When I say “healthy living,” what does that mean to you? Does it mean diet and exercise? Not abusing alcohol or drugs? Keeping your mind right, or your spirit right? Not base-jumping into volcanoes or swallowing live scorpions? At least for me, “healthy living” means all of these things. Sure, it may not be very concrete or exact, but a health lifestyle is more than one silver bullet or another; it’s attend to a host of things, physical, mental, and spiritual, that will make one happy, more energetic, more productive, and have more longevity. This issue of the Holistic Healer provides a few small waves in the ocean that is “healthy living;” between stress from school, excitement for summer, and those darn scorpions, it’s probably a worthwhile topic to focus on...

Skin Cancer Q and A

Q: What exactly are “ultraviolet rays”?  
A: Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UV rays can penetrate and change the structure of skin cells.

Q: How can I protect myself from the sun’s UV rays?  
A: When possible, avoid outdoor activities during mid-day, when the sun’s rays are strongest. This usually means the hours between 10 a.m. and 4 p.m. You can also wear protective clothing, such as a wide-brimmed hat, long-sleeved shirt, and long pants. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection. And always wear a broad-spectrum (protection against both UVA and UVB rays) sunscreen and lip screen with at least SPF 15. Remember to reapply as indicated by the manufacturer’s directions.

Q: What can excessive exposure to UV rays do to my health?  
A: UV exposure appears to be the most important environmental factor in the development of skin cancer and a primary factor in the development of lip cancer. Although getting some sun exposure can yield a few positive benefits, excessive and unprotected exposure to the sun can result in premature aging and undesirable changes in skin texture. Such exposure has been associated with various types of skin cancer, including melanoma, one of the most serious and deadly forms. UV rays also have been found to be associated with various eye conditions, such as cataracts.

Q: What is the UV Index?  
A: The UV Index predicts exposure levels on a 0-10+ scale, where 0 indicates a low risk of overexposure and 10+ means a very high risk of overexposure. The UV Index takes into account clouds and other local conditions that affect the amount of UV radiation reaching the ground. It can be found in the Charleston weather report, the Post and Courier, or Weather.com.

Q: What kinds of clothing best protect my skin from UV rays?  
A: Clothing that covers your skin protects against the sun’s UV rays. Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection. A wet T-shirt offers you much less UV protection than does a dry one. If wearing this type of clothing isn’t practical, at least try to wear a t-shirt or a beach cover-up. Keep in mind, however, that a typical t-shirt actually has an SPF rating substantially lower than the recommended SPF 15, so double-up on protection by using sunscreen with at least SPF 15 (and UVA and UVB protection) and staying in the shade when you can.

Q: Will a hat help protect my skin? Are there recommended styles for the best protection?  
A: Hats can help shield your skin from the sun’s UV rays. Choose a hat that provides shade for all of your head and neck.
Drunken Debauchery Across the Atlantic

MALIA, Greece — Even in a sea of tourists, it is easy to spot the Britons here on the northeast coast of Crete, and not just from the telltale pallor of their sun-deprived northern skin. They are the ones, the locals say, who are carousing, brawling and getting violently sick. They are the ones crowding into health clinics seeking morning-after pills and help for sexually transmitted diseases. They are the ones who seem to have one vacation plan: drinking themselves into oblivion.

“They scream, they sing, they fall down, they take their clothes off, they cross-dress, they vomit,” Malia’s mayor, Konstantinos Lagoudakis, said in an interview. “It is only the British people — not the Germans or the French.”

Malia is the latest and currently most notorious in a long list of European resorts full of young British tourists on packaged tours offering cheap alcohol and a license to behave badly...the story is (all) the same: They come, they drink, they wreak havoc.

“The government of Britain has to do something,” Mr. Lagoudakis said. “These people are giving a bad name to their country.”

They are also hurting themselves in the process. A recent report published by the British Foreign Office, “British Behavior Abroad,” noted that in a 12-month period in 2006 and 2007, 602 Britons were hospitalized and 28 raped in Greece, and that 1,591 died in Spain and 2,032 were arrested there.

Earlier this summer, flying home to Manchester from the Greek island of Kos, a pair of drunken women yelling “I need some fresh air” attacked the flight attendants with a vodka bottle and tried to wrestle the airplane’s emergency door open at 30,000 feet.

And in Dubai, also this summer, a British man and woman who met during a drinking bout were arrested and charged with having sex on a beach, after repeatedly shouting abuse at a police officer who ordered them to stop.

For the whole story, go to http://www.nytimes.com/2008/08/24/world/europe/24crete.html?pagewanted=1&_r=2&ref=Europe
**Community Corner**

**Sowing the Seeds of Love**

Community Supported Agriculture is nothing new in hippie havens like Vermont and California, but who knew it would catch on in GOP country? Local farmer and College of Charleston alumna Rita Bachmann, of Rita’s Roots, announced last spring that she’d soon offer weekly boxes of fresh, organic veggies to anyone willing to spot her the cash to get her crops planted, and she sold out of her allotment within a couple of weeks. Legare Farms and the Ambrose Family Farm followed suit, and a host of Charlestonians have been enjoying fresh greens, turnips, squash, and radishes ever since.

Between her spring and fall crops, Bachmann estimates she’s planted about 750,000 seeds in 2008, no small feat for an independent farmer. Beets, lettuce, and arugula are her biggest seed purchases, but unfamiliar veggies like the bulbous kohlrabi keep CSA recipients creative in the kitchen. The program works like stock in a company — when the harvest is plentiful, the members reap the rewards; they also share the risks.

