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July • 2023

Issue 5 47th Year

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Treasurer.....Aimee Stuyvesant.....727-200-8917
Ass't Treasurer.....TBD
Secretary.....TBD

Activities Director.....TBD

Park Office.....727-582-2850
After Hours Emergency.....727-641-9556

Shangri La Star Newsletter.....Norma Rowe.....shangrilalargo@gmail.com

MESSAGE FROM OUR HOA PRESIDENT

Greetings all! It's been a busy few months. We are looking for someone to help with Activities. Tim Sheimo has done a great job and will be greatly missed. We will be having a poolside barbecue on July 4th from 1 to 3. Hamburgers, hotdogs, salads. Any help would be greatly appreciated! Additionally we are organizing a yard sale day in October. Friday the 13th and Saturday the 14th. Set up in front of your own place. We have a complaint box in the clubhouse. I check it twice a week and Tammy and I will discuss resolutions with Jim via video call. Posting these on FB does not resolve anything. Just a reminder the FB page is not our private HOA website, it is just a FB group. Have a great Fourth of July!



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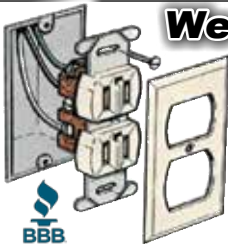
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FIRST FRIDAY

We had our last first Friday on June 2nd. Although I wasn't able to attend, everyone said they had a wonderful time with lots of great food. We are all going to miss our first Fridays. Thank you to Tim Sheimo and Aimee Stuyvesant for all you have done for us here at Shangri La.



THINGS TO DO

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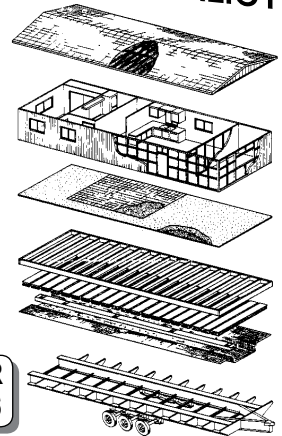
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Universal CityWalk

Whether you're looking to check out the shops, get in some extra steps, or experience the nightlife or Mardi Gras festivities, Universal CityWalk can be a fun spot to visit – and doesn't have to cost any extra money aside from the gas to get there. Universal CityWalk is home to a variety of shops, restaurants, bars, and clubs, but it's also a great spot to take in the sights and atmosphere, walk around the lake, or people watch. You can also visit CityWalk's Rising Star karaoke bar or Coconut Club. One note, you have to be at least 18 to get into Rising Star and, of course, 21 to purchase alcohol. During the day, Universal charges a fee to park, which varies from \$30 to \$60 per vehicle. However, after 6 p.m. on most nights and outside of Halloween Horror Nights, you can park for free. Throughout the year, you may even be able to listen to music or catch some performances on the Universal CityWalk Lagoon Stage.

\$6 Sundays at the St. Petersburg Museum of History

Make your weekend historic! Enjoy a special \$6 Admission to the St. Petersburg Museum of History every Sunday—Now through June! The Museum of History is open from Noon-5PM on Sundays. No reservations or pre-purchased tickets required. Just visit us on the St. Pete Pier. 335 2nd Ave NE St. Petersburg

For the Pups

Dog Parks for small and large dogs at Eagle Lake Park, 1800 Keene Rd., Largo

Please remember to pick up after your dogs here in the park.

JOKE

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



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BIRDS AND BLOOMS – OSPREY

Howdy neighbors! This month I will focus on the Osprey. Unique among North American raptors for its diet of live fish and ability to dive into water to catch them, Ospreys are common sights soaring over shorelines, patrolling waterways, and standing on their huge stick nests, white heads gleaming. These large, rangy hawks do well around humans and have rebounded in numbers following the ban on the pesticide DDT. Hunting Ospreys are a picture of concentration, diving with feet outstretched and yellow eyes sighting straight along their talons. An Osprey may log more than 160,000 migration miles during its 15-to-20-year lifetime. If you have a bird or bloom you would like me to discuss, please reach out to me at 727-200-8917 or wvbkrmn@gmail.com



CLEANING TIP:

Cleaning mini blinds. I used to actually take my blinds off the wall, stuff them in the tub and then clean and dry them. Ok, June Cleaver, settle down. To clean mini blinds, simply close them all the way and wipe them with a damp microfiber cleaning cloth. You want a nice thick, fluffy microfiber cloth. Once you've done one side, open all the way and then close so you can get the opposite side.





