

FORUM

Prepare now for our Independence Day: Nov. 8, 2016



James J. Hankins

Guest Columnist

There are problems: The extreme conservatives developed a master plan to deconstruct the rights of blacks, poor whites, women, young people and others minorities. There are many crusades they are working on, but we will just take a close look at three. These three they must complete to make their 2016 coup as successful as the one in Wilmington, NC in 1898. Their crusades are gerrymandering, gerrymandering and voter suppression. **Crusade 1:** Gentrification is a scholarly

sounding word that means poor and lower middle class property owners move out while the upper middle class and rich people are welcomed to your new neighborhood. The greedy investors, with help from some of our equally greedy elected officers, take the house or land by any means necessary. Some of their procedures are legal and some are not. They condemn or report your properties for condemnation, buy you out when you fall behind on your mortgage, over evaluate your property and raise your taxes, demand you do repairs to your property that are not demanded in other areas, force you to hire an attorney to protect your rights, and finally foreclose on your property. Gentrification has had many other names we Blacks remember over the

years, including redlining, blockbusting and the "historic district." **Crusade 2:** Gerrymandering is another scholarly sounding word that does only one thing. It happens every ten years after the census is taken. The political party in charge redraw the voting districts so their party will almost be guaranteed to win the most seats in the General Assembly and Congress. It was gerrymandering of districts that helped the extreme conservatives take control of the state house, senate and the governor's mansion in North Carolina. **Crusade 3:** After diluting our neighborhood in crusade one, putting us unwanted voters together in snake-like shaped voting groups in crusade two, now they use the final kiss of death, voter suppression in

crusade three. Voter suppression is designed to discourage everybody except extreme conservatives from voting. Their claim of voter fraud with no proof is the true definition of fraud. Its purpose is to divide attention, create mistrust among neighbors, and then conquer just like segregation did. **NOTE:** Any time a bill becomes a law, someone wealthy makes more money by hiring below minimum wage workers to do the work. The voter ID scam will kill two birds with one stone. The extreme conservative's goal is to prevent people who would never vote for them from voting. The large amount of money generated will help them pay back a few of their rich donors with favors. The eloquently sounding Latin

words they use for this action is quid pro quo. It has the same meaning as the English word for the world's oldest profession. Here are solutions: It will take our three missions of reconstruction to defeat their deconstruction coups. **FIRST:** Educate ourselves and others on the candidates and issues. **SECOND:** Register to vote and encourage five or more people to do the same. **THIRD:** Vote early, by using an absentee ballot or go to vote before Election Day. Encourage those five or more people to vote early also. The best scrutinized information on candidates and issues can be found in our local Black newspapers. The Black press will to get the true message out but

need money for staff, transportation, rent and supplies to keep printing every week. We must support them and encourage or demand the business we spend money with also advertise in our paper. John 8:32: (paraphrased) "Then you will know the truth and the truth will set you free." *James J. Hankins graduated from Williston Senior High school, military veteran, A&T State University alumni, retired vocational education teacher, past president of the New Hanover County branch NAACP, member friends of Abraham Galloway, and author of the book "What We Blacks Need To Do." To comment on his commentary or buy a copy of his book, contact him at jhan606@gmail.com.*

Wake Forest Baptist answers your burning questions about sun exposure

SPECIAL TO THE CHRONICLE

Flip-flops and bathing suits coupled with clear skies and warm temperatures may seem like a winning combination, but exposed skin can only handle so much time in the sun. Without protection, our skin is vulnerable to the damaging effects of sun exposure.

"It's a myth that tanned skin is a sign of health," said Amy McMichael, M.D., professor and chairwoman of the Department of Dermatology at Wake Forest Baptist Medical Center. "The reality is, tanned skin is a sign of damaged skin cells."

McMichael answers some of the most frequently asked questions regarding sun exposure:

What's the difference between UVA, UVB and UVC rays?

