

A most gracious **THANK YOU** goes out to all of you that contributed to the Manuel Benavidez Jr. Scholarship Fund. Thanks to each participant, volunteer, and our sponsors the **2011 WalkforMBJr** was a complete success and our goal of raising \$5,000 was surpassed.

We are pleased to announce that the 2011 RGCCISD scholarship recipients are two outstanding young ladies with a very bright future ahead of them and they are

Michelle Lee Montalvo from La Grulla High School - \$250.00

Yaralee Quiroga from Rio Grande City High School - \$250.00

We are pleased to announce that the 2011 Roma High School recipient is
Carlos Luis Gonzalez Jr. - \$250.00

Stay tuned for details on the Fall 2011 \$750.00 award available for STC returning students that reside in Starr County.

Once again, thank you and we will continue our father's legacy of promoting higher education in Starr County by helping students that are great representatives of our community and the leaders of tomorrow.

PROTECT YOURSELF

Sunscreen

The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin.

How does it work.

Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays.

SPF.

Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours or if you swim.

Expiration date. Check the sunscreen's expiration date, since its shelf life is no more than three years.

Cosmetics. If your make-up and lip balms do not have at least SPF 15, don't use them by themselves.

Source: www.cdc.gov