

**ST. CHARLES YOUTH COMMISSION**  
**Monday, June 4, 2012 – 6:00 P.M.**  
**St. Charles Police Department Conference Room**  
**211 N. Riverside Avenue**

Minutes have been sent to the following:

*N. McFarland – Youth Commissioner	B. Abraham, STC EHS
*K. Brens – Youth Commissioner	R. Ochromowicz, STC Park District
*C. Hime – Youth Commissioner	D. Schlomann, Superintendent CUSD 303
K. Kauke – Youth Commissioner	M. Dockum, Wredling M.S.
D. Kelly – Youth Commissioner	P. Yensen, United Way
*S. Schwerdtfeger – Youth Commissioner	J. Otepka, TriCity
*M. Tilton – Youth Commissioner	G. Swanson, Township
*M. Weick – Youth Commissioner	*J. Greenwald, STC Park District
J. Knewitz, CUSD 303	C. Kyle, STC EHS
R. Miller, Haines M.S.	J. Baird, CUSD 303
K. Zupec, STC NHS	S. Morrill, Thompson M.S.
J. Lamkin, Police Chief	H. Cabel, Park District
B. Townsend, City Administrator	E. Baxter, STC Library
B. Tynan, STC PD	D. DeWitte, Mayor
M. Karson, STC EHS	STC Aldermen
D. Beasley, STC Underground	M. DeLaRosa, TriCity
S. Warren, STC Underground	

\*Attended meeting.

Meeting called to order @ 6:05 p.m.

**Secretary Report** – Approval of the Minutes from May 7, 2012 meeting – Motion to approve minutes carried. (Change New Business “C.” last sentence from “Not a Year to **Forget**” to “Not a Year to **Regret**”.)

**Treasurer’s Report** – Cliff Hime

- Treasurer’s Report accepted. (See attached report.)

**CORRESPONDENCE** –

- A. Thank you letters for Challenge Grants attached
- B. Text message from Joan Arteberry-Zavitz for the great send off and retirement gifts.
- C. Thank you from Mrs. D’Souza, Advisor, St. Charles East High School Science Olympiad – Youth Commission gave grant in 2011 and they placed at State. This year, 2012, they placed 1<sup>st</sup> at State. Youth Commission grant was seed money.

**PRESENTATIONS** – None.

**LIAISON REPORTS –**  
D303 – None

Park District – Jeff Greenwald

- Concerts in the Park brochure attached
- Travel Teen Camp – activities each day off site – middle school age
- Teen Skate Challenge June 16, 2012

Police Department – None

Library Programs – Marianne Wieck

- Exam Cram – 70 Teens, Wednesday, May 30, 2012  
90 Teens, Thursday, May 31, 2012
- By The Way... newsletter attached
- Summer reading program underway

**OLD BUSINESS**

- A. Still discussing changes to Challenge Grants
- B. Julie Feeney at St. Charles North High School Hope Club has the City Hall window in August 2012

**NEW BUSINESS** - None

**ANNOUNCEMENTS**

- A. Kathy Brens has submitted her resignation from the Youth Commission. She has been a member since 2004 and has served as Youth Commission Chair from 2007 to 2011.

**ADJOURNMENT**

Motion to adjourn at 6:15 p.m. – motion carried.

**Next Youth Commission meeting will be Monday, September 10, 2012 at 6:00 p.m. at the St. Charles Police Department Conference Room located at 211 N. Riverside Avenue.**

Respectfully submitted,  
Marianne Weick, Youth Commissioner

City of Saint Charles

Youth Commission

Treasurer's Report 2012-13

	Initials	Date
Prepared By		
Approved By		

	1	2	3	4	5	6
	May 12	June 12	July 12	Aug 12	Sept 12	Oct 12
1	Balance	15000	15000			
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Nancy and all members of the youth commission,  
I cannot tell you how grateful I am for  
your generous donation for finding kind and our  
screening. Because of your generous gift,  
Centennial Counseling Center & D303 are able to  
host this event for the community. It will be at  
1 PM on April 22 at the Arcadia Theater. We  
feel so fortunate to have your support and to  
be a part of such an amazing community!  
Thanks do not feel sufficient.