Radiation from the sun comes in three types, ultraviolet A (UVA), UVB and UVC rays, but only UVA and UVB rays reach the earth's surface. Overexposure to either UVA or UVB radiation can increase our risk of developing skin cancer. While UVB radiation is the primary cause of sunburn, UVA rays are sometimes referred to as "aging rays" because they can cause skin to prematurely develop wrinkles and age spots. Unfortunately, windows don't provide protection from UVA rays.

What kind of sunscreen is best, and how often should it be reapplied?

The American Academy of Dermatology recommends everyone use a water-resistant sunscreen

with a sun protection factor (SPF) of at least 30 and broad-spectrum protection. Broad-spectrum sunscreen protects skin from both UVA and UVB rays. Make sure to apply sunscreen to all exposed skin at least every two hours, even on cloudy days, and after swimming and sweating. Sunscreen has a shelf life of three years, so check the expiration date.

Is it smart to get a base tan before heading to the beach to soak up the rays?

No. Building a base tan is not advisable. While it may help prevent sunburn, it does not prevent skin damage.

Do different skin types handle the sun better than others?

A number of factors

contribute to a person's sensitivity to the sun, including skin type. Overall, people with fairer skin that burns easily are more likely to develop sunburn and skin cancer than those with darker skin that tans easily. However, enough sun exposure can lead to skin cancer in anyone, regardless of skin color.

What are the risk factors for skin cancer?

In addition to fair skin, a history of bad sunburns

and a family history of skin cancer are a couple of the major risk factors for skin cancer. It's important to understand that sun damage is cumulative, so a tan or sunburn you get today can have lasting effects.

What are the early signs of skin cancer?

Skin cancer is one of the only types of cancer that is visible. To spot it, perform routine self-exams of your entire body. Consult a dermatologist immediately if one of your

moles or other brown spots has increased in size or changed in color, shape or texture. Other warning signs include a spot that continually itches, hurts, scabs or bleeds, and an open sore that has not healed within three weeks.

"If you want that bronzed glow, my best advice is to try sunless methods such as topical creams or spray-on products," McMichael said. "Your skin will thank you years from now."

Burn

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skin naturally provides protection from the sun's ultraviolet rays, the sun's rays don't allow dark skin to produce the right amount of Vitamin D.

When people with lighter skin spend time out in the sun, the pigment that colors the skin creates a tan, he says. People with dark skin

that have olive, brown or black skin, have a high concentration of melanin in their skin. This allows them to have a natural defense against UV rays. The high concentration of melanin is responsible for dark skin and protects dark skin from burning quick. But while a higher concentration of melanin gives some sun protection, it cannot prevent skin cancer.

In her African-American patients, Taylor said, she tends to see the skin discoloration from

chronic ultraviolet light exposure: Skin gets more ashy, it gets a grayish, dull, almost flaky look to it and can also have dark spots (spots that are darker than the rest of the skin).

She said she tells all her patients to apply sunscreen, SPF 30-50, to all exposed skin 20 minutes before they go outside (it takes 20 minutes for the lotion to penetrate the skin) every day no matter if it's sunny or cloudy.

Taylor recommends wearing sun screen any time you're outside, no matter how long you are exposed to the sun.

She also recommends wearing sunglasses to protect the eyes, a wide brimmed hat and as much clothing as you can stand along with sunscreen.

Heat can affect the entire body, not just the skin.

Roy Alson, M.D., Ph.D., associate professor of emergency medicine at Wake Forest Baptist Medical Center, said heat can make the body's temperature rise, and that is why people tend to get hot quick.

He said it is important to stay hydrated when you



Alson

are outside in the heat to lower chance of heat stroke and dehydration. When

you sweat a lot, you lose a lot of water from your body, and that causes dehydration and heat stroke. Also when you sweat and are dehydrated, you lose electrolytes, so then you have to drink a lot of water so you can cool down and replenish the electrolytes that you lost.

"When you work outside in the heat for a long period of time, you should take breaks in between your work just to make sure that you don't over work yourself into a heat stroke or dehydration," Alson said.

He said you should wear more light colors in the heat than dark, because dark colors absorb more visible light than light colors.

For more information visit www.health.howstuffworks.com and



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