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**Catchin' rays the 'right' way**  
 By Alison Hall  
 Staff Reporter

Sunbathing or "cooking cancer" is a negative health practice, said Rodney Basler, dermatologist at the University Health Center.

Skin cancer is the most prevalent form of cancer, said Gerald Fleischli, medical director of the University Health Center. About 400,000 new cases of skin cancer are diagnosed nationwide each year, he said. Of these, 22,000 are malignant melanoma which kills approximately 5,000 a year, he said. Two to three cases of skin cancer are handled by the health center each year, Fleischli said.

Sunscreens shield parts of the ultraviolet spectrum while allowing others to penetrate, Basler said. The compounds present in sunscreens can provide protection against acute sunburn while only slightly inhibiting tanning.

The higher the sun protection factor (SPF) rating a sunscreen has, the more protection it provides which lessens the chances of permanent skin damage: skin cancer, wrinkles or a bad sunburn. Basler said a minimum of six SPF is necessary to protect your face and other frequently exposed areas against damaging rays.

Basler said to avoid the sun between the hours of 11:00 a.m. and 1:00 p.m. because rays are strongest during that time.

The first sign of sun damage to one's skin may be freckles.

"There is no sure way of telling the extent of a burn. Any sun is too much, Basler said.

Signs of skin cancer are fleshy bumps that peel and bleed, thickly crusted growths or red scaly patches that grow in size. These sores can vary in shades of black, brown, red, blue and white, Basler said.

Some people believe the myth that sun exposure clears up blemishes. Basler said the sun only temporarily alleviates the problem by drying out excess oil but exposure is not a permanent cure for acne.

A popular alternative to outdoor tanning has been indoor sunbed tanning. A base tan can be established in six to eight 20-minute sessions.

Teri Taylor, an employee at Great Tan, 245 N. 13th, said indoor tanning sessions begin with the person filling out a questionnaire about their skin type. Fair-skinned individuals usually spend 10 to 15 minutes in the beds during their first few sessions.

A 20-minute tanning session is equivalent to two to three hours of sunning outdoors.

Taylor said tanning beds provide a controlled atmosphere to prevent overexposure which can result in skin damage.

"I feel the incidence of skin cancers would be lowered (using tanning beds) since individuals can determine the amount of sun they are going to receive," Taylor said.

Basler agreed that tanning beds lower the chance of skin cancer.

"Rays in tanning beds can cause skin cancer, but they're less likely to do it. The average concentration of sun in a tanning bed is one-half the sun's, but it's still there."

Basler said he wants students to realize that tanning beds are not foolproof.

"They do transmit the same types of rays, only less," Basler said.

**Surf's up in Nebraska**  
 By Adam Branting  
 Staff Reporter

For a landlocked state, Nebraska has its share of water sports enthusiasts.

In recent years, boardsailing — more commonly known as windsurfing — has become quite popular all around the nation. Its popularity, according to Holmes Lake sailing instructor Joel Zinnecker, is due to its

limited needs, which are sailboard, water, and wind.

Zinnecker, who has been boardsailing for three years, said it takes six hours of instruction to get started. Holmes Lake has two board sails for rent, said Zinnecker, as well as canoes, sailboats, and paddleboats.

"I've sailed anything and everything there is and it (boardsailing) is something different to learn... it's a blast," said Zinnecker, "it's a fun pastime and a way to meet people."

For those who enjoy water skiing, jetskiing, or just frolicking in a lake, Linoma Beach is

the place. Located on Highway 6, off the Platte River near Gretna and Ashland, Linoma Beach derives its name from being a midway point between Lincoln and Omaha.

Linoma Beach was opened in the late '20s as a retreat for city dwellers.

The beach offers water slides, a bar and a restaurant which is said to feature the finest lobster in the state. It also rents boats and canoes, and is open for two dollars a day, said Kim Snell, lifeguard.

"On the weekends about 600 people come here," Snell said.

**Heat can bring you down**  
 By Lynne Bomberger  
 Staff Reporter

Sometimes summer can be too much of a good thing.

An overdose of heat can cause heat exhaustion, heat cramps and may lead to the fatal heat stroke, said Carol Petersen, head nurse of emergency trauma services at Lincoln General Hospital.

Heat exhaustion is characterized by dehydration, a normal to slight temperature, excessive sweating, fatigue, nausea, vomiting, and a headache, Petersen said. Treatment for heat exhaustion is rest and fluids.

On a more serious side is heat stroke. Heat stroke is characterized by high temperatures, neurological symptoms, loss of consciousness, hallucinations, and irritable moods.

"Heat stroke is a real medical emergency," Petersen said.

Treatment for heat stroke is a rapid cool down by removing clothing, being removed from the heat and using ice water carefully, Petersen said. Medical attention should be obtained in heat stroke situations because it can be deadly, Petersen said.

More susceptible to heat stroke, and heat exhaustion are infants, elderly people, athletes, laborers, and people on some kinds of medication, Petersen said.

