



President expresses thanks

I am grateful for this opportunity to bring greetings and express my thanks to the sophomores. As I think of this year's sophomore class, the word helpful comes to mind. You have been helpful by contributing to a positive atmosphere on campus that has been supportive of the purposes of an educational institution. Through your membership in Rotoract, the Baptist Student Union-Campus Christian Fellowship and other organizations, you have been supportive of the Murfreesboro community and area. You have helped to strengthen the bond between the campus and the community. BSU members have rendered an important service to area churches by conducting revivals and youth programs.

You have also been helpful through the leadership you have exerted on campus. This includes your participation in the SGA, various athletic teams, campus clubs, and your service as Student Admissions Representatives and Resident Assistants.

I would like to thank each sophomore who has taken the time to greet and assist campus visitors. This has meant a lot to the visitors and the college.

As you leave Chowan to further your education or begin your career, may I wish you well? Please remember to continue to be helpful to those around you at work and school, and in your neighborhood, church and community. You will derive a great deal of satisfaction from your service to others and you will also receive recognition as a caring individual.

Let us not make this a "final farewell." Instead, please remember your alma mater and accept my invitation to return for Homecoming, Spring Festival and other events through the years. You will always be welcome at Chowan. Again, thank you for your helpfulness during your time at Chowan College.

Bruce E. Whitaker
President

Dermatologist reports dangers of sun exposure

By David S. Orentreich, M.D.
Dermatologist

Possessing a rich tan has gone in and out of fashion over the centuries. In time past, pale skin was prized by members of the upper class as a symbol of their station in life since only peasants and laborers who toiled outdoors became deeply tanned. Today a deep tan is valued as a symbol of youth, health and glamour.

But the new badge of a lifetime spent in the sun is skin cancer. Sun exposure prematurely age the skin and promotes skin cancer as surely as cigarette smoking is associated with lung cancer.

A tan is actually the body's reaction to damage by the sun. The skin darkens by producing more pigment called melanin as a way of protecting the body from the sun's ultraviolet rays.

The sun produces two kinds of ultraviolet light that affect the skin. UVA light causes darkening of the melanin in your skin within 12 hours. UVA is mainly responsible for sunburn redness and causes a more delayed increase in darkening.

A reaction caused by the sun's light can cause change inside skin cells. The change produce wrinkles, loss of skin elasticity, mottling of color, growth and enlargement of small blood vessels and development of precancerous and cancerous skin growths.

Skin damage is time related. A dose of sunlight is more damaging to young skin because young skin cells multiply more rapidly and over a longer life span, meaning that sunlight-induced errors are amplified. The long term effects of sunlight may take up to 25 years to appear.

Dermatologists have divided humans into six skin types according to their reactions to sun light. Type 1 always burns.

To protect against the burning rays of the sun, you should always apply a sunscreen

with the appropriate SPF or sun protection factor. The higher the SPF number, the greater the protection. For example, an application of the sunscreen with SPF 3 allows you to stay in the sun three times longer than you normally could without burning. Sunscreens should be applied 30 minutes before going outdoors and reapplied after sweating, exercise, swimming or drying off with a towel.

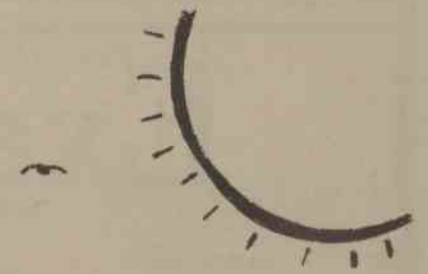
Conditions such as high altitudes, low latitudes, snow, sand or water and high winds require sunscreens with higher SPF numbers.

If you do get a sunburn, saturating the skin with moisturizer will help with surface dryness, but does not reverse cellular damage. Applying a moisturizer before sunbathing actually increases the effect of ultraviolet light. You should only moisturize your skin with a sunscreen before going outdoors.

Avoid tanning parlors. Although these parlors use mainly UVA, it may burn people with sensitive skin and adds to UVB light damage and to premature aging of the skin.

By taking these simple precautions, you can keep your skin healthy and youthful appearing for many years to come.

For more information send self-addressed, stamped envelope to the American Academy of Dermatology, P.O. Box 3116, Evanston, IL 60204-3116.



Exam schedule inside