



Coach Laura shares tips for workouts

The Rainbow Wahine women's basketball head coach offers up her exercise expertise

What workout tips do you give to your team?

- Keep your goals realistic.
- Enjoy your workouts so you want to do them.
- Listen to music if it helps you.
- Always eat, have the proper equipment and time to workout.

CONTINUED on p. 4

Healthy living Q&A:

Protect yourself from skin cancer

Dr. Kevin Cassel, assistant professor in the Cancer Prevention & Control Program at the UH Cancer Center, tells us how to stay safe in the sun.

What's the best sunscreen?

According to a review of current research by the National Cancer Institute, sunscreen use may help decrease the amount of UV radiation, a cause of non-melanoma skin cancers, to the skin. Dermatologists from the Hawaii Dermatological Society recommend using a water resistant, broad-spectrum (which protects against UVA and UVB rays) sunscreen with a sun protection factor (SPF) of at least 30 or higher. It should be used often, every day, but it is not a complete substitute for the use of protective clothing and environmental barriers (shade). Avoid sunscreens that contain Para Amino Benzoic Acid (PABA) and parabens because they can cause allergic reactions or possible health risks for some individuals.

How often should you be screened for skin cancer?

Individuals should check their skin weekly by using a mirror or asking a partner to help with areas that are difficult to observe to develop a baseline of what is healthy for their own skin. If a change is found that is worrisome, they should report it to

their doctor. Annual skin checks by a doctor are also important.

Most potential non-melanoma and melanoma skin lesions can be seen by the naked eye. Usually, melanoma grows for a long time under the top layer of skin (the epidermis) but does not grow into the deeper layer of skin (the dermis). This allows time for skin cancer to be found early. Melanoma is easier to cure if it is found before it spreads.



Malignant melanoma with halo. Source: National Cancer Institute

How common is skin cancer in the U.S. and Hawai'i?

Basal and squamous cell skin cancers are the two most common types of cancers in the country. One study estimated that more than two million people in the U.S. were diagnosed with non-melanoma skin cancers in 2006.

CONTINUED on p. 3

Freshen up your best sauces, dips and dressings



With the help of homemade sauces, dips and dressings, you can turn vegetables, fruits, breads and pastas into fabulous appetizers, snacks and main dishes. And, they can be easily and quickly created with healthier ingredients. The UH Mānoa College of Tropical Agriculture and Human Resources offers up a few basics.

Salsa

Salsa can be used as a dressing as well as a dip. Makes approximately 4 cups.

Ingredients:

- 1/2–3/4 pounds tomatoes OR 1 (28-ounce) can whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon or lime juice

Directions:

1. Finely CHOP tomatoes, onions and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and

Chinese parsley.

4. COVER and REFRIGERATE until ready to use.

Ranch-Style Dip

Ingredients:

- 2–4 tablespoons water OR nonfat milk OR lowfat milk
- 1 (16-ounce) container lowfat cottage cheese
- 1-ounce package ranch-style dressing mix

Directions:

1. In a blender, place water OR milk, cottage cheese and ranch dressing mix, and BLEND at medium to high speed.
2. For thinner consistency ADD more water or milk.
3. POUR mixture into a medium jar, CHILL until ready to serve.

Variations:

- Instead of ranch dressing mix, use:
- 1/2 teaspoon onion powder OR 2 tablespoons round onion
 - 1/2 teaspoon pepper
 - 1–2 teaspoons dill weed

1/2 teaspoon garlic powder

SERVE with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

Ginger-Citrus Dressing

Makes approximately 1 cup

Ingredients:

- 1/4 cup grated ginger root
- 2–4 tablespoons fresh lemon OR lime juice with zest
- 1 cup rice vinegar Optional: 1/4 cup honey*

Directions:

1. In a small bowl, MIX ingredients well. CHILL.

*Honey should not be consumed by children under 2 years of age.

For more healthy recipes and nutritional tips visit <http://www.ctahr.hawaii.edu/NEW/newsletters.htm>.

