

Tan or No Tan? The Vitamin D Question

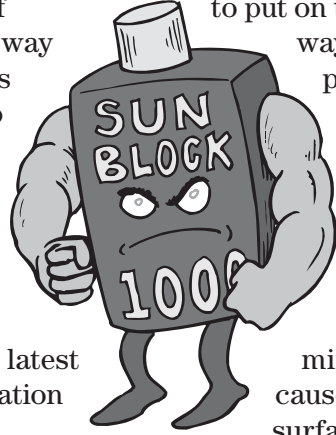
For millions of Americans getting some summer sun is a popular pastime. But tans can bring skin cancer, while most sunscreens aren't effective enough or may be toxic. Meanwhile, crucial vitamin D, much of which we get from being in the sun, is way too low. The challenge for the public is walk the gauntlet of too much sun, too many bad sunscreens, and too little vitamin D. Low vitamin D can make people susceptible to winter germs, summer colds, depression, aches and pains, diabetic afflictions, heart disease and a wide range of cancers. Research over the years, including the latest research, finds nearly the entire population has less than optimum levels.

To Sun or Not to Sun?

So, to sun or not to sun: that is the question. And if so, how much? The way we can utilize the sun is to work it into our lifestyle, which could simply mean leaving our desks for lunch in the sun. It could also mean a brief walk outdoors during the middle of the day. Many doctors prefer that the public take vitamin D supplements. Dermatologists worry that talks of increasing time in the sun could lead to higher cancer rates.

Jane Houlihan, Vice President for Research at the Environmental Working Group, says you can be careful and still get a good dose of vitamin D. "You wear sunscreen and you'll be getting some of that sunlight filtering through your sunscreen," Houlihan explained. "Ten to fifteen minutes for most people is going to give you

enough vitamin D. And what's really important is to protect you from a known carcinogen, UV radiation." But Dowd, author of the "Vitamin D Cure", disagrees, saying people should wait to put on the sunscreen or cover up. That way your skin will be more likely to produce enough vitamin D.



With controversy over sun time, how can we be safe and healthy outdoors? First, there are some sunshine basics.

Ultraviolet light from the sun consists of two parts. First, UVB forms the precursor to vitamin D in the skin, but too much of it causes sunburn and damages the skin surface. By contrast, UVA provides no benefit while making the skin wrinkled and leathery over time. This damage can also lead to melanoma, the most deadly form of skin cancer. And UVA isn't just a summer thing. Unlike UVB, it's prominent year around -- even on most cloudy days -- and UVA passes right through most windows.

Sunscreen - A Super Safety Shield?

Sunscreen has long been publicized as a safety shield against the bad rays. Unfortunately it's not that simple. Most sunscreens have only been blocking the less dangerous UVB as measured by the SPF factor. Again by contrast, UVA has had no such standard measure approved -- and has been largely unblocked.

The public assumed in blocking UVB alone, they were safe. In fact, the places where sunscreen became most popular were the same

places where skin cancer increased: Australia, North America, and Scandinavia. The good news is that more products are blocking UVA and UVB. That's known as "broad spectrum protection." Even there, beware, says Houlihan, "Right now there's no regulation at all of what "broad spectrum" means -- so manufacturers can print that on the label and it doesn't have to mean anything at all." In fact, the Food and Drug Administration has hardly any mandatory requirements.

"What we found in our research is that about half of the products on the market have ingredients that break down when they're in the sun, have ingredients that don't protect you across that whole spectrum of UV radiation that can damage your skin, or contain ingredients that can penetrate your skin and pose other kinds of health risks," she said.

For instance, she cites the common sunblocker, oxybenzone, which is absorbed into the bloodstream. That raises concerns "for allergies, for cell damage, and it's even been linked in a recent study to birth defects, a preliminary study," she says. "So it is an ingredient that we warn consumers that it's probably best to avoid."

Given those dangers, what are safe and effective blockers? Houlihan says to look for metallic blockers like titanium and zinc.

Weaving your way through vitamin D and sun issues can be tricky. Experts say to remember the importance of protecting your skin safely as well as getting enough vitamin D to protect your whole body. Source: CBNNews.com

Stories behind the Faces: Sandra Alva



Sandra Alva has enjoyed doing business in Orangevale since 1987 as a State Farm Insurance agent. She began her career with State Farm Insurance in Claims, first as a secretary and later as a claims adjuster but found

her true calling as an agent advising and caring for her client base often acting as a friend and counselor as well as an insurance professional.

Sandy grew up in the Sacramento area

and is part of a large but close-knit family of four girls and a boy. She is a self proclaimed "State Farm brat," as her father and mentor, after graduating from McGeorge School of Law, loved working for State Farm claims as an adjuster and claims superintendent.

Following in her father's path Sandy completed a year of law school, but found that the hours required for school while working full time took too much away from her two young daughters. So, after finding that she had ample ability, she pursued life without a law degree. While working for Campbell Soup in

South Sacramento and raising her two daughters Sandy got a call from her dad advising her that State Farm was hiring and to apply for a job.

She spent 12 years working for claims and decided she wanted something more. For the past 21 years she has felt privileged to be a part of so many families' lives as their agent, advisor and friend. Sandra lives in Fair Oaks with her dog although most of her time outside of the office is spent caring for her mother who has Alzheimer's disease and spending time with her four grandchildren.

Good Bye to a Friend of Orangevale

This article is late getting into the paper, but still deserves to be printed. Josephine Van Ness, an Orangevale resident since the early 1960's, passed away on May 16, 2008 at the age of 99. Josephine, with a Bachelor's Degree in Home Economics, a Master's Degree in Textile Science, and a PHD in Organic Chemistry, with a Minor in Botany, was instrumental in preserving some 30 acres of ravine land in Orangevale. The Snipes-Pershing Ravine Nature Area as it is called, begins

at its western end at Snipes Blvd, meets the Department of Reclamation land at its east end at the bike trail by Lake Natoma on the American River. The cause to preserve the land began in 1989 when the property was in danger of being developed for residential purposes. Dr. Van Ness catalogued and pressed samples of all the plant specimens in this nature area, which has been recorded for use by county environmental agencies.

After many years of effort the petition for preservation was granted in 2004. Dr Van

Ness had also gathered, mounted, and identified over 6 thousand plants native to Placer County. To share her love of Botany with others, she set up a scholarship that is awarded yearly to an academically superior student interested in plant taxonomy. Due to the efforts of Dr. Van Ness we are able to enjoy an area of land that holds a bounty of the beauty nature gives us. For this we give thanks and for the women who long beyond her life will continue to provide us with a gift of beauty.

Christ the King Lutheran Church



Worship Times:

9:30 am - Blended Traditional
5:00 pm - Praise Contemporary
5811 Walnut Ave.
Orangevale, CA 95662
(916) 988-2484 ChristTheKingOV.org

Continued from page 4

that I am accepting a potential risk of \$2,500.00. Why would I want to do that?

With a \$2,500 deductible, my premium is \$1147.90 per year. If I chose to have a \$500.00 deductible my yearly premium for the same coverage would be \$1628.17 per year. By setting deductible at \$2500.00 I realize a savings

of \$480.27 per year.

By saving \$480.27 per year, I will recover my money in three years. From that point on, I am money ahead.

Talk to your Agent and ask about reviewing and, perhaps, changing your deductibles.