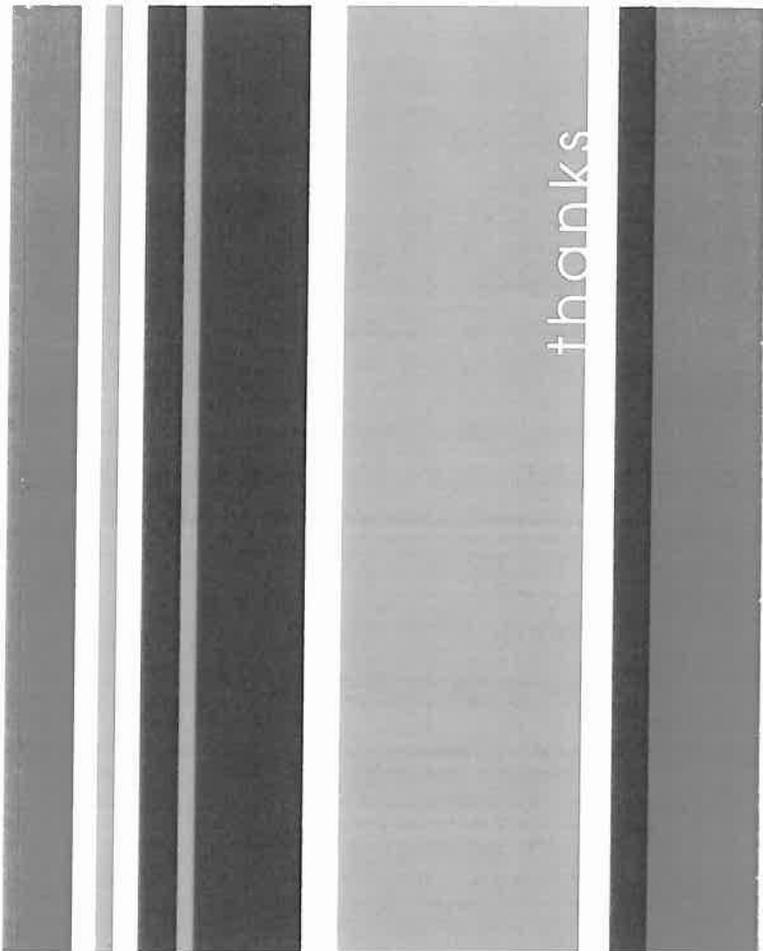
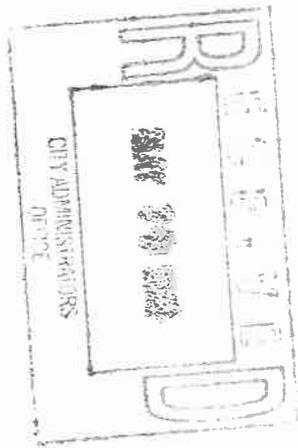
With great gratitude,  
Michelle Bidwell



Centennial  
Counseling  
Center

BM2089A  
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STATIONERY



To all at the Youth Commission,

First off, I'm so sorry the original thank you card was lost and that you are receiving this so late. Your generosity of the fee for the more serenity of finding brod was amazing. Because of that generosity we were able to reach about 400 mothers and daughters (and a few brave dads) with the powerful message about female bullying and kindness. I have heard nothing but good things from families.

Without your support this event could have never happened and I am so grateful!

Thankyou,

Michelle Bidwell, PsyD  
Licensed Clinical Psychologist  
Cognitive Counseling



MY Stage Board  
Founder: Connie Flores  
Chairman: Ron Koepl  
Vice Chair: Carole Neville

Visit: [marqueeyouth.org](http://marqueeyouth.org)

May 14, 2012

Dear Members of the St. Charles Youth Commission:

It has been an amazing first year for MY Stage, and we are thankful to supporters like you for helping make our first year a success. In our first year we produced 2 studio showcases in our new Charlestowne Mall studio, one murder mystery Dinner (at Baker Community Center), and 1 large scale musical (at Arcada). Our young performers have also had the privilege to learn about, raise money, and/or perform for local organizations like Lazarus House, Rosewood Care Center, Sewing for Smiles, and Mooseheart. MY Stage has become a family of young performers who value the humanizing art of theatre. I am so proud of a place that embraces and welcomes all abilities and again, thank you for helping make our vision a reality.

As you may know from our last summer musical, empowering youth through paid high school internships is an important part of our large-scale summer show. We strongly believe that our youth have the talent, skills, and potential to perform a professional quality show and they deserve to be compensated for their hard work and efforts. The summer musical is an intensive program that allows our youth to gain leadership experience while being involved in a Broadway Jr. title. This summer we have internships available for choreographing, assistant directing, vocal directing, and stage-managing. We are also excited to take our summer musical, Alice in Wonderland Jr. to St. Charles East High School's Norris Cultural Arts Center Auditorium. Last summer, the St. Charles Youth Commission has generously donated \$500 to cover one summer intern. We hope that the Youth Commission continues to support our vision of empowering youth by making another donation for our upcoming summer show.

