

Negative effects of tanning include skin cancer, premature wrinkles

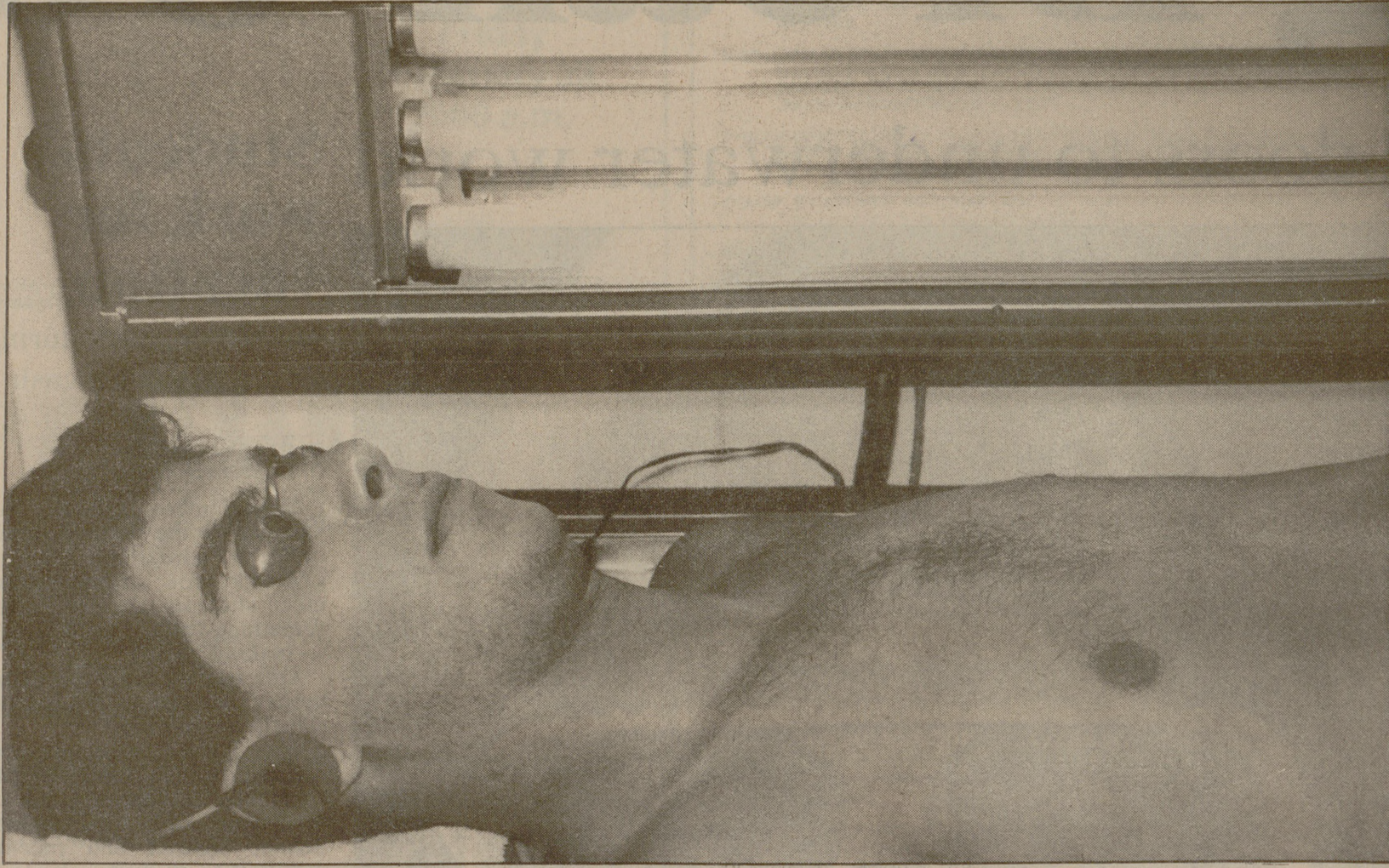


Photo by Mike C. Mulvey

Sophomore Mark Holcomb is one of the many A&M students hitting the tanning beds to get their skin ready for spring break.

Holcomb, who uses the tanning facilities at Tan-U on Northgate, plans on going to South Padre Island.

By PAM MOOMAN
Of The Battalion Staff

It will catch up to unsuspecting sunbathers sooner or later.

"The damage that comes from ultraviolet light, like the sun or tanning lamps, has an additive cumulative effect," Dr. Clyde Caperton, a local dermatologist, said. "When you're 40, you'll look 60."

The price paid for a tan at 20 is dry, wrinkled skin and scaly patches that could turn into skin cancer at age 40 or 50, he said. Tanning, he said, ages you before you are old.

But the negative effects don't always come later. Repeated bad sunburns can cause black moles to form, whatever the sunbather's age, Caperton said.

Black moles could signal dangerous

melanomas (skin tumors), he said. With spring break approaching, sunburns inevitably will crop up.

"That's when (people) are particularly susceptible because they've been indoors all winter," Caperton said.

Another factor adding to this spring break phenomenon is alcohol. Caperton said people who are normally sensible might drink heavily and stay in the sun longer than they should.

Coloring also affects skin damage. People with dark pigmentation can stay out in the sun longer with less risk of serious damage, Caperton said. But it's a different story for blond, blue-eyed people who never tan.

"If you're extremely fair, you're in the greatest danger," he said.

