **Use Extra Caution Near Water, Snow and Sand** Water, snow, and sand reflect the damaging rays of the sun, which can increase your chance of sunburn. **Check the UV Index** The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. The National Weather Service (NWS) and EPA provides the UV Index for your area online @ [Sun Safety | US EPA](#)

**Get Vitamin D Safely** Get vitamin D safely from the sun and through a diet that includes foods fortified with vitamin D and vitamin supplements. **Routinely check** your whole body for any changes in your skin and report to your health care provider. **Be a role model** with sun safety and tell others.

**BASIC RULES for EVERYONE:** **SLIP** on a shirt **SLOP** on sunscreen **SLAP** on a hat **SEEK** shade & **WRAP** on some sunglasses

### Resources:

Skin Cancer Foundation (2025) @ [Skin Cancer Facts & Statistics](#)  
 American Academy of Dermatology @ [How to prevent skin cancer](#)  
 American Academy of Dermatology @ [Skin cancer in people of color](#)  
 American Cancer Society @ <https://www.cancer.org/>  
 American Cancer Society @ [Cancer Facts & Figures 2025](#)  
 Your healthcare provider and local health department



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Office Hours: Monday - Thursday

8:00 a.m. to 4:00 p.m.

Lunch: Closed one hour

Friday

8:00 a.m. to Noon