Thank you for your time and consideration. We look forward to hearing from you and greatly appreciate all you do for St. Charles youth!

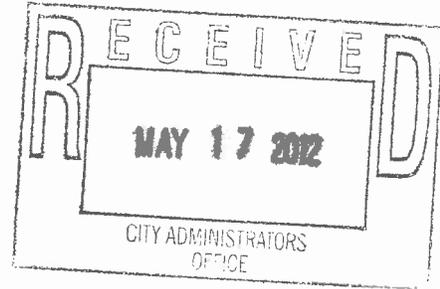
Respectfully,

Connie Flores  
Founder/Executive Director  
MY Stage  
630.762.0354



May 14<sup>th</sup>, 2012

*Parent Teacher Organization  
Post Prom Committee  
255 Red Gate Rd.  
St. Charles, IL. 60175*



Dear Nancy McFarland,

I wanted to send you this letter and thank you for your generous contribution to our Post Prom activity. This year we moved the event to The Hub at Christ Community Church and it was an unequalled success. With your donation along with others we were able to provide a safe event that was attended by 600+ students. The feedback we had from the students was that the event was better than Prom.

What the Youth Commission does for the community is remarkable and I feel bad that you did not have the opportunity to see your donation at work. I will be back again next year asking for your help and with that request I want to extend an invitation to you to stop by and see what your donation does to help the youth of our community. I think it is important that you have the opportunity to see the 600 teenagers from all different social groups coming together and having fun under one roof.

We appreciate your support and would like to thank you one more time for your very generous contribution to the St. Charles North Post Prom.

Sincerely,

A handwritten signature in cursive script that reads "Thomas J. Mullally".

Tom Mullally  
2012 SCN Post Prom Chairperson  
And probably back in 2013

## **Nancy J. McFarland**

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**From:** jca165@aol.com  
**Sent:** Monday, May 21, 2012 8:09 PM  
**To:** nancy-mcfarland@ameritech.net  
**Subject:** Jacey Bell and St. Charles North Scholar Athletes

Hello again Nancy,

Since St. Charles North Scholar Athletes received our grant on February 6th, we have been able to accomplish several of our goals to help educate students within District 303 about the effects of bullying, as well as create future goals.

One of our biggest accomplishments was being the driving force behind the "time for kind" video; this video incorporated a discussion on the different affects of bullying at different ages and encouraged students to step up and "be kind." Our organization met with students from Haines Middle School and Wild Rose Elementary School to create over 90 minutes of footage, which we then edited down to a 12 minutes. After editing, the video was shown to all students at 13 of the 17 schools in our district on Friday, April 13th (Time for Kind Day). The video was shown during the school day to achieve maximum awareness.

We are currently planning three, 90 minute leadership conferences focused on bullying prevention for the Fall of 2012. Our plan is to have two athletes (a junior and a senior) from each varsity team at North attend a workshop. Those students would then be able to come back and train members of our club, other clubs at North and students at Haines Middle School, Thompson Middle School, and potentially Wildrose Elementary School.

We have also been able to successfully upkeep and pursue a stronger relationship with the Haines Anti-Bullying Leadership Team. On April 4th, ten Scholar Athletes presented a panel discussion to the entire 8th grade at Haines to answer commonly asked questions about the transition to High School, in addition to misconceptions about bullying at the High School level. In turn, ten Haines students shadowed members of our Scholar Athlete club on May 17th in order to ease anxiety about High School, answer any further questions, and tell them a little bit more about our St. Charles North Scholar Athlete club and what we do.

We have also set plans to continue our relationship with Haines Anti-Bullying Leadership Team and students at Wild Rose Elementary for the following 2012-2013 school year. To strengthen our relationship with more schools, we also plan to incorporate Thompson Middle School.

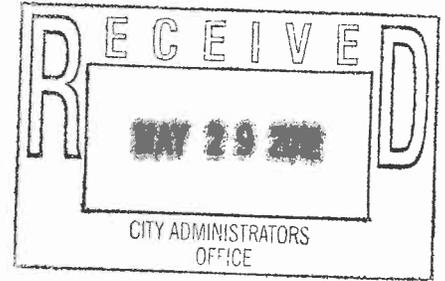
These steps will help us to reach more students in the hopes of eliminating bullying from our community and giving students at all age levels the tools they need to combat any and all forms of bullying. Thank you again for providing us with the means to pursue and achieve so many of our goals. We have included a copy of the Time for Kind video that we made in March. We thought you might want to see the result of the partnership we have formed throughout the district. (This will be sent to you via standard mail.)

