

### Watch The Sun

By Ernest B. Messer  
Those good times on the beach can be bad news in later life. That prized suntan can result in wrinkles, sagging skin, skin cancer, or all three as you get older. Fair skinned people can be affected in their twenties. Very dark skinned whites and black individuals may show very little sun damage even at age 60.

Long periods of sun exposure are the major reason skin looks wrinkled in middle age. Fair skinned individuals are especially vulnerable. Signs of aging rarely appear in protected skin until sometime after 50 years of age, and even then, aging progresses very slowly.

Ultraviolet radiation from the sun causes long-term damage to the skin, even if the skin does not appear to burn. A suntan may prevent further sunburn but it does not protect the skin from sun damage which may not be visible for many years. The sun's rays damage the elastic fibers beneath the skin's surface.

As a person grows older, dark patches or "age spots" may appear on sun-exposed skin. In addition to thickened, leathery-looking skin, lines and wrinkles around the eyes, on the upper lip, and on the neck and hands usually result from prolonged sun exposure.

Dermatologists, doctors who specialize in treating skin problems, agree that sunlamps and tanning salons produce skin damage and warn that they must be used with great caution.

Dr. Ronald L. Godbold, as Asheville dermatologist, says there are three main types of skin cancer: basal cell skin cancer, squamous cell skin cancer, and melanoma. Early skin trouble usually begins with keratosis, which shows up in the form of patches of pre-cancerous skin on areas that get constant sun. These keratosis patches are normally not cancerous, but they could be the forerunner of skin cancer. These patches should be removed, either by freezing them off with liquid nitrogen or with a special cream.

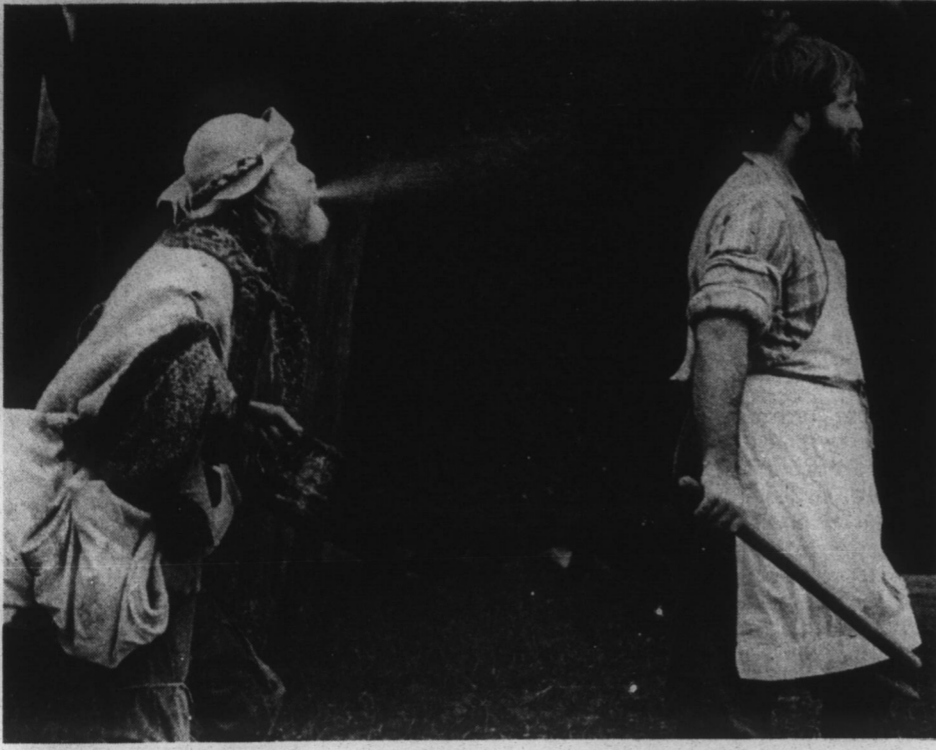
Basal cell skin cancers have a clear, translucent, pearly look to them, grow slowly, and can be easily removed. Almost 80 per cent of skin cancers are basal cell, a simple condition almost always confined to the skin itself.

Squamous cell skin cancers are more serious and are apt to have an ulcerated look. They usually begin as keratosis and can spread to other parts of the body.

Melanoma or mole cancer is possible the most serious skin cancer because it can spread quickly to other areas of the body. It strikes an existing mole or creates a new one and is flat and dark. While basal cell and squamous cell skin cancers are directly related to sun exposure, Dr. Godbold said physicians are not sure melanoma is related to sun exposure. It often appears in areas on the body that do not receive a great deal of sun. The sudden appearance of a mole or noticeable changes in a mole need immediate attention. Dr. Godbold stated.

An estimated 300,000 cases of skin cancer each year result from prolonged overexposure to the sun. Skin cancer is easily cured in most cases when detected early. However, it often reoccurs if prolonged sun exposure continues. In addition, some medicines can make the skin over-sensitive to the sun.

A limited amount of sun is good for a person. It is one way for maintaining and repairing bone. It also helps the body synthesize vitamins and is a source of Vitamin D. However, physicians advise people not to overexpose the body to the sun.



**TAKE THAT YOU RASCAL** — Old Tom gives the Landlord an "annointing" with ale (water) during one of the comic relief scenes in the 1982 Joe Layton production of Paul Green's symphonic outdoor drama "The Lost Colony." Old Tom is played for the fourth season by New Bern's Perry Turner. It is his sixth season with America's first outdoor drama. Raleigh's Robbin Flowers is in his second season as the Landlord. The 42nd production season of the drama runs nightly except Sundays through August 28. For ticket information write: "The Lost Colony," P.O. Box 40, Manteo, N.C. 27954 or call 919-473-3414.



The accordion was invented in 1829 in Vienna . . . but the principle of the instrument had been known for centuries in China.

### Sam Ervin, Presented Judge Parker Award

Sam J. Ervin, Jr., was presented with the Judge John J. Parker Award Sat., June 19, in Myrtle Beach, S.C. The former U.S. Senator from Morganton, N.C., is the 12th recipient of the jurisprudential honor.

The Parker Award is named for a past Chief Judge of the U.S. Court of Appeals for the Fourth Circuit. Parker, who sat on the Appeals Court bench for 32 years and was chief for 27, was a strong advocate of the improvement of law and the administration of justice. He died in 1958.

The Award was established in 1959 by the N.C. Bar Association. Previous recipients have included J. Spencer Bell (1959), Albert Coats (1964), Hamilton Harris Hobgood (1977) and Susie M. Sharp, retired N.C. Supreme Court Chief Justice, (1978).

Ervin, who served in the U.S. Senate from 1954 to 1974, received the Award at the Association's 84th Annual Meeting. He is a former judge of the N.C. Superior Court and former Associate Justice of the N.C. Supreme Court.

As chairman of the Constitutional Rights

Subcommittee, Ervin gained prominence for his public hearings and research into the right of the mentally ill, those subject to military law, the American Indians, literacy tests and other constitutional questions.

"Senator Sam" also gained national notoriety in conducting the Watergate hearings, where his country-lawyer logic, salty southernisms and insistent questioning kept the pressure on Watergate

conspirators. Founded in 1899 with 157 members, the N.C. Bar Association is a voluntary, professional organization. Over 6,000 attorneys are members, representing nearly three-fourths of the state's practicing lawyers.



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