



Tips for Keeping Your Skin Healthy and Protected During Summer

Now that the much-anticipated summer season is finally in full swing, you're probably doing everything you can to make the most of longer days, warmer temperatures, and consistent sunshine. But even if there's nothing quite as enjoyable as shedding your layers to hit the beach and soak up some rays, spending too much time in the sun can harm your skin and increase your risk of developing skin cancer.

While it's true that exposing your skin to 10-15 minutes of sunlight each day is the best way to boost your vitamin D levels, the sun's ultraviolet (UV) rays can also damage your unprotected skin in as little as 15 minutes.

Fortunately, there's a lot you can do to keep your skin healthy and protect it from the harmful UV rays through the warm summer months and beyond. Here are a few of our best tips.

Apply (and reapply) sunscreen

Including sunscreen in your daily skin care routine is one of the simplest and most effective ways to protect your skin in the summertime, when the days are longer, the sun's rays are more intense, and you're more likely to spend a substantial amount of time outdoors.

If it's cloudy or you don't plan to be outside much, a broad-spectrum UVA/UVB sunscreen with an SPF of 15 or higher offers ample protection. But if you plan to spend a good amount of time in the sun, go higher — opt for a broad-spectrum sunscreen with an SPF of at least 30. Proper application means using enough sunscreen to thoroughly cover all areas of exposed skin, including your face, neck, ears, the backs of your hands, and the tops of your feet if you're wearing open shoes.

Avoid the midday sun

Easier said than done, right? Still, when it comes to protecting your skin and keeping it as healthy as possible through the hot summer months, you can really up your game by staying inside — or at least in the shade — between 10am and 4pm, when harmful UV rays are more intense and direct.

Cover up!

Another way to protect your skin from harmful UV rays — and avoid having to apply large quantities of sunscreen every day — is by wearing clothes and accessories that provide more complete coverage.

Stay cool and protect your skin when the temperatures soar by wearing clothes made of tightly-woven, breathable fabrics such as cotton or linen. Choose loose and lightweight long-sleeved shirts, pants, or longer skirts instead of tank tops and shorts, and don't forget to shield the skin on your face with a wide-brimmed hat.

Keep yourself well-hydrated

While you should always strive to keep yourself adequately hydrated, it's especially important in the summertime, when hot, humid days accelerate water loss, leaving both your body and your skin prone to easy dehydration.

Contrary to popular belief, staying hydrated doesn't require you to keep track of how much water you consume throughout the day. Instead, simply go by the color of your urine — if it's clear or light yellow, you're hydrated, but if it's cloudy or dark yellow, you're dehydrated. Aim to keep the color of your urine as light as possible all day, every day.

Cleanse, exfoliate, moisturize, repeat

Gentle and thorough skin cleansing is more important than ever in the summertime, when sweat, sunscreen, chlorine, sand, and other environmental contaminants clog the surface of your skin with dulling debris.

Daily exfoliation helps clear your pores, allowing better surface hydration from moisturizers and lotions. If you forget to wear sunscreen one day, skip the exfoliation process and soothe your overexposed skin with aloe or another soothing botanical lotion formulated to reduce redness and inflammation.

BBQ Chicken Salad

Ingredients

- 6 cups well chopped romaine lettuce
- ½ cup chopped cilantro leaves, thick stems removed
- 2 tablespoons chopped fresh basil leaves
- 3 green onions, thinly sliced
- 1 cup corn kernels, frozen or fresh
- ½ cup chopped jicama
- 15 ounces canned black beans, rinsed and drained
- 1 cup shredded Monterey Jack cheese
- ½ cup ranch salad dressing
- ½ cup BBQ sauce, divided
- 2 cups chopped cooked chicken breast, I use rotisserie chicken breast meat
- freshly ground black pepper, to taste
- 2 limes, cut into wedges
- 1 cup chopped roma tomatoes
- 1 avocado, chopped
- Tortilla strips, for garnish

Directions

1. Preheat the grill to medium-high heat.
2. Season boneless, skinless chicken breasts with seasoned salt or a homemade dry rub
3. Grill chicken for 5 minutes, flip over, and continue to grill for another 4 minutes.
4. Brush with BBQ Sauce and continue cooking for 2 more minutes.
5. Flip the chicken and brush the opposite side with BBQ sauce.
6. Cook for 2-4 more minutes, or until the chicken reaches an internal temperature of 165 degrees.
7. Remove chicken from the grill and let rest for 5-10 minutes before slicing.
8. Mix ½ cup ranch dressing with 2 tablespoons barbecue sauce.
9. Toss lettuce with tomatoes, corn, onions, cheese, and cucumbers.
10. Top salad with sliced BBQ chicken and tortilla strips.
11. Drizzle with BBQ Ranch Dressing and serve.



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Vincent Ellis	1 Year
Kristine Torres	1 Year

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