Lastly, I will be graduating from North this year. If you would like future follow up, please contact the North Star Scholar Athletes Advisor, Mrs. Julie Pheney at [julie.pheney@d303.org](mailto:julie.pheney@d303.org).

Sincerely,

Jacey Bell  
President of St. Charles North Scholar Athletes

To: The Saint Charles Youth Commission  
From: Team 7-3 at Thompson Middle School  
Re: \$600 Grant



We are happy to report back to you that the students on Team 7-3 have completed their "Day of Service" that was funded by the Youth Commission Grant.

On Wednesday, May 16<sup>th</sup>, students broke into two groups to participate in service work. One group went to the Northern Illinois Food Bank where they helped with many different tasks which included making and packing boxes, sorting donated items within the food bank and replenishing stock. The second group of students went to Campton Hills Park and worked along with Park District employees and volunteers on the prairie restoration project. Students cleared invasive plants from several locations, allowing the indigenous plants to thrive. Students then enjoyed lunch together at Mt St Mary's Park and team building activities.

On Thursday, May 17<sup>th</sup>, students worked throughout the day to make 35 fleece blankets. These blankets were donated to Lazarus House to be used and enjoyed by their residents.

Youth Commission Funds were used to fund the bus transportation required, to purchase prairie restoration supplies / materials, to supplement student food / supply donations to the food bank and to purchase the material needed to make the blankets.







Thank you so much for providing the students the opportunity to give back to the community!

Team 7-3 at Thompson Middle School

*Pamela Stoumeier & Team 7-3*

## Nancy J. McFarland

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**From:** Lewandowski, Christopher [Christopher.Lewandowski@d303.org]  
**Sent:** Tuesday, May 29, 2012 12:23 PM  
**To:** Nancy J. McFarland  
**Subject:** RE: St. Charles Youth Commission Challenge Grants - 2011/2012

Nancy,

Let me first say thank you to the Youth Commission regarding our grant. The St. Charles North National Honor Society could have not completed our philanthropy project without your assistance. In regards to our project, the SCN-HS requested money to assist with our Donuts for Dozens/Kohl's for Kids philanthropy. We raise money through a donut eating contest to allow underprivileged children the ability to purchase needed clothing and other necessities from a local Kohl's department store. This year's events were awesome! The donut eating contest was run in conjunction with the school's talent contest. It was fun seeing our students "show-off" their talents in front of their peers and family members. As for the donut eating contest we were able to raise \$650 dollars with the winner of the contest eating 18!!! Donuts in ten minutes. It was an incredible sight. On April 28<sup>th</sup>, I and the other NHS advisor, Mrs. Anne Mc Peak, and 10 of our NHS students entertained 22 underprivileged children and their parents to a nice breakfast and \$100 shopping spree. The children were very excited to be able to buy new clothing, shoes and accessories for school and summer. Kohl's was very generous and provided us with additional funds, numerous coupons, and additional staff to help make the day that more special. This was the largest number of children ever that participated in this event and we could not have done it without your help. Thank you again.

I hope this email meets your needs in regards to a progress update. Let me know if you need any additional information.

Sincerely,

Christopher Lewandowski  
St. Charles North HS  
National Honor Society Co-Advisor

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**From:** Nancy J. McFarland [mailto:nancy-mcfarland@ameritech.net]  
**Sent:** Monday, May 14, 2012 3:45 PM  
**To:** Nancy J. McFarland  
**Subject:** St. Charles Youth Commission Challenge Grants - 2011/2012

Hello!

As a follow-up to your Challenge Grant funding from the Youth Commission, as noted in Section VI – Budget and Timeline, a report back to the Youth Commission is an essential part of the program. Our final meeting for the season is June 4. Our next meeting is then in September.