The feminist movement originally championed the phrase, “the personal is political,” but in today’s world, the phrase just as aptly applies to food, as one’s sustenance can be indicative of one’s stance towards genetic engineering, rural development, or animal rights. Supporting a CSA, in addition to providing members with the freshest strawberries or broccoli possible, supports local farmers, bolsters the local economy, and keeps rural communities solvent. Supporting an organic CSA, like Rita’s, also helps protect the farm soil, the environment, and the Earth’s biodiversity.

Although the fall harvest suffered due to mole crickets, a few weeks of torrential downpours in early fall, and an early freeze in November, Bachmann’s managed to keep her boxes full of goodies. In the spring, she hopes to expand the CSA to include at least 100 members, as well as establishing a you-pick flower garden, creating an on-site market, and growing more fruit and heirloom varieties of squash and tomatoes. Check on Rita’s progress at ritasroots.wordpress.com.

For more info on Rita, or to search for CSA’s, farmer’s markets, Co-op, or other farms in the area (or any area, really), go to www.localharvest.org

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* http://www.charlestoncitypaper.com/gyrobase/Content?oid=oid%3A56819

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**Granola Weekly**

**Eat my Veggies? Gross!!!**

As a kid, I always hated vegetables. I didn’t want to eat them, didn’t want to put them in my mouth, didn’t even want to think about them. They made me gag… and it’s not for a lack of trying on my mom’s part. She’s a health nut, and it would drive her crazy every night for her to see me dig into all the colors of the rainbow on my plate except green - yellow mac-and-cheese, brown frozen, ready-made fish sticks, white and red Digornio’s pizzas… um… brown French fries (it’s okay, she would be the first to admit she wasn’t the best cook in the world)

Amidst the plethora of frozen goodness on the table, she would always add some vegetables I was required to eat, and I would always try to think of clever ways to get out of it. I’d hide the veggies in my napkin, put them on my sister’s plate, create a diversion and hurl them across the dining room onto the sofa, etc. Most of the time I wouldn’t get away with it, but every once in a while, I’d be sneaky enough to succeed (true story: one time I shoved all my green beans into my mouth, and with swollen cheeks, I mumbled, “Can I go to the bathroom?” Once I got into the bathroom, I spit all the veggies into the toilet and flushed it…I got away with it that day, but it probably would have been easier to just swallow the beans…)

I’m not going to lie; I still don’t LOVE vegetables today (it’s an acquired taste – some take a few months, some take a few decades). But today I better see the personal and social value of eating “low on the food chain,” with local fruits and veggies. It’s good for my health, I’m learning how to cook more, and, in the smallest of ways, it does help reduce my “carbon footprint,” keep local farmers afloat, and keep John’s and Wadmalaw Islands rural, not overdeveloped. So I’m making the effort; I’ve subscribed to a CSA. I’m eating less meat and dairy (believe it or not, it takes seven calories of grain to produce a calorie of meat, and methane from cow flatulence – yes, cow flatulence – is a major contributor to climate change. I couldn’t make something like that up if I tried…) And I’m getting better every meal; I’ve stopped spitting veggies into the toilet or hurling them across my condo (unlike when I was a kid, I have to scrub lima bean residue off the sofa now…)

For a shameless plug into the article on the left, check out ritasroots.wordpress.com. She’s a great local farmer, and, in the “Vegetables in the Kitchen” blog entry, she gives a few recipes for really yummy vegetable and salad dishes, dishes I’ve tried and give an A+… for vegetables at least :)
Alternative Spring Break Devolves into Real Spring Break

BILOXI, MS—What was intended to be a week devoted to charitable activities in a region still recovering from Hurricane Katrina quickly spiraled into a conventional, alcohol-fueled spring break this weekend, community sources reported.

Housing construction and cleanup projects were marred by dozens of arrests for public intoxication and disorderly conduct, as well as widespread reports of public urination and indecent exposure.

"Alternative spring break rules!" said College of Charleston sophomore Nate Sherman, part of a student group who traveled to Waveland, MS to help a local family rebuild its three-bedroom home. "[Nick] Torcello made this wicked beer bong out of some flexible ducting and a paint can, then we had a caulk fight and took bets on who could punch the biggest hole in the drywall with his head. We didn't get back to the work site until, like, 2:30 the next afternoon."

Incidents involving the misuse of tools and building materials occurred at almost every site, with local outpatient clinics reporting a handful of injuries resulting from an impromptu drinking game dubbed "Hammer Toss." Also, at least five virginities were believed lost in the claw shovel of a front loader at one Kiln, MS construction site.

Rebuilding is now even further behind schedule, with some houses requiring extensive repainting after being covered in volunteers' school colors and slogans. Although they expressed gratitude for the well-intentioned aid, hurricane victims said they were concerned that some of the newly constructed homes deviated from the original plans.

"We owe a debt to these students for providing my family with a home, but I was expecting glass in the windows and a ground floor," said Mavis Riggs, whose original house was completely destroyed. "Converting the new septic tank into a hot tub was inventive, but we really won't get a lot of use out of it. Or the barbecue pit, which I think was meant to form part of the foundation."

"Right now there's a drunk boy sitting on my uninstalled toilet, crying," Riggs continued. "Should someone check on him?"

Though Loyola Marymount University film major Marcus Leach initially expressed reluctance about going on a public service--oriented mid-semester break, he now characterizes it as "completely rewarding." "I'm definitely coming back next year and bringing Trent and Dan-O and the Maxi-Pad with," Leach said. "We really accomplished a lot. It was a total rager."

For Gulf residents still picking up the pieces 18 months after hurricanes Katrina and Rita, volunteer efforts like these are starting to become a tradition.

"It's a nice gesture for these kids to come here and help, but it seems like every year they wreck what's left of the downtown area with their fighting and wet T-shirt contests," Biloxi diner owner Marsh Ridley said. "It takes a solid week just to clean up after all their charity work."

Stories on this page are A. not real, and B. pilfered from www.theonion.com