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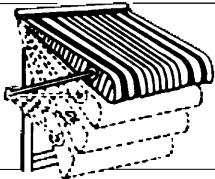
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RECIPE: BARBEQUE PORK AND PENNE SKILLET

Ingredients

- 1 package (16 ounces) penne pasta
- 1 cup chopped sweet red pepper
- 3/4 cup chopped onion
- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 carton (16 ounces) refrigerated fully cooked barbecued shredded pork
- 1 can (14-1/2 ounces) diced tomatoes with mild green chiles, undrained
- 1/2 cup beef broth
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 1-1/4 cups shredded cheddar cheese
- 1/4 cup chopped green onions



Directions

1. Cook pasta according to package directions. Meanwhile, in a large skillet, saute red pepper and onion in butter and oil until tender. Add garlic; saute 1 minute longer. Stir in the pork, tomatoes, broth, cumin, pepper and salt; heat through.
2. Drain pasta. Add pasta and cheese to pork mixture; stir until blended. Sprinkle with green onions.

If you've got a recipe you think we'll all like, I would LOVE to include it in the newsletter. Email: shangrilalargo@gmail.com or my cell: 352-807-3232

CAMPING IN FLORIDA

Camping in Florida has a long history. Paleo-Indians were camping here 12,000 years ago, native Timucua in the 1200s, and arriving Spaniards in the 1500s. The pastime has been such an integral part of Florida's history, it's only natural that camping would come of age right here. In 1919 in Tampa, camping entered the modern era when the official organization of Tin Can Tourists of the World was formed, drawing together a loose confederation of explorers, adventurers, day-trippers, and weekenders who loved to pack up their vehicles (often modified Model T's) with tents, blankets, cooking stoves, spare tires, extra gas, pots and pans, and hit the road. From across America they sought new destinations and Florida quickly became one of their favorite retreats. It was a lightly traveled place with a temperate climate,

continued on page 16



citrus groves, exotic wildlife, and endless miles of beaches. In Florida, camping's popularity led to innovations. Glenn Curtiss, who earlier modernized aviation and would later create Opa-Locka, Hialeah, and Miami Springs, invented the recreational vehicle (RV) for camping trips in the Everglades. Entrepreneurs opened modern trailer parks, state park campgrounds provided peaceful sanctuaries, and newly paved roads revealed places of unimaginable beauty as they led travelers through forests, along rivers, and beside beaches. A century later, sleek motorhomes have replaced Model T's, but today's campers remain kindred spirits of those Tin Can Tourists. Like their camping ancestors, today's adventurers seek out places where natural beauty and outdoor recreation offer a respite from life's fast pace. Visit Florida and the complete scope of camping opportunities is revealed. You can pitch a tent in the Keys, check into a cabin beside the Gulf of Mexico, and marvel at the heavens at Kissimmee Prairie Preserve, the first place in Florida and the only state park certified by the International Dark-Sky Association. For purists, there are places for primitive camping; for divas, there is upscale glamping (glamorous camping). You'll find state forests and wildlife refuges where the woods and wilderness haven't changed in thousands of years, and there are overnight slumber parties at wildlife preserves where resident wolves, lions, and tigers are your neighbors. At the Big Cypress Reservation of the Seminole Nation, traditional chickee huts lining a picturesque marsh have been modified for your comfort, although the lack of plumbing and electricity add a dash of roughing it. In some places, Florida camping can be a time capsule. You can drift off by the ocean to the rhythmic sound of the surf just as you can rise to the beauty of a natural spring that's been percolating for thousands of years. Likewise, camping can be a time machine. Pitch a tent by the Indian River and you may catch a rocket speeding from the Kennedy Space Center and leading America into the future. A current trend suggests people are becoming more interested in experiences than in possessions. So while camping may not offer the luxuries of a four-star resort, when you camp in Florida, the evening provides generous compensation. It rewards you with a four-star experience.