# STC Underground 2012

Ind. vs. Check Ins	January	February	March	April	May	June	July	August	September	October	November	December
2011	111/481	99/452	103/569	98/480	119/558	114/529	125/579	118/543	124/519	128/565	122/519	103/555
2010	89/460	104/454	117/616	127/549	102/534	115/577	112/571	116/544	103/474	97/498	92/474	98/499
2009	92/426	80/431	88/428	99/517	82/477	96/522	86/585	77/603	86/509	91/521	82/423	82/346
2008	105/402	93/397	112/531	122/473	100/471	112/540	86/577	115/667	100/637	106/608	106/469	70/366
2007	145/688	88/429	124/641	126/563	117/621	121/460	85/462	90/550	128/503	142/552	98/400	63/285
2006	83/351	109/481	99/400	106/378	83/373	99/312	60/216	61/151	95/321	106/458	109/416	149/448
2005	116/379	147/410	146/482	101/387	159/720	173/637	145/647	188/714	162/623	139/441	146/495	87/336

## Hourly Visits

1:00 p.m.	26	20	68	30	18
2:00 p.m.	40	27	63	44	39
3:00 p.m.	148	136	137	152	176
4:00 p.m.	131	122	120	110	123
5:00 p.m.	93	101	83	76	106
6:00 p.m.	37	28	72	44	59
7:00 p.m.	3	18	15	22	35
8:00 p.m.	1	16	11	2	2
9:00 p.m.	2	3	0	0	0
<b>481</b>	<b>471</b>	<b>569</b>	<b>480</b>	<b>558</b>	

Male vs. Female	387/233	392/233	398/233	398/233	396/234
Member #	620	625	631	631	630

## Operational Days

Ave. # of Teens/Day	21	21	23	20	23
	22.9	22.4	24.7	24	24.2

## History (# of visits)

2011 Total	275/6,290
2010 Total	256/6,250
2009 Total	257/5,788
2008 Total	346/6,122
2007 Total	585/6,154
2006 Total	4,305
2005 Total	6,271
2004 Total	5,259
2003 Total	5,504
2002 Total	5,820
	2001 Total
	6,184

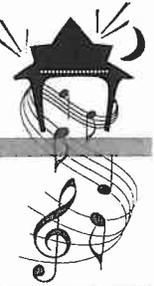
# Picnic at the Park!

Arrive early to enjoy a variety of delicious, picnic-style treats from local restaurants!

Kimmer's Ice Cream • Domino's Pizza  
Must Love Dogs • Jersey Mike's



# 2012 Concerts in the Park



Thursdays • 7pm • Lincoln Park Gazebo

## July 4th Celebration!

at Pottawatomie Park

Fun for the Whole Family!

Picnic • Swim • Golf • Minigolf & More

**FIREWORKS AT DARK**

Live Entertainment

4-5:30pm • Amphitheater

*The Fox Valley Concert Band*

Enjoy a variety of music from this incredible group! [fvcb.org](http://fvcb.org)

6pm-Dark • Historic Pavilion

Red Woody Band Concert

This Fox Valley favorite rock & roll band plays a wide variety of music including classic rock & roll, contemporary favorites and great alternative hits. With songs from Elvis, Guns & Roses, Lynyrd Skynyrd, Beatles, Mellencamp, Goo Goo Dolls, Aerosmith and many more, Red Woody is sure to find something for everyone. [redwoody.com](http://redwoody.com)



Your comments and suggestions are welcome!  
Please share your feedback regarding this concert series...  
email [concerts@stcsparks.org](mailto:concerts@stcsparks.org)

The Park District is searching for musical talent for next year's concert series. Please mail demo CDs to:  
Summer Concerts, St. Charles Park District,  
8 North Avenue, St. Charles, IL 60174.



[stcsparks.org](http://stcsparks.org)

Like us on Facebook

## May 24 – August 16

Free Admission



## Lincoln Park Gazebo

Located in historic downtown St. Charles on West Main Street between 4th & 5th Streets.

Alcohol is not permitted in the park.

presented by



[stcsparks.org](http://stcsparks.org)

# Thank You Sponsors for



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# your Continued Support!



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630-232-9255 • kcchronicle.com



# Concerts in the Park

Thursdays • 7pm • Lincoln Park Gazebo



Grab your **blanket** or **chair**  
and your **family** and **friends** ...  
This is **great summer fun**  
so don't miss **a minute of it!**



**May 24**

## The Tyler Brett Caruso Memorial Concert

Students at both St. Charles high schools host this concert honoring a former student, athlete and musician for his passionate commitment to family, friends, school and community service. Tyler touched so many lives before his untimely death on July 14, 2002, at age 17. Donations will be accepted to the Tyler Brett Caruso Memorial Scholarship Fund which benefits graduates at both high schools.

No concerts June 7 and July 5

**ARCADA**  
THEATRE  
1926

In the event of inclement weather, the concert will be moved to the Arcada Theatre, 105 E. Main Street.