Petersen said more causes of heat cramps could be seen this summer. Heat cramps are associated with the sun and vigorous activity resulting in cramps in the abdomen and extremities, Petersen said. Treatment is rest and plenty of fluids.

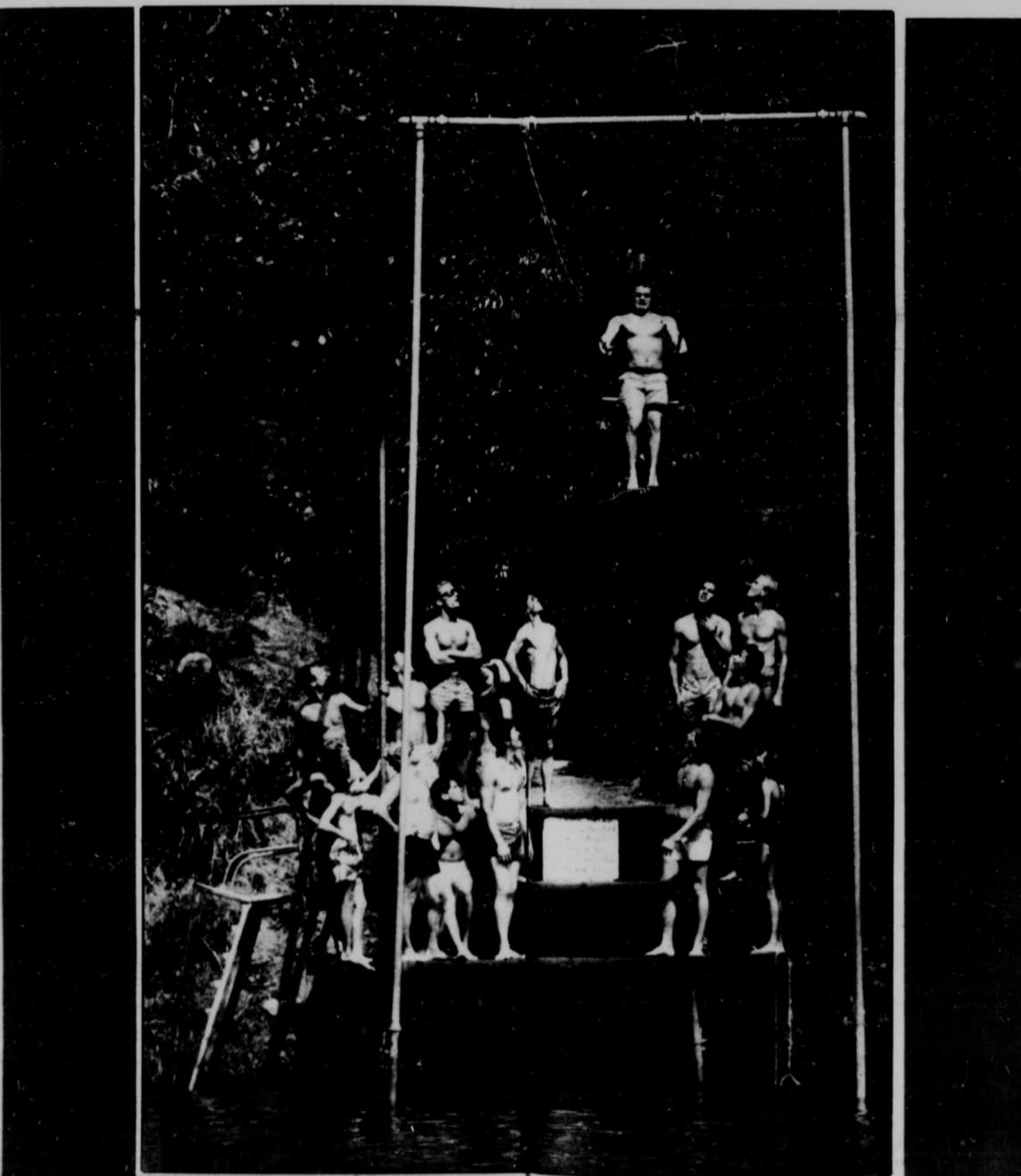
"People just need to use some common sense," when in the sun, Petersen said.

Spinal cord injuries due to diving accidents are also a big summer concern.

Lincoln General's "Feet First, First Time" campaign warns swimmers not to dive into water where the bottom is not visible.

"Always do a walk or swim through check before diving," said Ruth Radenslaben, director of nursing at Lincoln General.

The Environmental Health Department reported 14 diving accidents in Nebraska public and semi-public swimming pools last year, said Gale Johnson, pool program coordinator.



*Photo by Doug Carroll*

**Merritt's Beach patrons fly high on the water swing during a recent weekend at the beach. The swing, which can take someone as high as twenty feet over the water, is a popular attraction at the beach. Merritt's Beach is 10 miles south of Bellevue on Highway 73-75 and just past the Platte River bridge. Hours are 10-7 on weekdays and 10-9 on weekends.**

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