BIZARRE BEAUTY PAGEANTS

Beauty pageants have been a part of American culture for over a century, with the Miss America pageant being one of the most well-known and prestigious. However, there are also a number of bizarre beauty pageants held across the United States that may leave some people scratching their heads. One of these unusual pageants is the Miss Idaho Potato pageant. Held annually in the city of Burley, Idaho, this pageant has been running since 1935 and has become a beloved tradition in the state. Contestants



are judged on their poise, personality, and potato knowledge, and the winner is crowned with a tiara made from potatoes. Another strange beauty pageant is the Donut Queen contest, held

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SHANGRI LA STAR JULY, 2023 S

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To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

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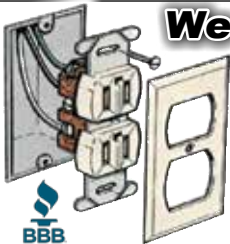
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AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
2	Cornhole 5:00pm	3 Boardg 6pm Shuffle 10:00am Indep
9	Cornhole 5:00pm	10 Boardg 6pm Shuffle 10:00am
16	Cornhole 5:00pm	17 Boardg 6pm Shuffle 10:00am
23	Cornhole 5:00pm	24 Boardg 6pm Shuffle 10:00am
30	Cornhole 5:00pm	31

Shangri La

Tuesday	Wednesday	Thursday	Friday	Saturday
				1
4 Game night - board Independence Day	5 Marbles at the Clubhouse 1:30pm	6	7	8
11 Game night - board	12 Marbles at the Clubhouse 1:30pm	13 Bobbie & Mike Christian - Anniversary - Lot 61	14 Jim Bronson - Lot 154	15
18 Game night - board	19 Marbles at the Clubhouse 1:30pm	20	21	22
25 Game night - board	26 Marbles at the Clubhouse 1:30pm	27	28	29

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in Cambria County, Pennsylvania. This pageant requires contestants to dress up as donuts and show off their donut knowledge in addition to traditional beauty pageant skills. The winner is awarded a tiara made of donut boxes. The Frankfurter Queen pageant, held in Frankfurt, Illinois, is another bizarre event. Contestants are required to dress up as hot dogs and compete in categories such as “best bun” and “most creative toppings.” Similarly, the Sausage Queen pageant in New Braunfels, Texas, requires contestants to dress up as sausages and compete in various categories related to sausage knowledge and sausage-themed outfits. While these bizarre beauty pageants may seem strange to some, they have become beloved traditions in their respective communities. Participants and spectators alike enjoy the humor and creativity involved in these events, and they provide a lighthearted alternative to the more serious and competitive beauty pageants. Of course, not everyone is a fan of these unusual pageants. Some people argue that they are demeaning to women and perpetuate outdated gender stereotypes. Others argue that they are simply silly and do not promote any positive values or messages. Regardless of one’s opinion on these pageants, they are certainly an interesting and unique part of American culture. European festivals dating back to the medieval era provide the most direct lineage for beauty pageants. For example, English May Day celebrations always had the selection of a May Queen. In the United States, the May Day tradition of selecting a woman to serve as a symbol of beauty and community ideals continued, as young, beautiful women participated in public celebrations. A beauty pageant was held during the Eglinton Tournament of 1839, organized by Archibald Montgomerie, 13th Earl of Eglinton, as part of a re-enactment of a medieval joust that was held in Scotland. The pageant was won by Georgiana Seymour, Duchess of Somerset, the wife of Edward Seymour, 12th Duke of Somerset, and sister of Caroline Norton, and she was proclaimed as the “Queen of Beauty”. Entrepreneur Phineas Taylor Barnum staged the first modern American pageant in 1854, but his beauty contest was closed down after public protest. Beauty contests became more popular in the 1880s. In 1888, the title of ‘beauty queen’ was awarded to an 18-year-old Creole contestant at a pageant in Spa, Belgium. All participants had to supply a photograph and a short description of themselves to be eligible to enter and a final selection of 21 was judged by a formal panel. Such events were not regarded as respectable. Beauty contests came to be considered more respectable with the first modern “Miss America” contest held in 1921. The oldest pageant still in operation today is the Miss America pageant, which was organized in 1921 by a local businessman as a means to entice tourists to Atlantic City, New Jersey. The pageant hosted the winners of local newspaper beauty contests in the “Inter-City Beauty” Contest, which was attended by over one hundred thousand people. Sixteen-year-old Margaret Gorman of Washington, D.C., was crowned Miss America 1921, having won both the popularity and beauty contests, and was awarded \$100. The requirement for contestants to wear a swimsuit was a controversial aspect of the various competitions. The controversy was heightened with the increasing popularity of the bikini after its introduction in 1946. The bikini was banned for the Miss America contest in 1947 because of Roman Catholic protesters. When the Miss World contest started in 1951, there was an outcry