*Musicians are subject to change without notice.*



**June 14 | 1969**

Find yourself singing along and dancing like it's 1969 all over again at this vintage performance! Featuring stars of the psychedelic era – Jimi Hendrix, Janis Joplin, Joni Mitchell, Steppenwolf and more, these band mates rekindle the spirit of the past and revisit the joys of that magical period of music. [music1969.com](http://music1969.com)



**June 21 | Gizzae**

Hailing from the beautiful Caribbean island of Dominica, the Ancient and Holy Lands of Ethiopia, and the South Side of Chicago, comes the award-winning reggae music of Gizzae. Working and playing with a vast array of musical styles and talents has enabled Gizzae to create a unique blend of Roots Reggae. [gizzae.com](http://gizzae.com)



**New!**

**June 28 | Bag Shot Row**

Playing fun music from '50s rock & roll to the '60s British Invasion, The Bagshots put their own identity on the best music of all time! Enjoy catchy, bouncy melodies, some power chords and three-part harmonies all driven by a hard back beat. Get a healthy dose of the Beatles, Rolling Stones, Elvis, Byrds, Hollies, Roy Orbison and more. Bring your dancing shoes and be ready to sing & rock along. [bagshotrow.com](http://bagshotrow.com)



### July 12 | Hey Jimmy

With a pedigree in sonic fidelity and a love for entertaining, audiences will be amazed! At inception the vision was clear. Each band member brings a unique talent to this dynamic show with non-stop energy. From the music of the '50s to today's dance, pop, rock and R&B, they are your iPod come to life. [heyjimmyband.com](http://heyjimmyband.com)

**New!**

### July 19 | Jin and Tonic Band

Unlike anything you've ever heard before! This 7-piece country band complete with a fiddle player masters your favorite cover songs and excites you with original material. Combining the power of three vocals and amazing musicianship, this Midwest band is a Chicagoland favorite and has performed with some of the biggest names in country music – Lady Antebellum and The Band Perry. [jinandtonicband.com](http://jinandtonicband.com)



### July 26 | Howard and the White Boys

If you like your blues with a funky groove, this band's electric style will satisfy you. As one of Chicago's favorite blues bands, their musical collection will keep you movin' and groovin' all night long. [howardandthewhiteboys.net](http://howardandthewhiteboys.net)

### August 2 | Serendipity and 7th Heaven **New!**

**First time ever! Two Bands – One Night – Special Time!**

#### 6:30pm Serendipity

The talent of this new band far exceeds the sum of its experience. Enjoy a seasoned sound that carries stirring vocals from a group of award-winning youthful artists. Sponsored by the St. Charles Youth Commission



#### 7pm 7th Heaven

This band of lifelong friends plays dead on renditions of Def Leppard, The Beatles, Bon Jovi, Journey, U2 and more. Music delivered at a frenetic pace will drive audiences to literally be dancing in the streets. The lead singer was the winner of the British TV version of American Idol in 2002. [7theavenband.com](http://7theavenband.com)



**New!**

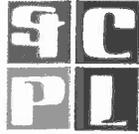
### August 9 | He Said/She Said

A rock solid pandemonium – designed to make you kick up your feet and party! This band features both male and female leads with outstanding dynamic ranges and versatility, a high power rhythm section, and mad bass skills. Playing diverse songs spanning from the '80s to today's hits, this unique group combines skilled musicianship, playful sense of humor and dynamic stage show. [hssrocks.com](http://hssrocks.com)



### August 16 | The Crown Vics

The most authentic early '50s rock 'n roll band! With an upright slap bass, drums and guitar, the rhythm section provides the foundation and heartbeat of the band's solid vibe. The group's signature sound is created by the tenor and baritone saxophones that engage the audience with bar-walking solos and stage antics. [thecrownvics.com](http://thecrownvics.com)



# By The Way...

Summer 2012

YOUNG ADULT NEWSLETTER



## Teens and Tanning: “Shady” Fun in the Sun

It seems as though everyone desires that “healthy, sun-kissed” look. So what’s all the hype about dangers associated with suntanning? The long-term effects of skin damage due to exposure to ultraviolet rays are sobering. Learn to take simple precautions now to help prevent serious complications such as skin cancers and wrinkles later on.

### Facts about Sun Exposure

Part of the sun’s light consists of invisible ultraviolet (UV) rays which cause tanning, burning and other skin damage. Sunlight contains three types of ultraviolet rays:

**UVA rays** cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because these pass effortlessly through the ozone layer, they make up the majority of our sun exposure.

