

Summer Skin Safety

www.health.harvard.edu
You can avoid skin cancers and prevent unwanted wrinkles by staying sun smart.

Unprotected sun exposure leaves behind photodamage: wrinkles, brown spots and broken blood vessels on the skin. It also makes you more vulnerable to skin cancers, including basal cell, squamous cell, and the deadliest kind, melanoma, which kills more than 3,200 women each year.

Sun protection 101
1. Avoid the sun. Your best offense against sun damage is to stay out of the sun when it's most intense, between the hours of 10 a.m. and 2 p.m. Retreating under the shade of a tree or umbrella is one way to avoid the sun, but be careful that you don't get any unintended rays. A better choice is to go indoors, or sit under an awning, away from reflective surfaces.

Reapply sunscreen every two hours while you're in the sun to make sure you're fully protected.

2. Cover and protect. If you have to be outside, cover every exposed skin surface with a broad-spectrum sunscreen that protects against two types of ultraviolet light, UVA and UVB. Those are the damaging rays that prematurely age your skin and contribute to cancer. Add another layer of protection by using a moisturizer and makeup that also contain sunscreen. Don't use a cloudy sky as

an excuse to skip this important routine. Up to 40 percent of the sun's UV radiation can reach the earth, even on an overcast day.

The SPF on a sunscreen's label refers to its "sunscreen factor", the ability to protect against UVB rays. It is recommended that you use sunscreen with an SPF of 30. An SPF 30 filters out 97 percent of all incoming UVB rays. A higher-number sunscreen also has a broader spectrum of absorption, which means it protects better against the longer-wave UV light, the type that causes lines and wrinkles.

Just as important as the type of sunscreen you choose is how much you apply. Research finds most people don't spread on nearly enough sun protection to be effective. You want to put on at least one ounce, about the amount it would take to fill a shot glass.

Apply sunscreen 15 to 30 minutes before you go outside. Reapply it every two hours, especially if you're swimming or sweating. Sunscreen is a good first layer of defense, but for more complete protection, go one step further and top it off with clothing that absorbs or blocks ultraviolet radiation. Top off your outfit with a floppy hat, which will shield your face from the sun.

3. Know whether any of your medications makes you more sun-sensitive. Be especially cautious about going outside if you're tak-

ing a medicine known to increase sun sensitivity.

Some perfumes and citrus fruits can also make your skin more sensitive to the sun. They may produce redness, itching, and even blisters on your skin after it has been exposed to the sun.

After the sun
If you do get too much sun exposure, rehydrate with a thick layer of moisturizer. Creams containing aloe vera are especially soothing to sunburned skin. You can also apply a hydrocortisone cream.

Just avoid products containing ingredients like petroleum, benzocaine or lidocaine. Petroleum can actually trap heat, while benzocaine and lidocaine can lead to more irritation.

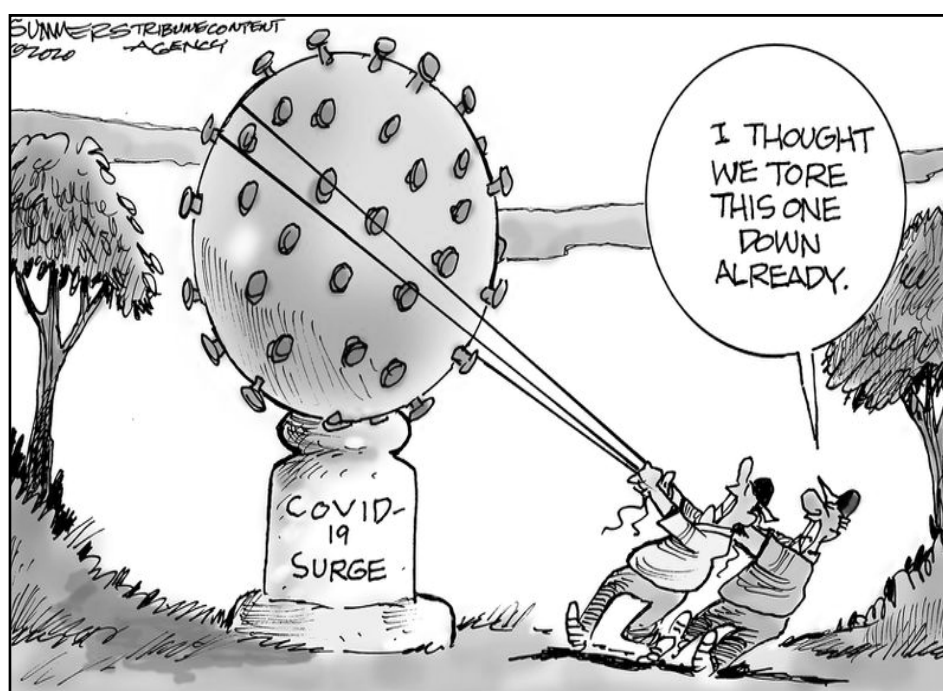
If you've had several sunburns in the past, especially if you have a personal or family history of skin cancer, check your skin monthly for new or changing growths.