Volunteer to be a Master Gardener



Do you enjoy meeting new people, engaging with your community and gardening? Are you interested in learning about sustainable management practices in tropical horticulture for home gardens, local landscapes, urban environments and the community?

You may be a good fit for the Master Gardener educational outreach program offered on Kaua'i, O'ahu, Maui, and East and West Hawai'i. Master Gardeners receive about 42 hours of classroom training in topics such as botany, soil fertility, pruning, vegetables, organic

gardening techniques, trees and shrubs, ornamentals, landscape design, insects, diseases, fruits and more.

Volunteering is a key part of the program, and participants help educate the public through a range of activities including staffing booths at county fairs, hosting plant clinics and plant sales, conducting workshops, developing and maintaining community and educational gardens,

writing advice columns at local newspapers and more.

This program is administered by the University of Hawai'i Cooperative Extension Service. For more information, visit www.ctahr.hawaii.edu/UHMG.

Learn more about skin cancer to decrease your risk

CONTINUED from p. 1

Forty to 50 percent of Americans who live to age 65 will have non-melanoma skin cancer at least once. Most of these cancers – as well as melanoma, a cancer that forms in the pigment cells and the deadliest form of skin cancer – can be prevented. According to the NCI, an estimated 76,100 new cases of melanoma will be diagnosed in 2014. Melanoma accounts for less than two percent of all skin cancer cases, but the vast majority of skin cancer deaths.

In Hawai'i, there are an estimated 7,000 new cases of non-melanoma skin cancers diagnosed each year. Although these cancers are usually not life-threatening, they can disfigure, causing psychological distress related to appearance and function. Basal and squamous cell cancers typically occur on sun-

exposed areas and invade vital structures of the face (including the eyes), hands, arms and legs. About 233 new cases of melanoma are diagnosed in Hawai'i each year and 23 residents on average will die each year from the disease.

Is it true that only people with light skin complexions get skin cancer?

No. Anyone can get skin cancer. It's more common among people with a fair skin tone, however skin cancer can affect anyone. Although dark skin does not burn in the sun as easily as fair skin, everyone is at risk. Sunlight causes damage through ultraviolet, or UV rays, (they make up just one part of sunlight). Two parts of UV, UVA and UVB, cause damage to skin. Being in the sun can damage your skin regardless of your complexion. Often in people with darker complexions, skin cancers may go

unnoticed and spread, thereby becoming a greater threat to health. Also, the sun isn't the only cause of skin cancer – there are others. That's why skin cancer may be found in places on the body never exposed to the sun.

Dr. Cassel is not a medical doctor. He compiled these answers by referencing the National Cancer Institute's cancer.gov website.

Sun protection tips

- Wear a hat and sunglasses.
- Cover up, even on overcast days. Seek shade.
- Wear sunscreen. Find a brand you like (SPF 30+), and remember to reapply.
- Do not use tanning booths, beds or sun lamps.
- Get checked if you see something unusual on your skin.

Coach Beeman helps you improve your workouts

CONTINUED from p. 1

How do you help your team stay focused and motivated?

We talk about overall goals for each player, as well as what each individual wants to accomplish as an individual player and for the team. The goals are their goals and must be in sync with what they are willing to do. The motivation I use is very simple: it comes down to competing for a spot on the team, as well as playing time.

What tips can you share on keeping your workout fresh?

We change our workouts frequently to keep them fresh. When you are working out with someone anywhere from three to six days per week, it is crucial to be innovative.



Our workouts are most often specific to basketball, but there are some workouts we add in for fun and creativity. We also allow our players to come up with drills that they enjoy.

Any tips on avoiding injury?

- Do not over train. Recovering

from workouts is as important - if not more important - than the actual workout.

- Mix up the type of training you do. Swim, run, yoga, etc.
- Stretch before and after.
- Stay within your limitations as you work out.
- Drink lots of water before, during and after working out.

What advice do you have about recovering from injury?

- Rest is the best option for recovery. If you can continue to work out without putting stress on the injured area, this will allow for continued cardiovascular work.
- Go see a trainer and/or doctor, and follow their recommendations.