continued on page 27

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when the winner was crowned in a bikini. Pope Pius XII condemned the crowning as sinful, and countries with religious traditions threatened to withdraw delegates. The bikini was banned for future and other contests. It was not until the late 1990s that they became permitted again, but still generated controversy when finals were held in countries where bikinis (or swimsuits in general) were socially disapproved.

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FLORIDA FISH AND WILDLIFE

When it comes to designing the ultimate saltwater fishing destination, Florida serves as the ultimate blueprint. Why so? Because its geography offers access to the Gulf Stream, reefs, wrecks, estuaries, bays, inlets and rivers. Added together they afford the chance to fish for everything from bonefish to billfish - all in the same day if desired. Here's a rundown of these popular angling haunts for Florida saltwater fishing and successful techniques for what you might encounter. **Gulf Stream** It's deep, it's blue, and it's full of large game fish that can turn the shape of a rod into a pretzel. Here lurk awesome battlers such as blue marlin, wahoo, sailfish, dolphin, kingfish, swordfish, yellowfin and blackfin tuna, and sharks longer than the width of some boats. Trolling lures and baits is the best bet, although offshore fly fishing

continued on page 28



has increased in popularity. **Flats** It's amazing how a fat snook or redfish can traverse shallow waters about the length of your hand, but best results occur in water two feet or less in depth, particularly with sea grasses and bottom contours and sediments conducive to homesteading by crabs, shrimps and other fish munchies. Wading is popular (taking care to slide your feet to ward off stingrays), as is casting from shorelines. The ultimate challenge is sight-fishing from a boat being silently poled by a guide. Unsurpassed flats fishing is the hallmark of the **Florida Keys**. **Bays** Being relatively shallow and easier on the kidneys than fishing offshore, bay waters teem with a hodgepodge of game fish favorites. Take a variety of rods and reels - light, medium and heavy - to aptly duel with whatever slurps up your bait or make-believe morsel. Some of the fishier hot spots are **Biscayne Bay, Florida Bay, Whitewater Bay, Chokoloskee Bay, Ponce de Leon Bay, Charlotte Harbor, Tampa Bay, Homosassa Bay, Waccasassa Bay, Apalachee Bay, West and East bays (Panama City) and Pensacola Bay**. **Jetties** Look for concrete or rocky jetties that line both sides of a choice spot such as Sebastian Inlet. Many inlets are angler-friendly, providing access and facilities. Jockey to find a good casting stage for shots at tarpon, snook, redfish, jacks and mackerel that congregate during tidal changes. Free-line a floating live crab or shrimp with the current or cast a lead-head jig or lure up-current and work it back to you. **Bridges** Night fishing is best, especially on a full-moon phase. Cast a jig tipped with a shrimp up-current and hop it back to the piling. You'll lose a few rigs in the rocks but you'll also catch more snook and tarpon than anyone else. Many of the Keys bridges are perfect for this, as well as the Sunshine Skyway off Tampa. Some bridges offer catwalks and other facilities. Some bridges do not allow fishing, so follow posted regulations. **Piers** No boat? No problem. Just walk to deeper water. Pier anglers regularly catch Spanish mackerel, snook, tarpon, sheepshead, redfish, trout and other stars of the fishing world. Pilings themselves serve as an attractant, and lights shown in the water at night become fish magnets. Excellent **pier fishing** can be found in Broward and Miami-Dade counties as well as in the Panhandle. **Shoreline** Islands, beaches and even rocky coastal areas can be fished with good results. Move along quietly as fish can hear the slightest noises or even see you. Either soak a bait on the bottom or cast parallel to the beach to tempt snook or reds hunting the troughs for chewables. Rivers Mangrove shorelines and overhanging trees provide fish with a respite from direct sunlight. Drift along promising banks and cast the edges of the shoreline and near dead tree limbs, stumps and other obstructions. Anchor at a promising spot and cast up-current to work your offering past target points. Any of these places and techniques for tangling with game fish will produce successful Florida saltwater fishing trips. Be a part of the fun, but remember to keep only the fish you'll eat that night and release the rest. That will help ensure a healthy fishery in the future for both you and your children.