The ABCDEs of mole checks
Asymmetry, where the two sides of the mole are unequal;
Borders, where the borders are uneven.

Color, where the mole contains different colors or shades of the same color.

Diameter, where the mole is larger than the average pencil eraser.

Evolving, where the mole has changed size, shape, or color.



Road trip essentials: checklist for travelers

www.bearfoottheory.com
Wondering what to pack for a road trip? You don't need much for a good time - just a vehicle, a stacked playlist, a thirst for exploration, plenty of snacks, and a few road trip essentials. Yet, packing for a road trip can end up being one of the most stressful parts of your trip if you aren't organized and it's no fun realizing you've left something important behind.

Navigation, safety and comfort
Paper Map: Hopefully some of your itinerary will take you off the grid and out of cell phone service. For that reason, carry a paper map.

GPS: A GPS is handy for navigation when you don't have cell service. If you don't want to purchase a GPS, download the app maps.me instead. It's a helpful free app that you can use to navigate and find sights and amenities even without cell service. Just be sure to download the map for the region you're going to be traveling in ahead of time.

Headlamp. Whether you're reading in bed, going to the bathroom in the middle of the night, or rummaging around your car, you'll want a headlamp nearby.

Hand Sanitizer. Hand sanitizer is always good to have readily available, especially these days.

Sunglasses. That bright morning and evening sunlight can be brutal if it hits your windshield at the right angle.

First-Aid Kit. Stay safe and be prepared in case of an emergency by having a car first aid kit that



has been personalized to your own medical needs.

Hat. A hat is always on our road trip packing list. It can be handy for keeping the sun off your face while driving and while out exploring.

Pillow. Bring a comfy pillow from home or an inflatable pillow if you're short on space.

Blanket. A small blanket is a nice item to have along in case you find the perfect picnic spot or if you just need a little extra warmth.

Comfortable Clothes. Packing for a road trip means filling your bags with versatile, well-fitting, and durable clothes that allow you to do a little bit of everything. What to wear hiking: comfortable, lightweight clothes and layers that you can wear road tripping and hiking.

Phone charger and USB cord. You'll be surprised how quickly your phone battery will drain when using navigation mode and a variety of apps on your phone so

it's good to be able to charge from your vehicle.

Essentials for personal care
Sunscreen. UV rays can come through your windows so consider sunscreen a road trip essential, especially if you're road tripping in the summer.

It's also handy in case you find an exposed viewpoint you want to picnic at or a sunny hike along the way.

Other essentials for your road trip include lip balm, toothpaste and a toothbrush, soap or face wash, lotion, shampoo and conditioner, deodorant, toilet paper, a hair brush, a bandana, body wipes, Vitamin C or immune boosting tablets (hydration tablets), and aloe or ibuprofen.

Snacks and kitchen essentials

Veggies and dip, like carrots and sugar snap peas with hummus; fresh, easy to eat fruit like apples, bananas, and mandarins; trail mix or roasted nuts; and better for you chip alternatives such as baked chips and popcorn.

From the Spring River Area Chamber of Commerce Board of Directors

This year we are adding new options to the Business Expo: an Areawide Yard Sale and also Food Vendors.

Business Expo
Inside: Spring River Area Chamber of Commerce members

may set up their promotional booths inside for free; non-members are \$25 per space. A table and two chairs are provided. Electricity access is limited on a first-come first-serve basis. Vendors must bring their own

extension cord.

Home businesses that sell items such as jewelry, clothing, décor and more, may set up inside or outside depending on room; inside costs \$25 if a vendor is not a member of the Chamber.

