

EXPECT THE UNEXPECTED | KICKIN' IT IN THE KEYS | RESCUE ME | AVOIDING THAT SINKING FEELING

SEA TOW

Lifelines™

SUMMER 2009

CHASING GRAY GHOSTS

SUCCESSFUL BONEFISHING LEAVES ANGLERS EXHILARATED, EAGER FOR ACTION. SEE WHY THIS SPECIES STANDS OUT AMONG SPORT FISH.



Summer Sun Safety

PROTECTING YOUR FAMILY FROM HARMFUL RAYS ■ BY TIMOTHY CHINGOS

Just about everyone pays lip service to skincare safety these days, but it's easy to forget when you're having fun on the water with family and friends. Staying protected from the sun's harmful rays will make your time on the water more enjoyable — and help you avoid the painful repercussions of overexposure.

SUN BLOCK BASICS

Here are some basic tips the American Medical Association offers to stay safe in the sun this summer.

- **Mind the midday sun.** You're most likely to get burnt when the sun's rays are their strongest — 10 a.m. to 4 p.m. Limit your exposure as much as possible during this timeframe.
- **Don't wait until the last minute.** Thirty minutes before sun exposure, apply sun block of at least 15 SPF. Be sure to cover all exposed skin, including ears, nose, neck and hands. Use a lip balm with sun protection to help prevent chapped, cracked and burnt lips.

REAPPLY SUN BLOCK EVERY TWO HOURS OR AFTER SWIMMING, TOWELING OFF OR EXCESSIVE SWEATING. EVEN WATERPROOF SUN BLOCKS WEAR OFF.

- **Reapply.** Continual reapplication is essential to staying protected. Reapply sun block every two hours or after swimming, towel drying or excessive sweating. Even waterproof sun blocks wear off.
- **Don't be fooled by clouds.** Even



Don't forget your sunglasses—with polarized lenses if you have them. The sun and its glare can be harmful your eyes as well as your skin.

when the sun is hiding behind clouds, you can still get burnt. UVA and UVB rays penetrate through clouds to damage your skin.

- **Stay under cover.** When on a boat, keep the bimini up. On the beach,
- use an umbrella. Both will help maximize protection.
- **Wear your shades.** Don't forget your sunglasses — with polarized lenses if you have them. The sun and its glare can be harmful your eyes as well as your skin.

WHAT IS SPF ANYWAY?

SPF stands for Sun Protection Factor and measures the degree of sun protection provided by a lotion or spray. The American Cancer Society recommends sun block with SPF 15 or higher, and it recommends that children wear at least SPF 30. In addition to adequate SPF, which will protect against UVB rays, it's crucial to choose a "full spectrum" sun block to ensure protection against UVA rays, too.

UVB VS. UVA

Speaking of UVA and UVB rays, these are the two skin damaging rays that readily reach the earth's surface. UVB rays cause the outermost layer of skin to generate melanin, the "suntan pigment." Overexposure to UVB rays lead to a sunburn. In the long run,

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SAFE KEEPING

these rays also cause skin to age and wrinkle. While UVA rays play a lesser role in the production of melanin, they penetrate skin more deeply and, if not blocked, can contribute to the development of skin cancer.

EXTRA PROTECTION

You can increase your skincare safety by wearing sun-protective and water-friendly clothing. Wide-brim hats offer great protection for the face and eyes. Companies like Body Glove (members can shop seatow.com/deals for 10% off) sell both short- and long-sleeve shirts and other gear that is lightweight and comfortable — even in the water. Many items offer up to 50 SPF.

As the rate of skin cancer incidents continues to climb in our sun-worshipping culture, Jason Sondgeroth, product development associate director at Chattem (maker of Bullfrog Sunblocks), reminds us “the use of broad spectrum sunscreens to protect your skin daily — not just while on the beach — is very important.” Furthermore, Bullfrog has recognized that environmental changes like depletion of the ozone layer are driving evolving needs in skin protection. The company is responding with the launch of broad spectrum, high SPF products that include antioxidants to further protect from the damaging effects of the sun. For information on all Bullfrog Sunblock products, visit bullfrog-sunblock.com. ■

MEMBER'S MAILBOX

DEAR SEA TOW,

The Friends of Lake Eufaula would like to commend Sea Tow Lake Eufaula (Ala.) for their contributions to the 2008 Lake Walter F. George clean-up project. The same body of water is called Lake Walter F. George along the Georgia [shore] and Lake Eufaula on the Alabama [shore].

Capt. Lee Padgett and his staff not only helped with our expenses that day, but actually pitched in and volunteered with the clean-up work.

We, Friends of Lake Eufaula and Sea Tow, share the same goals: To clean up and protect our environment for our future. We hope we can call on you for our 2009 event.

Thank you for your support,
Mark Davis
Edison, Ga.

DEAR MELANIE,

The board of directors of our educational non-profit would like to thank your office for the very kind gesture you have made to provide the children [of Aquarian Quest] the protection of Sea Tow's services.

I have listed Sea Tow on the homepage of our Web site indicating the kind support that comes from the Sea Tow Venice (Fla.) office.

I would like to invite you and your staff to come out for a cruise on the Gulf [of Mexico]. We would like to show our appreciation.

Thank you for your interest in Aquarian Quest and for supporting our mission [of reaching out to] the young people of our communities who benefit from being out on our beautiful waters.

Fair winds,
Jan Kirchner,
Executive Director