



Stock up Before Summer

Don't miss your last chance to visit Scottsdale Old Town Farmers' Market before it closes for the summer. The lively and free-entry market, located right in the heart of Old Town Scottsdale in The City parking facility at the corner of Brown and 1st Street, features local growers and specialty food producers every Saturday until June 11. You'll find items like artisan breads, a variety of organic and pesticide-free produce as well as seasonal specialties such as flowers, local cheeses, and free range meat and eggs. 8 a.m.-1 p.m. www.arizonafarmersmarkets.com.

Four Tips to Stay Safe in the Sun

Many people in Scottsdale enjoy going outdoors to stay active. Whether your favorite activity is running or playing a sport, being outside in the sun makes you more susceptible to skin risks. We spoke with Dr. Suzanne Friedler, who specializes in dermatology at Advanced Dermatology P.C. (www.advanceddermatologypc.com), about sport-specific dangers and some tips to minimize them:



MUSIC TO YOUR EARS

Scottsdale's McCormick-Stillman Railroad Park hosts its free Sunday Concert Series from 7:30-9 p.m. through July 3. Bring a blanket or chair, and hear a variety of favorite local bands. Food will also be available for purchase. Train and Carousel rides are \$2. Children two and younger ride free with a paying adult. The park is located at 7301 E. Indian Bend Road, on the southeast corner of Indian Bend and Scottsdale roads. For more information, call 480.312.2312 or visit www.therailroadpark.com.

CONCERT SCHEDULE:

- June 5:** Rock Lobster / Retro 80's
- June 12:** The Real Thing / Top 40
- June 19:** Outside the Line / Funk-R & B (Father's Day)
- June 26:** Southwest Surfers / Beach Boys Tribute
- July 3:** Mogollon / High Energy Country (Fire work show!)

Golf:

For golfers, UV radiation can be even more intense due to the sun's reflection from ponds and sand traps - which can bounce back 80 percent or more of UV rays, hitting golfers' skin twice, Dr. Friedler notes.

"Using a sport sunscreen that doesn't run, and reapplying it every nine holes, is really important on the links," she says.

"Also, wear a broad-brimmed hat with a three-inch brim that protects the neck, shoulders and ears. Baseball hats don't do nearly as good a job at this."

Tennis:

Tennis is a sport often accompanied by sore muscles stemming from perfecting that power serve. So tennis players need to "court" the fact that the non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen - commonly used to alleviate muscle pain - leave us extra-sensitive to the sun's rays.

"If you take NSAIDs for your aches and pains, make sure you're extra vigilant about protecting your skin so it doesn't burn," Dr. Friedler advises. "Using physical sunscreens such as zinc oxide or titanium dioxide, which block or reflect UV rays rather than chemically absorb them, is probably a better bet. It's also really important to protect your lips."

Sailing and swimming:

Whether your sport is in or on the water, its reflection of UV rays can wreak havoc on the skin. Sailors are encouraged to reapply liberal amounts of sunscreen throughout their trek and wear hooded sweatshirts and rain gear if possible. Swimmers are urged to use waterproof sunscreen and reapply it at least every 90 minutes, Dr. Friedler says.

"Look for sunscreen brands that boast of extended waterproof coverage, and apply sunscreen at least 30 minutes before heading outside," she says. "Also, using physical sunblocks such as zinc or titanium oxide on the nose, upper ears and cheeks can offer even better protection from reflective rays."

Running and biking:

Runners and bikers often forget that sun protection is necessary even if their route is shaded or it's cloudy outside. Up to 80 percent of UV radiation can penetrate clouds and fog, Dr. Friedler says. Also, UV-protective clothing for these athletes is ideal, since sunscreens can easily rub off and lose effectiveness from the heavy perspiration inherent to cycling and running.

"Look for clothing with a UPF (ultraviolet protection factor) label of 30 or higher, which allows just 1/30th of the sun's UV radiation to reach your skin," she recommends. "Tighter weaves are better, and darker colors offer even more protection."