

# Trojan Times

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## Limiting Tanning Beds

According to the news of KARK 4, Governor Mike Beebe signed a law that limits teenagers to the amount of time in a tanning bed. Act 707 requires that teenagers under the age of 18 to have a signature from a parent or guardian before they tan at a facility. The parent or guardian has to be aware of the dangers of tanning before

the minor begins to tan. The American Cancer Society states that the number of cases that are diagnosed with skin cancer is over one million. Also there were 8,240 deaths from the type of skin cancer called melanoma. The bill was created to bring awareness of the risk that a teenager may

undergo when tanning in a bed. Most skin damage occurs to people who are under the age of 18. Skin cancer can be very dangerous and even deadly. It is not only painful but can cause disfiguring of the skin. So before you get in a tanning bed just think, is it really worth it?

## Deadly Easter Lilies

Pet owners are being warned to keep their cats away from Easter Lilies. Certain types of lilies produce a chemical that can be deadly to cats that bite their leaves or drink water from the vases

they are in. Easter Lilies, along with other types like Star-gazer and Asiatic, can cause potentially lethal kidney problems for cats.



*Trojan Times* can also be found on the HSHS website

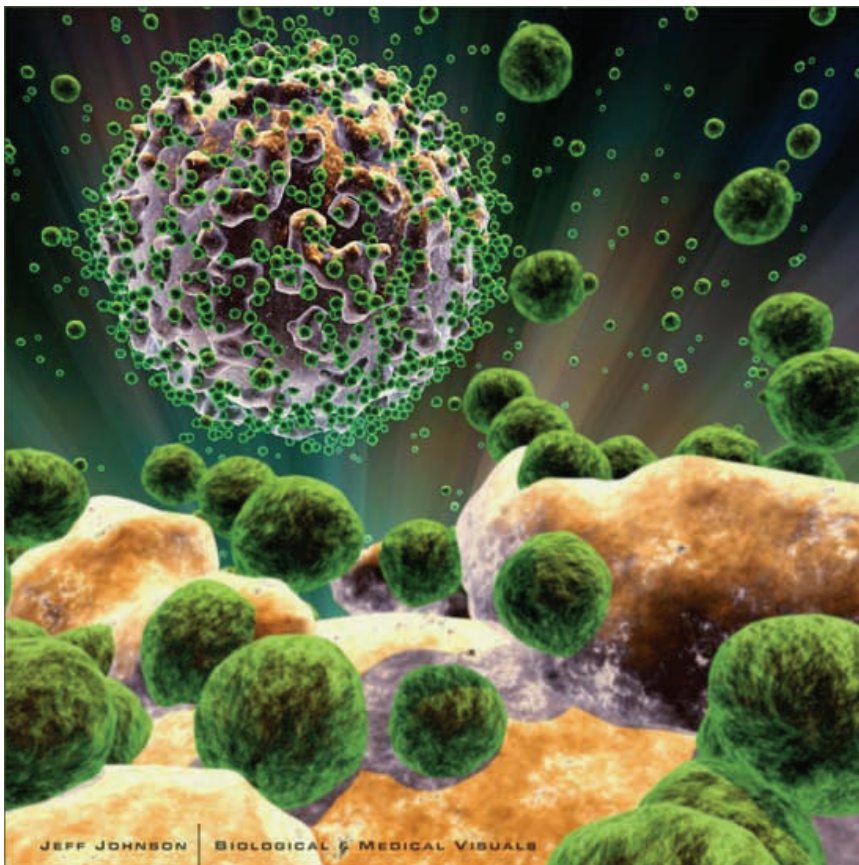
All suggestions can be emailed to [oberstea@hssd.net](mailto:oberstea@hssd.net)

# AIDS

Since around the 1980s HIV/AIDS has been one of the most widely spread sexually transmitted disease. It has infected 33 million people and killed more than 25 million people mostly in sub-Saharan Africa. Although most people think of it as the “Gay disease” it is not. Yes, it is most commonly found among homosexuals but they are not the only people who can get it. HIV/AIDS can be transmit-

ted 4 ways: blood and sexual fluids of an infected person, breast milk of a woman with HIV. The HIV virus can mutate itself so that it can attack each persons immune system differently, which makes the cure for it so much harder. It attacks each cells individually and replicates itself so that the virus becomes unstoppable. Researchers are trying to find a vaccine that can either prevent the control the

spread of the AIDS virus, this is called therapeutic vaccination. Without treatment HIV can turn into AIDS within 10 years for a person who is very well nourished. But if a person is malnourished the result can be fatal. Antiretroviral medication can prolong the time it takes HIV to turn into AIDS; this medication is not being provided to poor countries so those people who live there continue to die. Condoms are a form of birth control and are supposed to protect people from STDs but can't protect us against the AIDS virus anymore because the pores of condoms are not small enough to keep the virus from passing through. Everyone should be informed about what AIDS can do and how fast it can spread so that we can control it.