Areawide Yard Sale
Local residents can sell anything that is legal outside at the Business Expo for \$25, and that includes two parking spaces. No electricity available outside.

Food Vendors/Food Trucks
Food trucks and vendors can set up outside for \$25. No electricity will be available.

Set up for Business Expo: Sept. 24 from 4 to 6 p.m., or Sept. 25 from 7 to 9 a.m.

Set up for the Areawide Food Sale, Food Vendors and Food Trucks: Sept. 25 from 7 to 9 a.m.

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PUBLIC NOTICE OF DRAFT DISCHARGE PERMIT AND 208 PLAN

PERMIT NUMBER AR0020036, AFIN 33-00026

In accordance with Ark. Code Ann. § 8-4-203(e), the Arkansas Department of Energy and Environment – Division of Environmental Quality (DEQ), Office of Water Quality, gives the following notice:

City of Melbourne operates Melbourne Wastewater Treatment Facility located as follows: Arkansas Highway 9 Spur (Circle Drive), Melbourne, AR 72556 in IZARD County. The facility is currently permitted to discharge treated municipal wastewater into Mill Creek, thence to Piney Creek, thence to the White River in Segment 4F of the White River Basin. City of Melbourne - Melbourne Wastewater Treatment Facility submitted an application on May 4, 2020, with all additional information received by May 16, 2020, for the renewal of NPDES Permit No. AR0020036. The application has been reviewed by the DEQ's Office of Water Quality and has received tentative approval subject to the terms of this notice.

The 208 Plan, developed by the DEQ under provisions of Section 208 of the federal Clean Water Act, is a comprehensive program to work toward achieving federal water goals in Arkansas. The initial 208 Plan, adopted in 1979, provides for annual updates, but can be revised more often if necessary. The following updates to the 208 Plan have been proposed with this permit renewal: These changes have also been incorporated into the draft discharge permit.

- The monthly average CBOD5 limit during November-April is being revised from 25 to 20 mg/l.
- The monthly average NH3-N limit during November-March is being revised from 10.3 to 3.9 mg/l.
- The instantaneous minimum DO limit during November-April is being revised from 6.0 to 7.0 mg/l.
- A year-round instantaneous maximum TRC limit of 0.011 mg/l is being added.

Citizens wishing to examine or obtain copies of the permit application, the draft permitting decision, the Statement of Basis or the 208 Plan may do so at the DEQ headquarters located at 5301 Northshore Drive, North Little Rock, AR 72118-5317. To request a copy of one or more of the documents, please call (501) 682-0622. For those with Internet access, a copy of the proposed draft permit as well as the publication date may be found on the DEQ's website at: https://www.adeq.state.ar.us/water/permits/drafts_pn.aspx

Comments on the draft renewal will be accepted in accordance with Arkansas Pollution Control and Ecology Commission (APC&EC) Rule 8.208. DEQ's contact person for submitting written comments on the draft permit or 208 Plan, or requesting a public hearing on the draft permit or the proposed changes to the 208 Plan, is Faizan Khan at the above address and telephone number or by email at Water-Draft-Permit-Comment@adeq.state.ar.us.

The period for submitting comments on the draft permit or 208 Plan, and for requesting a public hearing shall begin on the date of publication of the public notice and end at 4:30 P.M. (Central Time) on the 30th day after the publication date. If the last day of the comment period is a Saturday, Sunday, or legal holiday, the public comment period shall expire on the next day that is not a Saturday, Sunday, or legal holiday. For information regarding the actual publication date along with the actual date and time the comment period will end, please contact Faizan Khan at the above address and telephone number or by email at Water-Draft-Permit-Comment@adeq.state.ar.us. Public notice, comments, and hearings will be conducted in accordance with Rules 6.104(A)(5) [40 CFR §§124.10 through 124.12 by reference] and 8.207 through 8.210 (Administrative Procedures). All persons, including the permittee, who wish to comment on DEQ's draft permitting decision must submit written comments to DEQ, along with their name and mailing address. A Public Hearing will be held when DEQ finds a significant degree of public interest. After the public comment period, DEQ will issue a final permitting decision. DEQ will notify the applicant and each person who has submitted written comments or requested notice of the final permitting decision. Any interested person who has submitted comments may appeal a final decision by DEQ in accordance with the APC&EC Rule 8.