



## How to Safely Have Fun in the Sun

As summer approaches and many of us will be spending lots of time outside in the sun, it is important to review ways to protect your skin from the sun. According to the CDC, most skin cancers are caused by too much exposure to ultraviolet (UV) light, which comes from the sun. The UV index, which can be used as a daily tool to gauge the expected intensity of the sun's radiation, is displayed on most weather reports and on weather apps. It is important to take more sun protection measures on days with high UV index measurements.

Here are some tips for protecting your skin:

- 1. Wear a hat:** Hats provide shade and can block UV rays from getting to your skin.
- 2. Wear sunglasses:** These protect your eyes from UV rays and may help reduce the risk of developing cataracts later in life.
- 3. Use Sunscreen:** Wearing sunscreen is one of the best ways to protect your skin from the

sun. It is recommended to use broad spectrum SPF with a value of 15 or higher daily to protect against the two types of solar UV radiation. Sunscreen should be reapplied every 2 hours.

### Alcohol and the Sun: A Dangerous Cocktail

Drinking alcohol can lead to impairment of physical and mental abilities. Sun exposure can further amplify these impairments. Alcohol is a diuretic, meaning it promotes water loss through urine, often more fluid than the body takes in. Because of this, alcohol is a risk factor for dehydration. Paired with hot weather, where you are likely to sweat more, your body releases even more fluid, further dehydrating you. It is important to keep this in mind and ensure you are drinking plenty of water during hot summer days to prevent dehydration.



### Looking Forward: June is Pride Month

Pride Month is celebrated each June to celebrate the liberation of members of the LGBTQ+ community. According to the Library of Congress, Pride Month was first established in the United States to honor the 1969 Stonewall Uprising—a series of protests that began following a police raid on a New York City gay bar. In 1999, President Bill Clinton declared June as Gay and Lesbian Pride Month, but in 2011, President Barack Obama officially honored the whole LGBTQ+ community during the month. It is celebrated all over the nation through parades and community engagement. Daniel Quasar (xe/xyr) designed the Progress

Pride Flag to recognize the LGBTQ+ community's diversity with an intersectional approach. He also wanted to symbolize gender non-conformity on the flag. According to the Victoria and Albert Museum, the light blue, pink, and white colors represent transgender and non-binary identities. Brown and black represents people of color—black also honors those with HIV/AIDS. In both the Progress Pride Flag and traditional flag, red means life, orange means healing, yellow means sunlight, green means nature, blue means serenity, and purple means spirit.

Wherever you may be this summer, we encourage you to find a way to support the LGBTQ+ community this June.

## Masked Violence Volume Two: an Exhibit

Back for a second year in a row, the Masked Violence Volume Two exhibit is an opportunity for ALL Tulane affiliates (students, professors, alumni, Loyola affiliates) to take part in a collective art installation on the topic of sexual violence on our campus. All levels of artistic expertise are encouraged to submit,



and grant funds are available to artists to help finance your work! The exhibition take place September 21st through October 20th in The Woldenberg Carroll Gallery. What do you have to say about Sexual Violence on campus? Share your story through art.

To submit your art, scan the QR code or visit [masked-violence-tulane.squarespace.com](http://masked-violence-tulane.squarespace.com).



### TUPHE FEATURE

## An End of Academic Year Reflection

As the academic year ends, it is important to take a moment to reflect. Reflection can help us grow and provide insight into how we want to move forward, what we want to take with us and what we want to leave behind. Having a moment to pause and think back on the academic year can inform our future mindset and action for the next steps in our life.

### Returning Students:

What were highlights of your fall semester? What were highlights of your spring semester? Which classes did you enjoy most this year? What did you not enjoy about your year, and how could these things have been improved? What are you looking forward to in your next semester?



### Graduating Students:

What were the highlights of your year? What makes you feel optimistic about the future? Are you scared or nervous to leave Tulane? Which goals did you accomplish this year? What are you looking forward to after graduation? How have you changed since starting at Tulane?