# April Menu Line 1

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Spaghetti & Meat Sauce Home Style Green Beans	<b>2</b> Steak Sandwich Lettuce/Pickles Deep Fried Potato Logs Buttered Corn	<b>3</b> BBQ Pulled Pork Sandwich Baked Beans Carrot Sticks w/Dip
<b>6</b> Max Pepperoni Pizza Home Style Green Beans	<b>7</b> Chicken Sandwich Lettuce/Pickles Baked Beans Sliced Peaches Cookie	<b>8</b> Roast Turkey & Gravy Mashed Potatoes & Gravy Home Style Green	<b>9</b> Max Chicken Quesadilla Salsa Seasoned Pinto Beans	<b>10</b> Deli Turkey Sandwich Lettuce/Pickles Candied Sweet Po-
<b>13</b> Cheeseburger Lettuce/Pickles Deep Fried Potato Logs Sliced Pears	<b>14</b> Chicken Parmesan Garden Salad Sliced Peaches Hot Roll	<b>15</b> Chili Dog Cole Slaw Pineapple Chunks Jello	<b>16</b> Beef & Bean Burrito Nachos w/Cheese Sauce Great Northern Beans	<b>17</b> Rib-B-Que Sandwich Lettuce/Pickles Deep Fried French Fries Fresh Fruit
<b>20</b> Max Pepperoni Pizza Spicy Potato Logs Carrot Sticks w/Dip	<b>21</b> Soft Tacos Seasoned Pinto Beans Chilled Fruit Cocktail	<i>22</i> Chicken Noodles Home Style Green Beans Sliced Peaches <b>Hot Roll</b>	<b>23</b> Hamburger Lettuce/Pickles Oven Baked French Fries Fresh Fruit	<b>24</b> Chicken Nuggets/BBQ Sauce Mashed Potatoes/Gravy Pineapple Chunks
<b>27</b> Corn Dog Nachos & Cheese Baked Beans Assorted Fresh Fruit Jello	<b>28</b> BBQ Chicken Sandwich Sliced Pickles Deep Fried Potato	<b>29</b> Taco Salad w/Salsa Seasoned Pinto Beans Pineapple Chunks	<b>30</b> Max Sausage Pizza Home Style Green Beans Sliced Pears	

# April Menu Line 2

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Hot Dog Dill Pickle Spears RF Doritos Assorted Fresh Fruit	<b>2</b> Club Sub Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	<b>3</b> Grilled Chicken Sandwich Lettuce/Pickles RF Doritos
<sup>6</sup> Deli Turkey Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	<b>7</b> Ham & Cheese Sandwich Lettuce/Pickles RF Doritos	<b>8</b> Hot Dog Dill Pickle Spears RF Doritos Assorted Fresh Fruit	<b>9</b> Club Sub Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	<b>10</b> Grilled Chicken Sandwich Lettuce/Pickles RF Doritos
<b>13</b> Deli Turkey Sandwich Lettuce/Pickles RF Doritos	<b>14</b> Ham & Cheese Sandwich Lettuce/Pickles RF Doritos	<b>15</b> Hot Dog Dill Pickle Spears RF Doritos Assorted Fresh Fruit	<b>16</b> Club Sub Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	<b>17</b> Grilled Chicken Sandwich Lettuce/Pickles RF Doritos
<b>20</b> Deli Turkey Sandwich Lettuce/Pickles RF Doritos	<b>21</b> Ham & Cheese Sandwich Lettuce/Pickles RF Doritos	<sup>22</sup> Hot Dog Dill Pickle Spears RF Doritos Assorted Fresh Fruit Pretzels	<b>23</b> Club Sub Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	<b>24</b> Grilled Chicken Sandwich Lettuce/Pickles RF Doritos
<b>27</b> Deli Turkey Sandwich Lettuce/Pickles RF Doritos	<b>28</b> Ham & Cheese Sandwich Lettuce/Pickles RF Doritos	<b>29</b> Hot Dog Dill Pickle Spears RF Doritos Assorted Fresh Fruit	<b>30</b> Club Sub Sandwich Lettuce/Pickles RF Doritos Assorted Fresh Fruit	

# April Breakfast Menu

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Good Gravy Pizza Cereal Applesauce	<b>2</b> Honey Wheat Donut Cereal Graham Crackers	<b>3</b> Pancake Pup w/Syrup Cereal
<b>6</b> Pig in a Blanket Cereal Applesauce	<b>7</b> Sausage/Cheese Bagel w/Salsa Graham Crackers	<b>8</b> Biscuit & Gravy Cereal Juice	<b>9</b> Bacon Scramble Pizza Cereal	<b>10</b> Waffles & Syrup Cereal Juice
<b>13</b> French Toast Sticks Syrup Cereal	<b>14</b> Breakfast Pizza Cereal Sliced Peaches	<b>15</b> Sausage & Biscuits Cereal <b>Juice</b>	<b>16</b> Pancakes & Syrup Cereal Juice	<b>17</b> Pig in a Blanket Cereal Juice
<b>20</b> Honey Wheat Donut Cereal Graham Crackers	<b>21</b> Biscuit & Gravy Cereal Juice	<b>22</b> Bacon Scramble Cereal Juice	<b>23</b> Sausage/Cheese Bagel Salsa	<b>24</b> Pancake Pup & Syrup Cereal
<b>27</b> Super Bun Cereal Graham Crackers	<b>28</b> Sausage & Biscuits Cereal Juice	<b>29</b> Yogurt Cereal Juice	<b>30</b> Good Gravy Pizza Cereal Applesauce	