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HURRICANE SEASON

The threat of hurricanes is very real for Florida during the six-month long Atlantic hurricane season, which runs from June 1 until November 30. The peak of hurricane season occurs between mid-August and late October, when the waters in the equatorial Atlantic and Gulf of Mexico have warmed enough to help support the development of tropical waves. A common misconception in Florida is that there are parts of the state that do not get hurricanes. Since 1850, all of Florida's coastline has been impacted by at least one hurricane.



With its long coastline and location, Florida frequently finds itself in the path of these intense storms. The southeast coastline is extremely susceptible to a land-falling hurricane, followed by the panhandle. Areas around Tampa, Jacksonville and the Big Bend do not have as high of a risk of a direct strike from a hurricane but are still susceptible to a landfall each year. Even if the hurricane makes landfall elsewhere in the state, the impacts can be felt hundreds of miles away. On August 13, 2004, Hurricane Charley made landfall around Punta Gorda, FL, as a Category 4. While the storm was powerful, the hurricane-force winds were contained to a small area.

Tropical Depression - A tropical cyclone in which the maximum 1-minute sustained surface wind is 33 knots (38 mph) or less.
Tropical Storm - A tropical cyclone in which the maximum 1-minute sustained surface wind ranges from 34 to 63 knots (39 to 73 mph) inclusive.
Hurricane - A tropical cyclone in the Atlantic, Caribbean Sea, Gulf of Mexico, or eastern Pacific in which the maximum 1-minute sustained surface wind is 64 knots (74 mph) or greater.
Major Hurricane - A hurricane which reaches Category 3 (sustained winds greater than 110 mph) on the Saffir/Simpson Hurricane Scale. The Saffir-Simpson Hurricane Scale, originally developed by Herb Saffir (wind engineer) and Bob Simpson (meteorologist), was used to categorize a hurricane based on its intensity at an indicated time. The scale classified the storm on a scale of one to five based on wind velocity, central pressure and height of storm surge. Recent hurricanes brought to light some of the issues with trying to categorize hurricanes by so many different factors. Central pressure was not routinely measured from hurricanes prior to 1990. Hurricane size (the diameter of the entire storms), along with the extent of tropical storm force and hurricane force winds, local bathymetry, and forward motion were also not taken into account with the original Saffir-Simpson scale. To help reduce the confusion of the scale, the National Hurricane Center adapted a newer version of Saffir-Simpson Hurricane Scale in 2010, known as the Saffir-Simpson Hurricane **Wind** Scale, in which only the peak winds are now used to categorize a hurricane. **Impacts winds** are the most well-known impact from tropical storms and hurricanes. The highest winds occur just outside of the eye (or center) in a region known as the eye-wall. Hurricane force winds can easily damage or destroy mobile homes and other non-permanent structures, often moving them well away from their foundations. Roofs, trees and power lines are also frequently damaged by hurricane force winds. Because of Florida's flat terrain, strong