Sunburns occur both at the beach and the ski slopes, Caperton said.

Hours spent in the sun and the closeness to the equator also determine the probability of sunburns, he said.

For example, you are more likely to get sunburned on a Texas beach than a New York beach, he said.

But there are some general precautions that sunbathers can take to protect their skin:

- Use a sunscreen with a sun protection factor (SPF) of at least eight.
 - Cover up with clothing.
 - Be reasonable in the amount of sunbathing you do.
 - Be aware of sun sensitivity that may be caused by medicines.
- "You cannot make the skin tan in one exposure," Caperton said. "Burning does nothing good to the skin. (A bad sunburn) will ruin (your) vacation, if nothing else."

Officials in Mexico provide guest sign-in

By BILL HETHCOCK
Of The Battalion Staff

Spring-breakers venturing into Mexico at the Matamoros bridge will have a chance to register their visit as they cross the Rio Grande River.

A new program by the Mexican immigration office will allow any temporary visitors to the country to log their names and destinations as they enter.

Antoline Licona, chief of the Office of Immigration on the Mexican side of the border, said he hopes students will take advantage of this voluntary service.

University of Texas student Mark Kilroy was abducted and killed last year on a short trip into the Mexican city of Matamoros.

Licona said that he hopes this program will decrease the chances of a recurrence of this

type of accident and will narrow the search process in case of an emergency.

"The main reason for registration is so we can be sure if a person has crossed the border into Mexico," Licona said. "In case of an emergency, we can try to find the person. At least we will know they have entered the country if they sign in at the bridge."

Signing in upon entry is mandatory but is strongly recommended, Licona said.

Carlos Perez, deputy consul to the Mexican consulate in Brownsville, said it is a good idea for anyone going to Mexico to sign in. He said there will be five to 10 immigration agents working on the program, so lines won't be up and visitors to the consulate won't be delayed.

The voluntary registration

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Students should book tour packages with care

By SELINA GONZALEZ
Of The Battalion Staff

Spring-breakers take heed — local travel agents agree that students might be suckered into tour company package deals that prey on naivete.

"It's safer and better to go through a travel agency," Sue Niemeyer, a travel agent with Aggieland Travels Inc., said. "At least when you do, you know that you are dealing with tour companies that have been in the business and are reputable."

"A reputable tour company will be registered with the International Airlines Travel Agency Network." Students can call a travel agency and check if the package they are considering is listed.

Niemeyer said to be cautious of tour companies not listed with the International Airlines Travel Agency Network.

She said while most companies aren't trying to take advantage of students, it is important to read the fine print on all advertisements.

"For example, some ads will run specials for only one day and in fine print down the bottom it will say, 'on round trip per direct'," Niemeyer explained. "It would end up meaning the other direction."

She said that one year ago a group of vacationers arrived at the airport to find the deal had been cancelled.

"In cases like that, all times you don't get your money back," Niemeyer said.

Hilda Hill, a travel agent with Dog Gone Travel, agreed that students are protected from being taken advantage of by making arrangements with an agency.

"We know most of the

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Alcohol overindulgence can cause harmful side effects

By SUZANNE CALDERON
Of The Battalion Staff

Spring break, the greatest week you'll never remember.

But overindulging in alcohol and staying drunk all week could be harmful, said Dr. Dennis Reardon, coordinator for Texas A&M's Center for Drug Prevention and Education.

Staying drunk all week or overindulging in alcohol can impair body functions, overwork the liver and destroy brain cells, Reardon said.

"Since the effect of alcohol is to anesthetize the brain, (drinking too much) can destroy brain mass," he said.

But, Reardon said, the im-

Safe Break '90 provides safety tips during all-University party

By SUZANNE CALDERON
Of The Battalion Staff

It's a party before the party.

Informing students of how to stay safe during spring break is the purpose of the Texas A&M All-University Beach/Ski Spring Break Party from 8 p.m. to midnight March 7 in the Grove.

The party is part of Safe Break '90 — National Collegiate Drug Aware-

ness Week, which is the week prior to spring break, March 5 to 9. Admission to the party is free.

A committee of students from organizations such as Alpha Phi Omega, Residence Hall Association, Interfraternity Council, MSC Hospitality, Off-Campus Aggies and Panhellenic are organizing the party, said Timm Keen, coordinator of Safe Break '90 and a graduate assistant for A&M's

Center for Drug Prevention and Education.

Booths representing various spring break destinations will be set up at the party. Information about safety and fun in those specific places will be available at the tables, Keen said.

Bill Huddleston, a friend of Mark Kilroy, the student who was kidnapped and murdered last year after

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mediate danger of excessive alcohol consumption is what people do while under the influence.

"With that kind of drinking,

we are more concerned with the difficulties people get into when intoxicated — things like driving while intoxicated, public intoxication and not

making responsible decisions," he said.

"There is also the danger of blackout, where a person is operating almost on automatic

and doing things but having no memory of what those things were," he said.

Reardon said mixing sun and alcohol also can cause

problems.

With the anesthetizing effect of alcohol, people can stay out in the sun longer and not realize they are getting burned, he said. Alcohol also has a dehydrating effect on the body, making it more susceptible to sunstroke.

Should spring-breakers overindulge, the bad news is that nothing but the passage of time can ease a hangover, Reardon said.

All of the so-called cures for a hangover are just myths, he said.

"A cold shower will

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