

# Emphasis

*Possible dangers discounted*

## Tanning salons prove popular with students

By Loretta Bivins  
Emphasis Editor

Even before spring officially arrived last week, Elon had already enjoyed temperatures in the 60s and 70s. The popular tanning spots on campus are now filled with sunbathers in colorful suits and shades. But there is something different about many of this year's sun worshippers—they're already tan!

While some may have been fortunate enough to have gone to some tropical island over the winter, most achieved this bronzed look in a tanning salon.

These salons have been popping up all over in the last year and are becoming very popular with Elon students. Penny Hollars, who works at Endless Summer Tanning Salon on E. Webb Avenue, says that the majority of customers there are students from Elon.

But along with the benefits of rosy cheeks and bronzed skin, this fast tanning method may cause damage to the skin.

Most beds or booths emit light from the ultraviolet A (UVA) portion of the spectrum. It is the ultraviolet B (UVB) rays that produce most burning. "Natural sunlight has 15 percent burning rays," says Lori Gray, manager

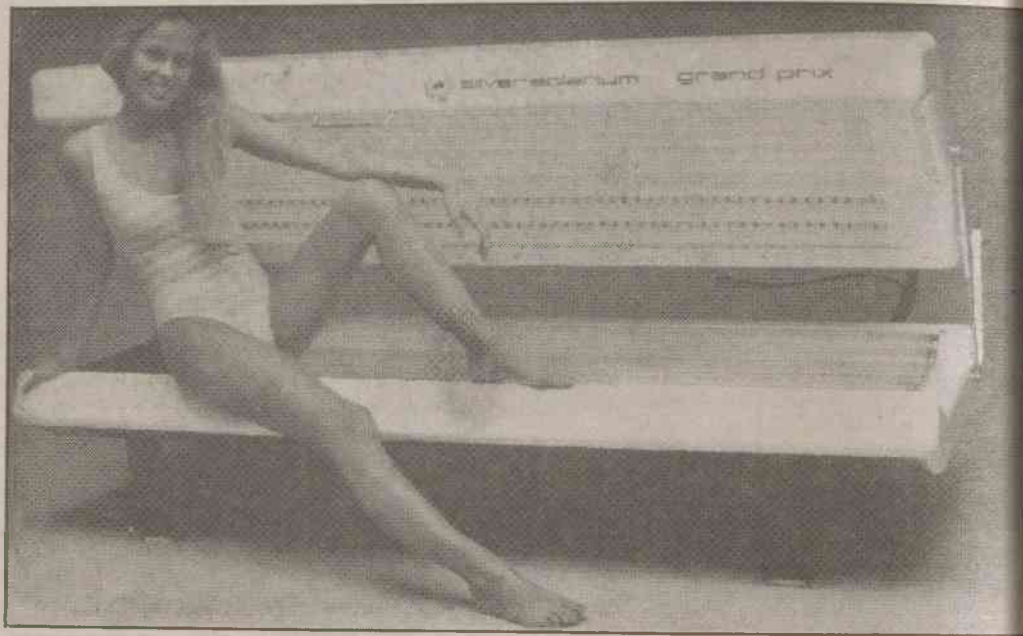
of Roctab Tanning Salon in Burlington. The tanning beds there emit only two percent burning rays. Most salons in the area have less than five percent, and Eleonore's Hair Design and Tanning Salon have beds with absolutely no burning rays.

### Safer Way to Tan?

Thus, it seems tanning salons offer a safer way to tan, but according to Joe Graedon, syndicated author of "The People's Pharmacy" in *The Greensboro News & Record*, evidence has shown that UVB tanning is dangerous. Graedon said that studies have shown it to cause mutation in bacteria, skin cancer in both animals and humans, and premature aging.

Although UVA radiation penetrates the outermost layer of the skin, Graedon said that the UVA rays go even deeper and have been shown to cause damage in cells.

Natural sunlight has its dangers too. "You're not going to notice any damage after a week in the sun in Fort Lauderdale," said Dr. John Murray, a dermatologist at Duke University Medical Center, "but you will notice it 20 or 30 years later."



Murray said that prolonged exposure to the sun can accelerate the aging process of the skin. He added that it can also contribute to dark patches and scaly brown-gray growths called keratoses, which are often precancerous.

Almost all of the cases of skin cancer in the United States can be attributed in part to sun exposure, Murray said. Also, he said, more skin cancer occurs in Southern and Southwestern states than in anywhere else in the country.

### Precautions Taken

The men and women who work in these tanning salons are aware that there are dangers to overexposure, and all said that they take careful measures to insure that customers do not stay under any longer than the allotted time. None have reported any cases of sunburn.

Among the benefits of salon tanning are achieving that "all over" tan in a private room; a bathing suit is not necessary.

Because tanning devices are very low in UVB rays, the skin does not burn as easily as it would in natural sunlight. "You don't lose the tan the way you do in the sun," says Nan Wall of Phase Two Tanning Center in Burlington. "You're not getting the burning rays that cause you to peel."

Another benefit is that most tanning salons are open long after the sun goes down, so busy daytime workers can get in on some of the bronzing action. "We're open six days a week,"

says Gray, "from 9 a.m. to midnight on weekdays" and "until we run out of appointments" on Saturdays.

Eleonore's Hair Design, just across the street from the college, has many Elon customers, and they are men as well as women, says Eleonore Dunn, the owner of the salon. Dunn uses the beds herself and has a tan. "I enjoy it because it's relaxing," she says.

Unlike natural sunlight, however, rays from the tanning salon are not free. The area salons have prices ranging from \$5 to \$8 per session, the length of the sessions varying from 15 to 45 minutes. Many salons are currently running lower-price specials, however.

But for many students, the cost is worth the benefits.

### Good Investment

Stephanie Redding, a junior from Elizabeth City, N.C., says she visits a tanning salon once a month when she goes home. "I don't go too often, because it looks ridiculous to have a summer tan in the winter time," says Redding.

She also adds that she's not concerned about the possible dangers. "You're in there for the maximum of 20-25 minutes. I don't believe that 20-25 minutes will do as much damage as lying out in the sun all day," says Redding. "I've never gotten burnt in a tanning salon."

Gayle Grasich, a junior from Richmond, Va., also is un-

concerned about the dangers because she said, "I heard that they were safer for you than the sun." Grasich says she goes to a tanning salon to maintain the tan she got in Florida this winter.



### Beg your pardon

Due to an editor's error, an article in last week's *Pendulum* ("Married students juggle family, college life") attributed to Jane Carrico quotations that she did not make. Carrico was not interviewed for the article. *The Pendulum* apologizes to her.



Snoozing: David Rich naps in the sun, "catching" some rays in the process.