



As a reminder the bank will not be open in observance of this federal holiday **Employee News & Recognition**

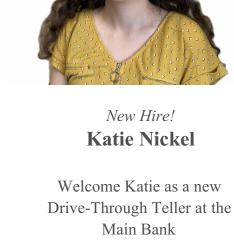
> Elana LaGrone Loan Assistant

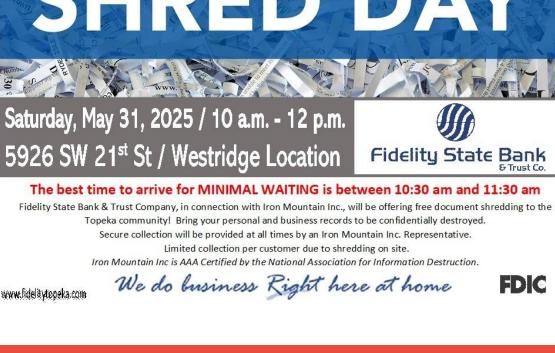
Happy 5-Year Work Anniversary to

Main Bank at 600 S. Kansas Avenue



Main Bank





May is Skin Cancer Awareness Month

Learn Vital Facts About Skin Cancer

20% of the population, or 1 in 5 Americans will develop skin cancer by the time they

reach age 70. The risk of melanoma skin cancer is doubled when a person has had 5 or more sunburns.

One study has shown that daily use of a sunscreen with SPF 15 or higher, applied properly, can reduce the risk of squamous cell carcinoma by approximately 40%.

About 90% of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation that comes from the sun.

SkinCancer.org Skin cancer prevention requires a comprehensive approach to protecting yourself against harmful ultraviolet (UV) radiation.

That's because UV radiation from the sun isn't just dangerous, it's also sneaky. Not only can it cause premature aging and skin cancer, it reaches you even when you're trying to

avoid it - penetrating clouds and glass, and bouncing off of snow, water and sand. What's more, sun damage accumulates over the years, from prolonged outdoor exposure to simple activities like walking the dog, going from your car to the store and bringing in the

• Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 50 or higher. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating. Find sunscreen by searching our **Recommended Products**.

• Keep newborns out of the sun. Use sunscreen on babies over the age of six

Get all the details:

https://www.skincancer.org/skin-cancer-prevention/

Photobiology Committee

See a dermatologist at least once a year for a professional skin exam.

Your Daily Sun Protection Guide: Skin Cancer Prevention PDF

Examine your skin head-to-toe every month.

The Skin Cancer Foundation recommends that you:

Don't get sunburned.

months.

Seek the shade, especially between 10 AM and 4 PM.

Avoid tanning, and never use UV tanning beds.

mail.

- Public Safety Warning from The Skin Cancer Foundation

Steven Q. Wang, MD

Director of Dermatologic Oncology, Hoag Family Cancer Institute Hoag Memorial Hospital Presbyterian, Newport Beach, California



Fire Pit Kitchen cabinet paint Install a walk-in shower Bathroom remodel

Stone veneer

Curb appeal

Steel entry door

Install hardwood floors

Energy efficiency improvements

Father's Day is June 15

Investing in your home Home improvement projects that add value to your home:

Landscaping Upgrade doors Install energy efficient features Roof replacement Paint interior walls Counter tops

Source: Various sources across the internet

For questions about financing for your home projects Talk with Debbie Orr, dorr@fidelitytopeka.com or call 785-295-2100

Happy Juneteenth

Garage door replacement

Upgrade the HVAC systems

Install smart technology

Replace or refinish floors

Outdoor deck Exterior siding

Exterior paint

Finished basement

Kitchen remodel

June 19 - the bank will not be open

in observance of this federal holiday Congratulations Class of 2025

Education on how to recognize common scams. To Learn more, read the fraud and common scams resources available on our website: **Avoiding Fraud: Common Scams**

https://www.fidelitytopeka.com/additional-services/avoiding-fraudcommon-scams/

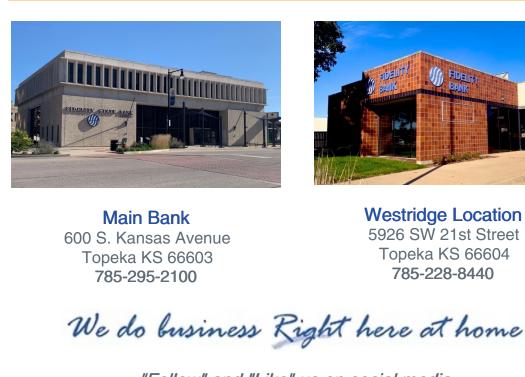
Fidelity State Bank

Scam Education:

The Ten Most Common Scams in America

www.fidelitytopeka.com

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