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winds do not rapidly weaken after the storm makes landfall. Hurricane Charley in 2004 moved through the state at 25 mph (nearly twice the typical speed of a landfalling hurricane) and brought hurricane-force winds to Orlando, which was nearly 100 miles away from the point of landfall. The strongest hurricanes can have winds in excess of 155 mph. **Storm surge** is the term used to describe the wall of water that is pushed toward the shoreline as a hurricane moves onshore. Storm surge combines with the local tide and the battering wind-driven waves to push a large volume of water onto the shore, often resulting in significant damage. In the strongest hurricanes, this storm surge can be as high as 25 feet above normal water levels. The combination of the rising water and pounding waves is often deadly. Approximately 90% of all deaths in hurricanes worldwide are caused by drowning in either the storm surges or flooding caused by intense rainfall. Those living in coastal and near-coastal communities should know if or in which evacuation zone they reside, as well as the elevation of their property. Florida Evacuation Zone Information: <https://www.floridadisaster.org/knowyourzone/> If local officials declare an evacuation for your area, move to the nearest evacuation destination outside of the declared zone. You may choose to stay with friends/relatives, at a hotel/motel or at an evacuation shelter. Florida Evacuation Shelter Information: <http://floridadisaster.org/shelters/> **Flooding** from tropical cyclones is not correlated with the intensity of the system but instead with the relative speed of the storm. Slow-moving tropical storms and hurricanes often produce large amounts of rain, which can lead to significant flooding at inland locations. Flooding impacts can occur hundreds of miles away from the center of a storm or from the remnants of a former tropical system. Flooding from torrential rains can produce a lot of damage. Hurricane Easy in September 1950 dumped an estimated 38.70” of rain on Yankeetown, FL, in a 24-hour period. This amount cannot be counted as an official observation since it was estimated, so the official 24-hour state record rainfall amount (23.38”) came from the outer bands of Hurricane Jeanne in 1980. Tornadoes associated with tropical systems typically form in the right front quadrant of the storm, relative to the direction of forward motion. If you were looking at the storm like it was a clock, this would be the area from about noon to three o’clock in the direction the storm is moving. While not normally as intense as tornadoes produced by non-tropical severe thunderstorms, these tornadoes often move very fast, at speeds over 50 mph. Another common area of tornadoes in a hurricane is in the far outer rain bands, which can be hundreds of miles away from the center of the storm. **Preparing for a Hurricane** There are a variety of lists to help you prepare for the upcoming hurricane season. The Florida Department of Emergency Management has come up with an interactive website to help you tailor these lists to your own household or business needs. Please take the time to go through the tool and make sure you’re prepared.

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SUNSCREEN

If you find a bottle of sunscreen packed in last year's pool bag, here's a suggestion: Toss it out. Since the active compounds can degrade and lose their effectiveness, slathering on old lotion or spray is one mistake people make when trying to protect their skin. Each year about 84,000 people in the U.S. are diagnosed with melanoma and more than 8,000 die from this type of skin cancer. In addition, millions of cases of basal cell and squamous cell carcinomas are diagnosed each year, and about 90% of these skin cancers are linked to ultraviolet (UV) radiation from the sun. Using sunscreen plays a "key role" in protecting your skin, according to the American Academy of Dermatology Association. So, we asked dermatologists to share their tips to optimize protection and we learned about the common misperceptions they hear from patients. **Concerned about chemicals? Try a mineral alternative** Research shows some of the active ingredients used in chemical sunscreens are absorbed into the bloodstream, and the FDA has been conducting a safety review. The agency says there's "inadequate data" to support a safety finding for some chemicals such as oxybenzone, but there's also no evidence of harm. And most dermatologists say the risk of sunburn likely far outweighs any potential risk from sunscreen chemicals. Still, if you're concerned, there are options to avoid these compounds. Alternatives include physical sunscreens, also called mineral sunscreens, made from zinc oxide and titanium dioxide, which can physically block UV light. "I think that zinc oxide and titanium dioxide are much safer than chemical sunscreens because they're so inert," says Dr. Tola Oyesanya, a dermatologist with Kaiser Permanente in the Baltimore area. She says mineral sunblocks are better for sensitive skin since they're less likely to irritate. To avoid the "1980s lifeguard look" with the thick, white paste, there are more zinc oxide products available now that are much clearer, and more "cosmetically elegant," says Dr. Jennifer Holman, a dermatologist and fellow of the American Academy of Dermatology. Dr. Ida Orengo, chair of the Department of Dermatology at Baylor College of Medicine says, unlike chemical sunscreens, these mineral-based sunblocks can stay on the surface of the skin and "act as a shield or barrier" to deflect sunlight. And the National Oceanic and Atmospheric Administration says sunscreens without chemicals are better for coral reefs and marine life. **Applying enough sunscreen is as important as the SPF** A sunscreen with an SPF, or sun protection factor, of 15 blocks about 93% of UV rays, and when you bump up to SPF 30, you're blocking about 97% of UV rays. Higher than that, "you're not getting a whole lot more sun protection," Dr. Orengo says.

