

(Growth Retardants Cont'd.)

nual bluegrass requires critical timing to insure that the seedhead has not already formed. The rate for seedhead suppression is also lower than that used for normal retardation of Kentucky bluegrass. Special care should be exercised when using mefluidide for this purpose.

The use of retardants will not doubt increase in the future as newer materials become available. In summary, the use of retardants should be considered on areas that lend themselves to slow growth such as roadsides and difficult to mow areas. The applicator should take special precautions to insure a uniform application of material. Finally, don't be afraid to experiment with these materials before spraying large areas.

Sun Care Do's and Don'ts

DO try to stay out of the sun between 10 a.m. and 2 p.m. — when the sun's radiation is strongest and most damaging.

DON'T expect sunburn to turn into suntan — contrary to popular belief, getting red and burning actually inhibits the tanning process.

DO tan gradually — the tan you build slowly without burning lasts longer.

DO use the Sun Protection Factor system — multiply the number of minutes you can sun unprotected without burning X the SPF number of any product to get the number of minutes you can sun without burning using that product.

DON'T ever use a sun reflector — it intensifies the sun's damaging effects.

DO count swimming time as sun time — burning rays penetrate water.

DON'T expect a wet t-shirt to block the sun's burning rays — it is only 20 to 40% effective. Generally, whatever you can see through, the sun can burn through.

DO change position often — to balance skin's sun-exposure and to ensure a more even tan.

DO protect hair from the sun's drying effects with a scarf or hat. Shield eyes with dark-tinted sunglasses to help prevent wrinkles caused by squinting.

DON'T assume that fog and clouds will block ultraviolet radiation — 50% of the ultraviolet rays get through with total cloud cover. 100% penetrate on a hazy day.

DO remember — perfume and sun don't mix. The combination can cause a photosensitive skin reaction.

DON'T count on a beach umbrella to protect you from the sun — burning rays can reflect off the sand and onto your skin.

DO apply protection over suntanned skin — ultraviolet rays can penetrate even the darkest base tan.

DON'T forget — birth control pills make some women more prone to increased pigmentation. Watch out for darker, mottled areas of skin on the face; they require total sunblock protection.

DO count outdoor spot time as sun time — use sunscreen protection when playing tennis, golfing or sailing.

DO wear sun protection when you ski — high altitudes expose your skin to stronger, less filtered sun. Snow reflects up to 85% of the burning rays.

DO check with your doctor before sunning if you are taking any medication — certain types may cause photosensitive skin reactions.

DON'T ever sunbathe for more than 2 hours — no matter how tan you are or how much sun protection you are wearing.

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