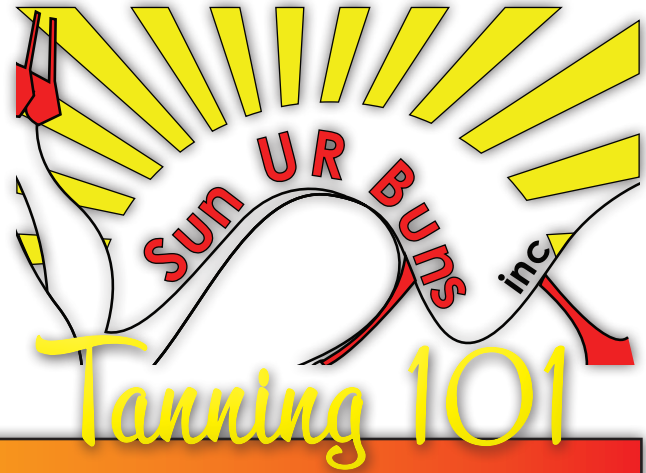




CLUBSUN



Hot August Nights

Don and Tammy Hedlind

Think back to what our parents and grandparents affectionately called “the good ole days.” The corner diner served the malts and burgers, Elvis was rocking and rolling and Detroit was releasing some of the most beautiful pristine automobiles you had ever seen. There was the Chevy Bel Air, cruising down Main Street with the driver always ready to drag between the streetlights. The Chevy Corvette and Ford Thunderbird were being driven by celebrities such as Frank Sinatra, Marilyn Monroe and Betty Davis. A young nation was exiting the perils of devastating wars, unseating tyrants and rulers to excel the population into a new age of engineering and manufacturing. Detroit was hot, many citizens moved there for the chance to work in the factories putting together these beautiful automobiles. Many young men and women longed for a chance to purchase the “street machines” that could give them not only praise, but move them

up the chain in their quest for competing with the Jones (neighbors).

In August we went to Reno, Nevada to attend the “Hot August Nights” classic car event. In the Flathead, we have the Glacier Hot Rod Days, think 100 times this amount and you will be able to picture the amount of classic cars that were not only driving around the streets of Reno, but sitting in parking lots just waiting for oohs and aahs from the crowds of hundreds of thousands of convention attendees. Whether it is the parking lots of the Peppermill, Atlantis, Grand Sierra or Golden Nugget, there are just too many cruises, showings, to see them all. Picture for yourself, parking lots as large as downtown Kalispell (remove the buildings) hosting rows and rows of exotic, classic automobiles that instantly take you back to the days when it was not unusual to see one of these beauties



running around your town. Promoted as the largest classic car convention in the west, Hot August Nights is hands down the best one, I have ever attended. Every year, the event is growing with hundreds of new “old classics” heading to Reno to take part in this event. If you love the classics and want to see them in all shapes, sizes and horsepower, head to Reno for Hot August Nights. It is always hot and the classics will never disappoint.

As I lay in my hotel room bed last night, I was reminded of what my grandmother or “Maw Maw” as our readers know her, used to say when it came to my questions of childhood. She would say “Donnie use your head!” She did not mean as a battering ram, but have the smarts for a common sense approach answer to your question.” Now this can be used in basically all aspect of our lives. Sense and sensibility go hand in hand.

Why would I bring this up? I recently read an article in the Huffington Post about an Investigative Reporter who went undercover to Dermatologists offices. Of the 4 offices he went to, the avoidance of sunshine message was rampant, except in one office, the dermatologists said sensible exposure from the sun or UVB tanning booth was OK, while the assistant had an “avoid the sun” approach from the minute the sun was mentioned. The reporter was doing an investigative piece to figure out why the Dermatology Industry is so hell-bent on preaching anti-sun, pro-sunscreen messages. The reporter’s conclusion is the industry is making big bucks off the message and promotion of cosmetic and beauty and targeting young women with an “anti-sun” message. All 4 offices he went to told him to slather on the sunscreen every 2-4 hours and make sure you wear it every day. Where was that common sense approach to his question of “when should I use sunscreen?” It should not have been every day even in the winter or fog (San Francisco).

Why would anyone in their right mind ever think about using a chemical sunscreen as a daily moisturizer? Well could it have something to do with the message that has been coming at you full steam from every angle these days?

Let’s forget about the Dermatologists (they play a much more important role in life than preaching anti-sun for the Industry) for a minute and think about the chemicals the manufacturers are using in the sunscreens to get them to SPF 100. Some of the ingredients are much worse for you, than the risks. Common Sense tells me, that if they used to only have SPF 15, then 30, 45, 60, 75 and now SPF 100. If I am going to put it on MY SKIN, the largest organ in my body, maybe my Maw Maw, would want me to take the time to read the bottle to see how they arrived at their number. One ingredient called Propylene Glycol (anti-freeze) is one of the many ingredients in the lotions that allow them to raise the SPF#. I don’t know about you, but putting anti-freeze on my skin is not better than using my head! Next month’s article will focus on what is being used, how it is processed and what you should know about the dangers of coating your skin “daily” with sunscreen. The main thing to keep in mind is, no matter where you’re going as long as you are going to be exposed for prolonged periods of time to the sun, cover up, get a base tan and use SPF lotion sparingly if necessary.

At Club Sun, we are Smart-Tan certified to educate, analyze and understand each individual’s uniqueness when it comes to a tanning schedule. We are the leader in the valley in our business, because we make it a priority to get to know every customer that comes “through the door.” We look forward to making your acquaintance soon.

Spreading Sunshine, It’s what we do.