"SPF 30 is sufficient," says Dr. Oyesanya. "There's no sunscreen that filters 100% of the sun's rays, so 97% is pretty good," she says. Rather than focus on SPF, Oyesanya says pay attention to the amount of sunscreen you apply. Skimping is one of the mistakes many people make. So, here's a guide: Apply the equivalent of a shot glass which is about 1.5 ounces of liquid sunscreen to cover both your body and face. If you are just covering your face use about a teaspoon. "Spray sunscreens are a bit risky because it's easy to miss a whole area of your body, especially if you're applying it outside in the wind, Oyesanya says. "Make sure your skin is just totally wet in all the

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areas that you need to cover," she says, since there isn't an easy way to measure the amount of spray you've applied. **Higher SPF sunscreens don't last all day** Many people use SPF 50, or even higher sun protection factor products, and assume it gives them longer lasting protection. "The misconception is that it lasts twice as long. It's not true," says Dr. Gregory Papadeas, a dermatologist in Denver, Colorado. Even higher SPF sunscreens need frequent reapplication. "You wear them off, especially if you're swimming or sweating," says Dr. Orenge. Dermatologists recommend that people reapply sunscreen every 2 hours to ensure full protection. Papadeas says, in his household, they buy new sunscreen products each season, since "the chemicals become weaker" and are less effective over time. So, look for the expiration date, or better yet, restock with new products at the beginning of summer. **Cloudy days can lead to sunburns** Lots of people assume clouds protect them from the sun and forget to put on sun protection. But it's easy to get sunburned on an overcast day. Clouds block about 20% of the sunlight, explains Dr. Holman. "You're still getting about 80% of the UV rays filtered through those clouds," Holman says. "You absolutely can still experience damage from UV radiation on a cloudy day." So, even when it's overcast, remember to keep some sunscreen handy. But it's best not to store your sunscreen in hot places such as the trunk or glove box of your car. "When sunscreen is kept in a hot place, the sunscreen is actually being degraded by heat," says Dr. Oyesanya. It's best to store it in a cool, dry place, to have it last throughout the season. **Hats, clothing and sunglasses help block the sun** Baseball caps can protect your forehead, but other parts of your face are exposed. If you want sun protection from a hat, "we always recommend a three inch brim hat that's [made from] a tightly woven material," says Dr. Orenge. The sun can damage your eyes, as well. According to doctors at Johns Hopkins University, even one day in the sun can burn the cornea, and over time, sun exposure can cause cataracts. The optimal way to protect your eyes is to wear sunglasses that provide 100% UV protection, according to the Hopkins doctors. There are lots of shirts, hats and other clothing that have sun protection built into the fabric, from brands including Columbia, Cotopaxi, Sombra and Mott50. Dr. Orenge also tells her patients about Sun Guard, a powder you can put into your washing machine to coat your clothes with a chemical sunscreen, giving your washed clothing a SPF of 30, which lasts through multiple washes. And, one more product that may appeal to families with young children: UV stickers that you place on your skin. These stickers change colors when it's time to reapply sunscreen. **People of all skin tones and ages benefit from sunscreen** With the exception of babies under 6 months old, sunscreen is recommended for all groups. Although fair-skinned people can be more prone to sunburns, all skin types are vulnerable to damage from the ultraviolet radiation from the sun. "I've cut skin cancers off of every skin type " says Dr. Jennifer Holman. The risk of melanoma in someone with dark skin is certainly less than someone who has lighter skin, says Dr. Oyesanya, "but it's not impossible." She says people with darker skin who've had a lot of sun exposure should be careful to check their palms, the soles of the feet, nails, inside their mouth, and their toenails. "These are all areas where you can develop skin cancer, and that's because there's less melanin in those areas," she says.



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