**UVB rays** also are dangerous, causing sunburns, cataracts, corneal burns and effects on the immune system. They also contribute to skin cancer. Most UVB rays are absorbed by the ozone layer, but

enough do pass through to cause serious damage. **UVC rays** are the most dangerous, but fortunately, these rays are blocked by the ozone layer.

### Melanin: The Body’s First Line of Defense

UV rays react with a chemical called melanin that’s found in skin. **Melanin is the first defense against the sun because it absorbs dangerous UV rays before they do serious skin damage.**

It’s found in different concentrations and colors, resulting in different skin colors. The lighter someone’s natural skin color, the less melanin it has to absorb UV rays and protect itself. As melanin increases in response to sun exposure, the skin tans. But even that “healthy” tan may be a sign of sun damage.

### **The risk of damage rises with the amount and intensity of exposure.**

Those who are repeatedly exposed to the sun are at much greater risk. Sun-

burn develops when the amount of UV exposure is greater than what can be protected against by the skin’s melanin. Unprotected sun exposure is even more dangerous for people with moles on their skin, very freckled or fair skin and hair or a family history of skin cancers.

(The Nemours Foundation, [http://kidshealth.org/parent/firstaid\\_safe/outdoor/sun\\_safety.html#](http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html#))

**“Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur BEFORE the age of 20.”**

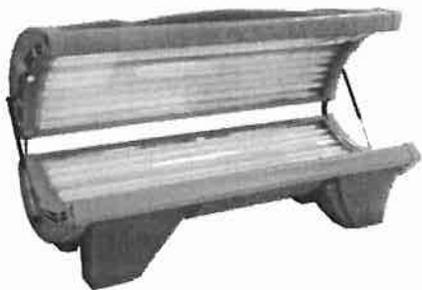
~ Skin Cancer Foundation

## Dangers of Tanning Beds

**Beware of tanning beds because they use both UVA and UVB rays.** Young adults are at special risk because their bodies are undergoing such accelerated growth rates that the cells are more prone to UV radiation damage. By routinely tanning their skin starting at a young age, teens put themselves at greater lifetime risk of developing skin cancer. It *is* possible to get sunburn in a tanning bed.

### **My Salon Says: Their Tanning Beds are Safe.**

Dr. Oz says: "I hate to be the bearer of bad news, but salons are merely marketing their wares and not telling you the truth. Salons may take the



position that their tanning beds only make use of UVA rays, and tell you that they aren't quite as dangerous as UVB rays."

*The Doctor Oz show, <http://www.doctoroz.com/blog/susan-evans-md/dangers-tanning-beds>*

## Unlocking the Confusion of SPF

Sunscreens and sunblocks both protect your skin from the sun, yet in different ways and to various degrees. **Sunblocks** actually stop the sun's UVA and UVB rays from seeping through the skin's upper layers and damaging the underlying cells, either due to chemical or physical ingredients.

**Sunscreens** are not the same as sunblock; refers to ingredients that do not prevent penetration but prevent the UV rays from damaging the living cells below the surface layers. **Sun Protection Factor (SPF)** is a component you'll see in both. All sunblocks and sunscreens have an SPF rating, which indicates how long it remains effective on skin.

**Know how long sunblock will be effective by multiplying the SPF factor by the length of time it takes to suffer a burn without sunscreen.**

Imagine a fair-skinned person who'd normally turn red after 10 minutes in the sun. Ten minutes is her "initial burning time." If that person uses a sunscreen with SPF 2, it takes 20 minutes in the sun for her skin to turn red. Now, if she uses a sunscreen with SPF 15, it multiplies the initial burning time by 15, so it takes 150 minutes, or 2 and half hours, for her skin to turn red. *Source: Mastertanning.com*

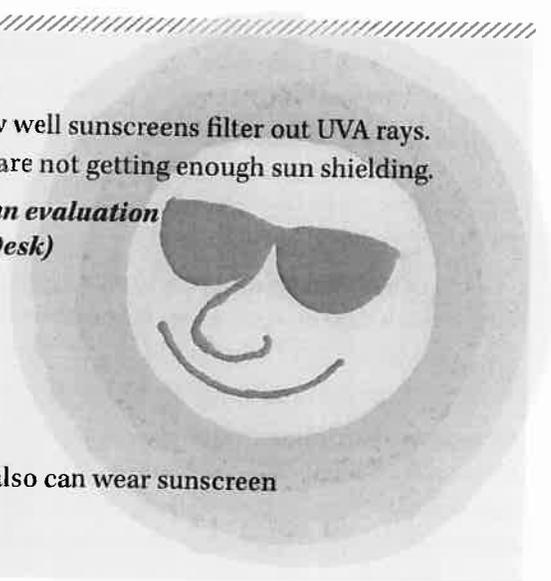
## Which Sun Products are the Best?

