

Opinions and Editorials

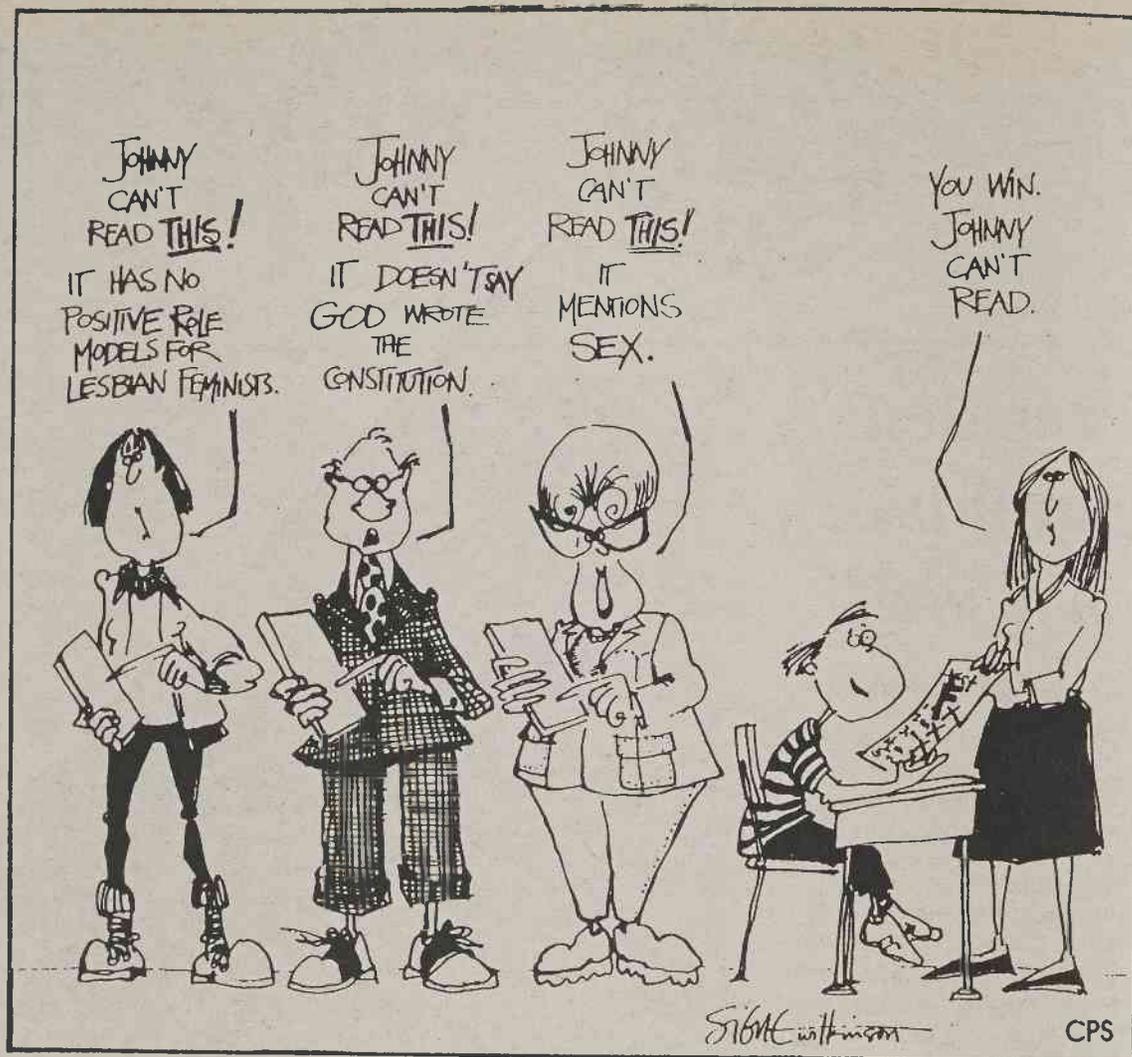
Bad alarm system a potential danger

Although the year is practically over and everyone has grown accustomed to the fire alarms going off twice a week for no specific reason, it's time to call the TV-11 Trouble Shooter, Russ Murphy. Russ seems to be the only one who can save us.

For three-quarters of the year, "they" have told us the alarms would be working properly soon, but soon never seems to get here. Now the alarms are a joke, the only people who respond to the alarms are the R.A.'s who have to turn them off. Only four people were outside during our last fire drill which occurred sometime after mid-

night last night. What is going to happen if there is a real fire some night?

It's a scary thought; I suppose 90 percent of the dorm residents will assume it is just another false alarm and will burn to a crisp. But, I'm sure the cafeteria will find a way to serve the fried flesh for lunch one day. Seriously though, how can so much money be spent on such a lemon of a system. Who built these things anyway, Ronco! Did we get a free Ginsu knife or Potato Peeler with the system? Will someone please give Russ a call so that soon, maybe by next year, the alarms will work properly.



