

TANNING

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"We (our salon) don't let anybody tan more than 10 minutes the first time," she said. "A lot of people get angry, but it is for your own benefit."

Tanners are urged to wait 24-32 hours between tans, Roberts said.

"You get darker every time, but there is a point where you can't tell anymore, and it doesn't look nat-

ural," she said.

Kenneth Brown, manager of Perfect Tan, said he has tanned since he was 14 years old.

"Indoor [tanning rays] don't go as deep into your skin," Brown said, "but the tan will not last as long. If you don't come in at least twice a week indoors you will fade."

Guys do not get embarrassed in the salon, he said.

"They sit in a lobby full of girls, and you can't beat that," Brown said. "But I don't think guys are as willing to part with \$40 a month as girls. They work out more for physical appearance, whereas girls are more apt to tan."

Dr. James Carmen, associate director of clinical services at A.P. Beutel Health Center, said tanning with the sun is better for your skin.

"We haven't had tanning around long enough to know what it will do," Carmen said. "When you are 20, you feel like you are indestructible, but this is something that will come up much later."

Carmen advised students to avoid overexposure and severe burns.

"Sometimes when I see a really tan person, I ask how they got that and they say tanning beds," Carmen said. "I tell them we are talking about an ex-

posure to an energy we don't have any longer studies on."

Knowles said the individual must practice responsible tanning.

"Everything can be pushed to extremes," he said. "If you drive a car everywhere at 100 miles per hour you will have a wreck. You have to find a mediocre and equal spot."

Mills said tanning is a result of modern times.

"The pressure is on in today's society to look better," Mills said. "I guarantee they didn't have pills and tanning lotion five years ago."



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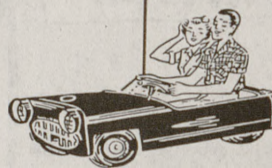
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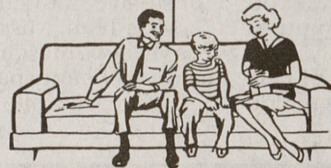
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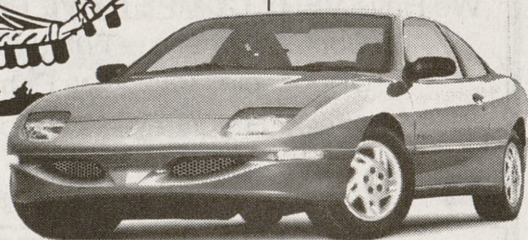
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PEN PALS

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We met Elaine in a gift shop and immediately the three of us were teasing each other and laughing up a storm. I am surprised we didn't get kicked out of the store. We then drove downtown and spent the day shopping and taking pictures every imaginable pose. By the time my uncle took us out to dinner that night, I felt like I was hanging out with people I had known all my life.

When I returned to school after spring break, I heard stories from friends who had cruised the crystal-blue waters of Cozumel or received the perfect tan while frolicking on the sandy, white beaches of Cancun. Although the weather in Seattle is nothing to write home about, I made two friends for life—and I wouldn't change that for anything.



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