

Bo Derek's skin wasn't browned in just one day

By KITTY ADAIR
and SUSAN MAUNEY

As spring break approaches and the weather warms up, many students will venture into the sun to lie on beaches (in Florida, at the Outer Banks or in front of dorms on campus) in search of dramatic, alluring tans like that of Bo Derek.

Getting a dark, safe tan is time-consuming and requires much care. Even if you think that a shade darker is worth extra time, be sure not to take any shortcuts. It takes more than the sun and exposed skin to get a dark tan safely.

When you first decide to catch some rays, be sure to take along the right oil or lotion for your skin type, says James A. Williams, a Chapel Hill pharmacist. Williams says a good skin moisturizer is necessary to protect skin from the burning rays of the sun.

"There is no major difference between lotions and oils," Williams says. "The only difference is that lotions have more oil bases in them."

Choosing a sunscreen also can be important, says Mike Jones of the UNC health education department. A sunscreen is an agent that blocks out some of the sun's burning rays and protects skin more than a lotion or oil.

"People who are out in the sun a lot and don't use a sunscreen and get dark, often later in life have dried-out skin and possibly skin cancer," Jones says.

Robert Crouse, a professor in the dermatology department, recommends lotions and sunscreens that contain PABA (Padimate O) compounds as the best sunburn protectors. Lotions containing benzophenone give a higher degree of protection to people who have extremely sensitive skin, Crouse says.

This year it will be easier to select a sunscreen for your skin type or the degree of protection you desire.

"The Food and Drug Administration has come up with a new set of recommendations for products," Crouse says. "They have developed a list of specific numbers ranking the amount of sunburn protection given by a product. The higher the number on the product label, the more protection the product offers."

The highest protection number listed is 15, and can be seen on the products that are the most effective sun-blocking agents, he says. Because the sun's ultraviolet rays can cause skin cancer, a sunscreen is necessary for people repeatedly exposed to the sun or who have sensitive skin.

Melanoma is the worst type of skin cancer to treat, Crouse says. It affects the pigment-forming cells in the skin and is more dangerous to your life than any other type of skin cancer, he says. Melanoma is thought to be related to the amount of sunlight to which skin is exposed. The relationship of cancer to sunlight has not

been proved, Crouse says, but the incidence of melanoma has risen in the past few decades.

"As the suntan craze has taken hold, and as people expose more of their bodies to the sun, the cases have risen in number," Crouse says. Melanoma frequently the skin on men's legs, while women are affected on their arms and faces, which tend to be the most exposed parts of the body, he says.

The elements that you are exposed to at the beach can also damage your skin and will show as you age. "The combination of salt, wind and sun at the beach will burn you quicker than you'd burn at home," Jones says. Water at beaches or lakes reflects the sun's rays and increases the possibility of sunburn.

Sunburn causes skin to lose moisture, so it is important to apply a moisturizer when you come in from the sun, Williams says. Moisturizers help protect your tan while returning moisture to your skin.

So, when you head out to the nearest sunny spot to soak up all those warming rays, be sure not to overdo it the first time out. Remember, you have been away from the sun's rays all winter, so your skin is more sensitive now.

"Take it a little bit each day. One day go maybe 15 minutes on each side. The next, 20, and so on," Williams says. This will take time, but your skin will soon become conditioned to the outdoors again.

If you cannot take the time you need to get a safe tan, however, there are many quick-tanning products on the market. These products contain iodine or an iodine derivative that colors the skin in a few minutes. ☐

Kitty Adair and Susan Mauney are staff writers for *The Daily Tar Heel*.

Drivers should take it easy—and don't take too many

By ANNETTE MILLER

If you weigh 100 pounds, spring break travelers, you can have only one, but if you weigh 140 pounds or more you can have three, possibly four without exceeding the legal limit.

Beers, that is.
"Actually, if you are affected—no

matter how much you drink, a small or large amount—the less you drink, the better off you'll be," said Mark Fountain of Traffic Safety at the N.C. Department of Motor Vehicles. "Sixty percent of all wrecks involve a drinking driver by virtue of their slowed reaction time. I urge people not to drink while they drive."

That's sad news for the beer-swilling

capital of the world, but good advice for Chapel Hill students traveling by car during spring break.

Whether that travel takes you to sunny Ft. Lauderdale or more wintry places, Fountain listed several tips on safe traveling.

"Plan your travel so you won't get fatigued. When you're driving a long distance, drive two hours and take a 10 minute break. Crack the window," Fountain said. "Listen to the radio, preferably a talk show. That's better than music because that soft music or semi-rock tends to become a background mulling sound. Talk shows draw you into the conversation."

Driving the 55 m.p.h. speed limit also will decrease the risks of traveling. "Driving five or 10 more miles per hour won't save that much more time," Fountain warned. For example, a 100-mile trip driven at 55 m.p.h. would take one hour and 49 minutes. The same distance driven at 65 m.p.h. would take one hour and 32 minutes, only a difference of 17 minutes.

"You'll arrive in a much more relaxed condition (driving at the speed limit)," Fountain said.

Checking the vehicle before driving a long distance also is important. Fountain listed several safety precautions:

- Check batteries. If a sudden cold

streak hits, a two- to three-year-old battery may be dead the next day.

- Check brakes. Equal pressure on each wheel will prevent brakes from locking up and car skidding.

- Check windshield and wipers. Adequate arm pressure is needed to hold wiper against the window to clear it completely.

- Check muffler. When the heater is running, a defective muffler or exhaust system might spew carbon monoxide in the car, killing the passengers. Remember to keep the window open slightly to let fresh air in.

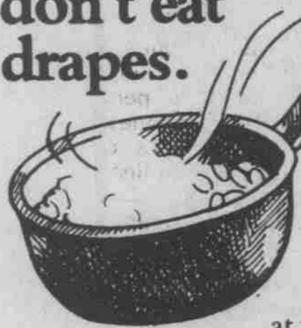
- Check tires. If you are traveling to a wintry place, be sure chains and snow tires are added.

- Check weather report of place where you are going, especially if there is a possibility of snow or sleet. Take an old piece of carpet for traction in case the car becomes stuck.

If you should become stranded, Fountain said, the safest place to stay is in the car. "The car is the most airtight structure and there's the possibility of turning on the engine to warm it up," he said. "If you can't ascertain any house in evidence nearby, then the car is probably the best thing. Wait for help to come to you." ☐

Annette Miller is a staff writer for *The Daily Tar Heel*.

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