Some spots 'hotter' than others for tanning

By LISA A. SHENKLE

Tanning is much more than a tourist phenomenon — it's a student's way of life. Whether it's UCLA or Western Michigan, the scent of coconut and aloe wift out of dorm complexes and hover over open stadiums. *The student body is obsessed by the quest for a knock-out tan!*

Jason Vogel, life-long practitioner of the sport of suntanning and author of *The Official Suntanner's Bible* (Acropolis Books/\$6.96) lends new insight into the world of tanning. It's the ultimate guide for those who bask and don't we all?

Of course tanning in and of itself is important but where you get your tan is critical. If it's on the slopes in Switzerland in January it's much more chic than at a West Virginia state park in July. Springbreaks and summer vacations never had so many options, so whether you're doing the domestic or international scene here are just a few of Vogel's suggestions:

Best Obvious American Beaches (Swimsuits mandatory):

1. *Hawaii* — Everyone wanted to come here after they win the lottery. before you lie on Waikiki Beach, pay homage at this natural temple.

2. *San Diego, California* — Can there be too much of a good thing? No way. San Diego has 70 miles of beaches!

3. *Martha's Vineyard, Massachusetts* — Comfortably breezy in the summer and the scenery is beautiful in the winter.

4. *Okracoke, North Carolina* — Surf and sun of the uncrowded outer

banks and a pristine environment. If you miss the crowd and night life, go to nearby Nags Head or Coquina Beach.

5. *Montauk Point, New York* — This is the place to be for the New York tanning jet set. Make sure that your black Porsche is a convertible.

Best Foreign Beaches

1. *Riviera* — Worth a visit even if you are traveling on a Eurail pass and have to dig deep into the bottom of your backpack for some item of clothing that will get you on the grounds.

2. *Cub Med* — Amazing time, no inhibitions, and not just for doctors.

3. *Tahiti* — The topical island where businessmen go after they abscond with the company funds.

4. *Eilat, Israel* — Bring your mask and snorkel. You won't have to wear anything else.

5. *Ios, Greece* — You can live for months on a Greek Island for the cost of a weekend in Honolulu. And the beaches are first rate.

6. *Negril Beach, Jamaica* — Da sun be strong, da wata be warm, and da ganja make life slow and easy.

7. *Beruwela, Sri Lanka* — A major sea and sand resort with beaches that match any in the world.

Despite the possible harmful effects that the sun can have on us, we persist in turning our skin into saddle leather. For those who spend 365 days a year pursuing the rays and for those who try to get that quick-fix tan in a week, Vogel has sifted through health reports, product claims and beauty tips to uncover both the real dangers and actual

benefits derived from the sun.

The sun as a bad guy can cause burns, premature skin aging and increases the chances of skin cancer. The sun as a good guy can lower blood pressure (important for those calculus exams), heart rate, and blood sugar, and most importantly, increases sex hormones!

For those of you planning on spending mega-hours in the sun, here are some valuable tips to tan by:

- If you think you're burned, try this little test: Push the affected area with your finger. If it creates a white patch that quickly returns to red when pressure is released, then you are sunburned.

- Shade can provide a false sense of security. Reflected light from the ground — particularly off of sand or snow — and more potent sunlight can still shower you with 89 percent of the ultraviolet rays of the direct sun.

- When choosing a sunscreen look for active ingredients such as paminobenzoic acid (PABA), benzophenone, and PABA derivatives such as isoamyl and glycerol.

- Vitamin C is important because it helps prevent a blotchy tan. Foods high in vitamin C include citrus fruits, tomatoes, cauliflower, cabbage, cucumbers, broccoli, parsley, papaya and strawberries.

Let's face it — with information like this, tans don't have to be limited to Aunt Mildred's backyard. There are ways of gaining that four year paid vacation (you may already have it and if you don't, no need to worry, you still have time). Students tanners realize that hot

weather and proximity to water make a natural choice. Ray-reflecting ski slopes are of particular zeal with this crowd and non-demanding academic loads can also qualify a school for top tanning status. Just a sampling of suggested colleges include:

1. *University of California, San Diego*: Black's Beach, a nudist's paradise accessible to those who brave sand cliffs, is located in the school's backyard.

2. *University of California, Los Angeles*: Not only should you look like a movie star, but it's okay to wear Vuarnets in the lecture hall.

3. *Jacksonville University, Jacksonville, Florida*: Known for very light academic requirements. Most exams are true-false or multiple guess. This leaves lots of time to roast on the beach.

4. *University of Colorado, Boulder*: For a strong fascial tan, the nearby slopes can't be beat.

5. *University of Miami, Coral Gables, Florida*: the original and official "Suntan U."

But never fear — if you're a graduation senior stuck at MIT or the University of Wyoming, graduation brings with it some bronze-star occupations. Forget what your parents told you about being respectable. Being respectable never got you a second glance at Spring Break or your cousin's beach house, so why should it now? Consider the life of a golf pro — with caddy, of course sailing instructor, raft renter, porpoise trainer, construction worker, Club Med host/hostess or anything on a cruise ship. Now, don't you wish you'd majored in General Studies?

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