Looking for someplace to cool off this summer? Why not try your hand at ice skating? Fort Myers Skatium is an ice skating rink that is open even though the hottest days of summer. Don’t worry — they have lessons! It’s only $7 to skate and $3 for the skate rental!

Check out the “Things to Do: SWFL” section on our website for more info on this and other activities in the area!

Avoid The Lobster Look

With summer finally here, we can enjoy being outside in Florida’s beautiful sunshine. However, it quickly becomes less fun when you get burnt to a crisp. Did you know that one blistering sunburn in childhood or adolescence more than doubles a person’s chances of developing melanoma later in life? A person's risk for melanoma also doubles if he or she has had five or more sunburns at any age. Burns are classified according to the amount of tissue they affect and how deeply the tissue is affected. Even minor sunburn is classified as a first-degree radiation burn. A second-degree burn from sun exposure can swell and blister. When the deep skin layers and nerve-endings have been damaged, heat will radiate from the skin’s surface and the blistering may ooze fluids.

Use sunscreen, wear a hat and sunglasses, wear light colored clothes and limit your exposure to the sun’s harsh ultraviolet rays. Trust us, it is better than being a lobster this summer!

Ultraviolet Radiation: What You Need To Know

UV is short for ‘Ultraviolet Radiation’ and no matter where we are in the world, as long as there is sunshine we are being exposed to some level of UV radiation. However, UV strength and your risk of exposure varies depending on a number of things:

**Latitude**— In general, the closer you are to the Equator the stronger the UV will be. The main reason for this is that at the Equator the Sun is more directly overhead, and therefore has less Ozone and atmosphere in general to filter the UV rays whilst traveling to the Earth’s surface.

**Time of Day**— UV radiation is generally strongest in the hours around solar noon. You can take this to mean between the hours of 10am and 4pm. Solar noon can vary by more than an hour before or after 12pm depending on location and on time of year.

**Water Reflection**— Activities such as swimming, canoeing, sailing, surfing, snorkeling, fishing or any other activity where you are close to water (even sun bathing beside a pool) can increase UV exposure. Sea foam can reflect UV by about 25% and dry beach sand about 15%.

**Clear Skies & Clouds**— UV radiation levels are highest under cloudless skies but even with cloud cover UV radiation levels can be high. It is a common misconception that you can’t get burnt on a cloudy day. You can! In fact, up to 80% of solar UV radiation can penetrate cloud cover.

**Exposure Category**

<table>
<thead>
<tr>
<th>Exposure Category</th>
<th>UV Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Danger</td>
<td>0-2</td>
</tr>
<tr>
<td>Moderate Danger</td>
<td>3-5</td>
</tr>
<tr>
<td>High Danger</td>
<td>6-7</td>
</tr>
<tr>
<td>Very High Danger</td>
<td>8-10</td>
</tr>
<tr>
<td>Extreme Danger</td>
<td>11+</td>
</tr>
</tbody>
</table>

Keep an eye on the UV index during the weather report this summer. The higher the number, the more precaution you should take and protection you should use!

**WELLNESS TIP**

Exposure to the sun’s UV rays is the most common factor in developing skin cancer, the second most common cancer among 15-29 year olds. Wear broad-spectrum sunscreen to protect your skin against both UVA and UVB rays. And don’t forget your sunglasses!

**Question of the Month**

What year did the 4th of July become a federal holiday?

Email Diane at dodeh@fgcu.edu with the correct answer to enter into a drawing for: $10 of Eagle Dollars!