The FDA has yet to agree on a method of measuring how well sunscreens filter out UVA rays. Err toward sunblock whenever you have any doubt you are not getting enough sun shielding.

*~Check out the Consumer Reports July 2011 issue for an evaluation of various sun products~ (Available at the Reference Desk)*

### Consider Product Alternatives to the Sun

- \*Self-Tanners (such as lotions for a natural glow)
- \*Spray Tans
- \*Cosmetics (some brands include a UV protectant; you also can wear sunscreen under your makeup)



## Tips for Taking Care of Your Skin--Simple Changes Can Make a BIG Difference

\*Wear sunblock!! Apply daily 15-30 minutes before going out in the sun, then 30 minutes afterwards, and at least every two hours thereafter (sooner, if sweating). Even cloudy days pose a risk

\*Physically cover up with clothing at least some of the time, including wearing a hat

\*Wear sunglasses to protect the skin around your eyes from UV rays

\*Limit exposure between 10 a.m. and 4 p.m., when the sunlight is the most intense

*"How Do I Protect Myself from UV?" American Cancer Society, & "Facts about Sunscreen," & American Melanoma Foundation.*

### Additional Library Resources:

**Teens & Tanning: Sun Safety Update**  
DVD 613.193 TEE



**The Skin Care Answer Book**  
646.726 LEE



### SCPL Health-Related Databases:

(A St. Charles Library card is necessary to access these databases from home.)

MedlinePlus

Health and Wellness Resource Center

### Other recommended websites:

KidsHealth

[http://kidshealth.org/teen/centers/summer\\_center.html](http://kidshealth.org/teen/centers/summer_center.html) "Because Sunburn Isn't Pretty"

American Cancer Society

[www.cancer.org](http://www.cancer.org)

National Cancer Institute

[www.cancer.gov](http://www.cancer.gov)

Mayoclinic

[www.mayoclinic.org](http://www.mayoclinic.org)



## Hit the Beach: Top Beach Destinations in the U.S.

**TripAdvisor.com's Traveler's Choice Awards for 2012**

([tinyurl.com/6eqnn5x](http://tinyurl.com/6eqnn5x))

Grab a book, your beach towel, some quality sunblock and head to one of these popular sandy spots:

1. St. Pete Beach, Florida
2. Miami Beach, Florida
3. Myrtle Beach, South Carolina
4. Virginia Beach, Virginia
5. Honolulu, Hawaii
6. Daytona Beach, Florida
7. Fort Lauderdale, Florida
8. Lahaina, Hawaii
9. San Diego, California
10. Key West, Florida

(*Chicago Tribune Travel Section, Sunday April 15, 2012, p. 2*)

### Honorable Mentions:

Oak Street Beach, Chicago IL

Pottawatomie Park, St. Charles IL

Jersey Shore, NJ

## Beachy YA Reads to Enjoy While Sunning (Safely)



**Summer Boys**  
Hailey Abbott



**Tan Lines: A Summer Novel**  
Katherine Applegate



**Confessions of a Teen Nanny**  
Victoria Ashton



**The Lifeguard**  
Deborah Blumenthal



**The Sisterhood of the Traveling Pants**  
Ann Brashares



**Airman**  
Eoin Colfer



**The A-List: Hollywood Royalty**  
Zoey Dean



**Along for the Ride**  
Sarah Dessen



**After Summer**  
Nick Earls



**How to Ruin a Summer Vacation**  
Simone Elkeles

**A So-Called Vacation**  
Genaro González



**The Summer I Turned Pretty**  
Jenny Han

**Olive's Ocean**  
Kevin Henkes

**The Summer of Skinny Dipping**  
Amanda Howells

**The Sleepwalkers**  
J. Gabriel Gates

**Girlfriend Material**  
Melissa Kantor

**Moonglass**  
Jessi Kirby

**Laguna Cove**  
Alyson Noël

**Surface Tension: A Novel in Four Summers**  
Brent Runyon

**Snap**  
Carol Snow

**Simpsons Comics: Beach Blanket Bongo**  
Matt Groening 741.5 GRO

**The Day Before**  
Lisa Schroeder YA 811.6 SCH

