

Ultraviolet rays can cause harm

Welcome as it is for warmth, to grow crops, and as a source of energy, sunshine can be extremely harmful to humans who are not careful, the article points out.

The ultraviolet rays can cause mild or severe sunburn, depending on when and how long the body is exposed to them. Most dangerous is between 10 a.m. and 2 p.m. Standard Time, when the sun is at its fiercest. A cloudy day is no protection, since the rays can go through clouds; also, because of greater brightness, people tend to stay exposed longer.

Other false illusions of safety can be given by beach umbrellas or the shade of a tree. When a person is sitting in the shade, the skin still is exposed to reflected sunlight. Sand, city paving and snow are good reflectors. So is water, however, ultraviolet rays will pass through it.

Scattered rays, called sky radiation, are another problem. When ultraviolet rays hit dust, water particles and other objects in the air, they are deflected, or scattered, and hit the body from all directions. This is why when it is shaded from direct sunlight, the skin is still exposed to reflected sunlight.

Of the five distinct layers in human skin, the innermost contains melanin which produces a brown pigment called melanin. Fair skin with less melanin sunburns more easily and severely than dark skin.

About 20 percent of the ultraviolet rays pass through to the innermost skin layer and trigger release of the melanin, while 10 percent of the longer waves strike any melanin in the upper layers, immediately turning them a darker shade. The deep-working, shorter waves create the lasting tans, the tanning not evident for a couple of days but continuing for up to two weeks after exposure.

Although a good suntan eventually does protect the body from sunburn and allow a person to remain in the sun for longer periods without discomfort, it really is not

McCovey like wine, improving with age

United Press International

At an age when most baseball players have turned to slow pitch softball with their local tavern team, Willie McCovey stands out like a bottle of vintage Chateau Lafite-Rothschild in a sea of hearty burgundy.

Not one of his current teammates on the San Francisco Giants was even in high school when the 39-year-old McCovey hit his first major league home run, yet the slugging first baseman is certainly proving that age is no barometer of one's ability.

McCovey, still one of the most feared hitters in the major leagues, flashed the old form that made him a hero in the Bay Area Monday night when he unloaded two home runs in one inning, including a record-setting grand

slammer, to help the Giants outslug the Cincinnati Reds, 14-9.

McCovey's two homers highlighted a 10-run sixth inning that enabled the Giants to wipe out an 8-3 deficit. His grand slam, off reliever Joe Hoerner, was the 17th of his career, an NL record, and he became the only player ever to hit two home runs in an inning twice during his career. He last accomplished that unusual feat in 1973.

"I know it's hard to believe because of my age, but I'm playing better now than I ever have," said McCovey. "I wasn't even sure I'd be able to swing a bat tonight because I hurt my wrist sliding in the second game of a doubleheader last Saturday. One thing I've never been able to do is slide."

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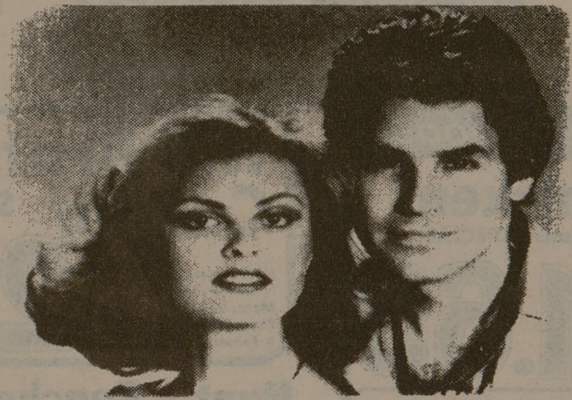
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Fish...

Shrimp boats can provide a manna for offshore fishermen, according to an article in TEXAS PARKS & WILDLIFE Magazine which tells how to find fish concentrations in the Gulf and how anchored shrimp boats attract the most schooling species.

Oil rig platforms, rocks or irregularities in the Gulf bottom can be the cause of fishing hot spots. However, shrimp boats offer the most varied action, since they are an easy food source for the fish.

Shrimpers anchor about sunrise after dragging their nets during the night. When the catch is culled,

usually during the early daylight hours, small trash fish, crabs, squid and shrimp heads are thrown back into the water. Fish of all sizes make a beeline for the bountiful handout.

Even the drama of a food chain can be witnessed, the author says, as larger predatory species devour the smaller fish attracted to the chum.

At such times, according to the fishing method and bait used, almost anything might be caught.

For a day of fishing excitement, the place to head for on the Gulf is where the shrimpers are, anywhere from nine to 15 miles offshore.

...and more fish

Rainbow trout usually are associated with cold weather and cold water but June 24 some 500 to 600 trout will be stocked in the tailrace of Possum Kingdom Reservoir on the Brazos River.

Inland fisheries officials at the Texas Parks and Wildlife Department say this is the latest stocking of rainbow trout in the state. The fish are 12 to 14 inches long and weigh between 1 1/2 pounds.

The trout have been held at the P&WD's Possum Kingdom Fish Hatchery since January where they were reared in cold-water troughs.

David Pritchard, department inland fisheries director, said the rainbows were held to determine growth rates in warmer Texas waters, and to provide additional recreation for area fishermen at a time when there is little rainbow trout fishing.



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