

News

UNCA Health Update

By Susan McCord
Staff Writer

Melanoma, a potentially deadly form of skin cancer that is very common among young people, should be a concern among college students during spring break, according to a representative of health services.

"Brief, intense exposure to the sun increases a person's risk of developing melanoma," said Rick Pyeritz, director of student health services.

Melanoma often develops on the skin from a pre-existing mole, but it may also arise in normal skin and in freckles, blemishes, birthmarks and other pigmented areas.

When the melanoma is small and thin, it can be easily removed. However, if it is not detected and removed, the melanoma will invade the body, becoming one of the most malignant and incurable of all cancers, according to a health services press release.

Melanoma is more common among lightly pig-

mented people, but it strikes all skin tones, according to a skin cancer Web site.

Broad-brimmed hats, sunglasses and a thick coat of sunscreen with a sun protection factor of no less than 15 are vital during exposure to the sun to protect against melanoma, according to Pyeritz.

Sunscreen, however, may give a person a false sense of security since "people who use sunscreen tend to stay out in the sun longer," said Pyeritz.

It is best to minimize exposure to the sun between 10 a.m. and 4 p.m., according to Pyeritz.

Melanoma is the most common cancer in the 25 to 29 age group, and occurrences of melanoma are increasing at a faster rate than any other cancer in western countries, according to the release.

Yet, the Center for Disease Control found that most 18 to 24 year-olds had no knowledge of melanoma or its dangers, according to the release.

Early detection is the key to surviving melanoma. Young people are at greater risk because they often do

not regularly see a doctor or someone who would examine their skin, according to Pyeritz.

"Many times they occur on areas of the body that you really can not see, so you can't see some of the subtle changes in moles," said Pyeritz.

"Unless you have someone who can take a look at your back, or the under part of your thigh, you're not going to spot it," said Pyeritz. Melanoma is easy to detect at an early stage when it is thin and easily cured by simple, painless removal in a doctor's office, according to Pyeritz.

All it takes is a 10-minute monthly skin check, according to Pyeritz. Check, or ask someone to help check, every surface of the skin, including the scalp, between fingers and toes, under nails, the soles of feet, and genital skin, according to Pyeritz.

People should pay attention to the appearance of moles. If a mole is changing or atypical, it should be examined by a doctor, according to the site. An atypical mole may have

an irregular shape, instead of round or oval shape. Its border may be uneven or fuzzy. The mole's color may be two or more shades of brown or pink instead of a uniform brown, according to the site.

The surface texture of an atypical mole might be pebbled or bumpy instead of smooth, according to the site.

Its diameter may be one-quarter inch or more. Instead of an even dome shape, an atypical mole may have flat edges with a "fried egg" center, according to the site. Students should ask a doctor about having moles removed if they seem atypical or are in areas hidden from everyday sight, according to Pyeritz.

The most common place for melanoma on males is the back. On females, it is the thighs, according to Pyeritz.

The issue of melanoma was brought to Chancellor James Mullen's attention when he received a letter from the parents of a young man who had died from a malignant melanoma.

Mullen asked UNCA health services to inform students about the risks.

England

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out some major world themes and give a series of lectures," said Miller.

"We go on field trips where they are doing research on that particular issue, such as wetlands, or to study problems associated with tropical rainforests at Kew Gardens," said Miller.

In the last week, teachers get a chance to express their thoughts about the curriculum being taught in England, according to Miller.

Masters teachers formerly met at Oxford to go through a

program to learn about the British education system and then evaluate it, according to Miller. Now they meet at Bath University.

Before, English universities were attended only by prestigious men. England is now trying to bring more women and less prestigious students into their student body, according to Miller.

A maximum of 26 teachers from the United States can participate in this program.

Right now, there are no plans for programs like this for other

majors. Miller also has some programs abroad for students. His tropical ecology class went to Puerto Rico over winter break. "The trip to Puerto Rico was a great experience because we were able to observe in the wild all the things we learned throughout the semester," said Jenna Kesgen, a senior environmental science major. He also offers a program to Ecuador for students in advanced environmental science classes and intermediate Spanish students.

Survey

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door program office have more funds to use for staffing and operation. Funds

were also in the expansion budget for the student development office and public

safety. Gravelly said that there usually is not a problem with

Correction: A factual error was made in the calculation of student fee increases in the Feb. 17 issue of *The Banner*. The proposed increases are as follows: \$100 the first year, another \$100 the second year, and an additional \$75 the third year. The total would be \$275 over the next three years.

"Two Faces of Asheville," a heritage trail highlighting the contributions of African-Americans to Asheville, will be unveiled on Feb. 29 at the YMI cultural center.

Lunasa, an Ireland traditional band, will be performing Feb. 26, at the Diana Wortham Theatre.

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