

Bad news about phoney sun

By Brent M. Schillinger, M.D.

Dermatologist

The bold headline reads: "Got a Minute? Get a Tan." The smaller print goes on to say that it's one of the oldest and safest facilities of its kind.

Such is a typical advertisement for the current rage of salons promising a golden tan. These popular tanning parlors claim a single session will begin to make you look healthy, feel healthy and soften your skin so that it becomes more "healthy." But buyer beware. If ever there was a time for an educated consumer to read between the lines, this is it.

Tanning salons first appeared several decades ago. But you could always tell a real tan from a fake one. The old tanning booths used sun lamps that produced ultraviolet B (UVB). These usually produced more of a sunburned appearance that doesn't look anything like spending a

week in the Caribbean. In the past decade these tanning parlors have once again become popular as new technology has produced sunlamps that do give you a natural looking tan. And the amount of time you need to spend under the lights is a fraction of the time it would take sitting on the beach.

So far, so good? No, not so good. Dermatologists today agree that sunbathing solely to work up a nice tan is not healthy. The sun gives off dangerous ultraviolet rays that can lead to wrinkles, dry skin and skin cancers. The indoor tanning machines produce those same ultraviolet rays and produce those same skin problems.

The people who work at the tanning salons may tell you that their rays are safer than the sun's, but it just isn't so. Many of the newer tanning lamps produce ultraviolet A (UVA) light. UVA does not in itself produce a burn. It does produce a somewhat immediate darkening of one's pigment, resulting in a tan. If that was all UVA did,

there would be no argument. But there is more to the story.

Scientists have discovered that UVA light penetrates much deeper into your skin than UVB or burning rays. This light can interfere with the body's immune system, leading to an increased chance of cancer internally as well as on the skin. The effect is cumulative; the more you use a tanning salon the greater potential there is for problems. Repeated exposure to UVA from tanning lamps also makes your skin more sensitive to the burning rays of natural sunlight. For people on certain medications UVA light can produce serious rashes.

UVA light is also harmful to your eyes. If protective goggles are not worn in the tanning beds, you will burn the cornea, which is very painful. Repeated exposure can cause cataracts and even damage to the retina. Simply closing your eye lids won't help. For one thing, the skin is so thin that much of the light still reaches the eye and the skin itself is highly sensitive to burning.

Unfortunately, these facts are usually not available to the unsuspecting person just looking to get a tan. The salons are sometimes part of the health club which associates the tanning beds with improved health. The federal government can do little to regulate lamps because they are not prescription medical devices. This may change in the near future. The Food and Drug Administration is promoting an educational program to warn the public about tanning salon dangers.

Whether or not to patronize a tanning salon is up to you. But it is important to know the risks. Remember that a tanning salon is not safer than the sun itself.

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



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B.S.U. update

By Martin Clemons

Once again the Baptist Student Union/Campus Christian Fellowship has had a successful year, full of excitement, enthusiasm and life long memories—all surrounding one common interest: "A love for Jesus Christ."

This organization started the year off strong with a retreat at Camp Cale and one annual trip to Ridgecrest for the statewide Baptist Student Union Fall Convention, just to name a couple of events. Then, in the spring semester they attended the statewide Baptist Student Union Spring Conference held at Camp Caraway. They have also been heavily involved with a large number of Youth Teams, which are groups of students who go to various churches and conduct programs and services for the youth as well as the adults. The churches generally give a donation which is added to all the other monies raised throughout the course of the year for summer student missionary work. This year Chowan pledged \$3,000 and has had no problem with raising this sum.

The BSU also visits Pi.ewood Manor Rest Home in Ahsokie once a month to share time and experiences with the folks who reside there. As a matter of fact, they just made

their final trip of the year on Wednesday the 20th of April.

The BSU, in addition, participated in "Religious Emphasis Week" which was centered around the Last Words said by Jesus while on the cross and concluded with the Good Friday Convocation. The organizations final general meeting was on the 26th of April and consisted of a concert by Patti Joyner (a student at Chowan) and Phillip Romaro (a former student at Chowan).

In the final up-coming weeks, days and hours left, the organization has an International dinner planned for April 29, 1988 at 6:30 p.m. in Murfreesboro Baptist Church's Youth building. They are asking all International Students to attend this. A cook-out is planned at Chaplain Taylor's home during Final Exam Week.

Cecil Davis, the group's president for this term says, "I am proud of our group this year and thank my council and the group as a whole for their cooperation." He and the entire council of '87-88 wish the '88-89 BSU and its council the best of blessings as they continue the tradition here at Chowan and throughout life.

To the sophomores the Chaplain says, "May God Bless you and keep you all in the future. Keep in touch and we will miss you."

Library Hours During Exams:

Friday, May 6, 1988—7:30 a.m.-5:00 p.m. 6:00-10:00 p.m.

Saturday, May 7, 1988—7:30 a.m.-12:00 Noon

Sunday, May 8, 1988—2:00-5:00 p.m., 6:00-10:00 p.m.

Monday, May 9, 1988—7:30 a.m.-5:00., 6:00-10:00 p.m.

Tuesday, May 10, 1988—7:30 a.m.-5:00 p.m., 6:00-10:00 p.m.

Wednesday, May 11, 1988—7:30 a.m.-5:00 p.m., 6:00-10:00 p.m.

Thursday, May 12, 1988—7:30 a.m.-1:00 p.m.

