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# Thompson speaks about international programs

By Carol Rhodes  
YELLIN' REBEL

When Susan Thompson speaks to students about international study programs, she speaks from experience.

Thompson, who was appointed director of the Office of International Programs in January, participated in programs as close as Mexico and as far-flung as The People's Republic of China as a UNLV undergraduate and graduate student.

She said her experiences in other countries has led her to believe students learn at an accelerated rate when they're in a different environment. She also believes that international study programs are valuable experiences because they give students a chance to see another culture.

"I think you get a different view of the nightly news just by travel-

ing. People become more real to us, and I think there's a better chance to work in concrete, logical terms when we understand how inter-dependant we are," said Thompson.

She advises students interested in study abroad programs to start with places close to home, like Mexico, or a place with a similar environment, like Europe, because it helps lessen the culture shock.

"Culture shock is real," believes Thompson, "and students may not think they will experience much culture shock in London, but they will. It's a very different environment."

"Essentially that's what I did. I started out by traveling to Latin America, then Europe, and then The People's Republic of China on a student scholarship," said Thompson.

Not enough UNLV students are

taking advantage of international study programs, according to Thompson — something she said she plans to remedy.

"During the next few years, we are going to try to bring them to the attention of incoming students. I would also like to see the number of programs grow, but my first priority is to make sure all the programs we have right now are the best they can be," she said.

Thompson said one of the most rewarding parts of her job is talking to students who have already participated in a study abroad program. "Even if it was two years ago, students still want to tell you all about it and how much they loved it. I really feel it changes their lives, and I like that aspect of the job — knowing that it's a really exciting experience for them," she said.



## Director warns against sun exposure

By Stephanie Alderette  
YELLIN' REBEL

As the summer approaches, more and more students will find themselves exposed to the burning rays of the sun, most of them voluntarily.

Every year around this time college students subject themselves to the pursuit of a golden tan despite the warning of health officials.

"Long term chronic exposure to sunlight is not good," said Director of Student Health Services Lori Winchell. "It damages the skin and eventually leads to the development of skin cancers."

Still, such warnings go unheeded by most regular sunbathers.

"It might be great and you might look great when you are in your 20's and 30's," Winchell said. "But when are in your 40's, 50's and 60's, you are going to regret having that chronic long term exposure."

The pursuit of looking great seems to be the motivating factor behind most sunbathers. When asked how often she lays out to maintain her tan, Education major Hollee Spollino said, "Everyday."

But, serious consequences can occur.

"Just yesterday we had someone that had sunburn 1st and 2nd degree," Winchell said. "It [a bad burn] is not an uncommon problem especially here in the desert because the sun and the heat are

intense and people aren't aware about their exposure and their skin, particularly after winter when it [skin] hasn't gotten used to exposure."

One other important factor in terms of sunbathing lies in the skin tone.

"Different people have different skin types," Winchell explained. "Fair skinned people are more susceptible to sun burn versus dark skinned people, who can retain a lot more heat and exposure."

Despite the fact that most Las Vegas days are filled with sunlight, tanning salons are booming around town. Salons offer year around tanning opportunities at the convenience of the individual for a price.

Spollino, who works at the Sun Zone, 2481 E. Tropicana, estimated the salon's clientele as 30-50 percent UNLV students.

The Sun Zone is one of several Las Vegas tanning salons which claim to be safer than the sun—whether they are in fact remains to be seen by health officials.

Most salons, however, can limit the exposure to the sun's burning rays (UvB) while allowing penetration of the tanning rays (UvA).

A Sun Zone pamphlet reads, "Sun Zone's Eurotan UvA system offers you the most advanced and sophisticated tanning available today. Our beds have virtually eliminated the dangerous 'B' rays and utilize almost exclusively the gentle skin caring 'A' rays."

The bad news for fair skinned individuals who normally burn in

the sun is that in spite of the selective rays in a tanning salon, they will probably not tan there either, according to the brochure called, "The Darker Side of Indoor Tanning."

What the multi-billion dollar tanning industry—indoor and outdoor—often fails to mention are the ultimate effects of too much sunlight exposure.

"The long term [effect] would be chronic, repetitive exposure to ultraviolet rays can lead to the development of skin cancer down the road," Winchell said.

She added that increased wrinkling and decreased elasticity of the skin occur frequently for sunbathers later in life.

"Ultraviolet rays are very drying," Winchell said, which contributes to that leathery feeling of overexposed skin.

Though tanning is not recommended, precautions can be taken.

### Outdoor

- Use a sunscreen.
- Moisturize skin.
- Build up a tolerance to the sun.
- Don't overexpose.
- Don't tan daily.
- Know the ways of the rays.

### Indoor

- Always use goggles.
- Never tan when taking photosensitization medications.
- Know your exposure limits.

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