



# UNI COURT COURIER

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UNIVERSITY APARTMENTS

JUNE, 2009

## Protect Yourself!

Skincare Information and Tips for Sunny, Summer Days!



Summer is here! It is time to spend some well-deserved time outside enjoying the warm weather. However, it is important to protect yourself from the harmful ultra-violet (UV) sun rays that can turn your nice day outside to a painful night dealing with a bad sunburn.

As you head outside in the coming weeks, be sure to keep the following things in mind:

- Use sunscreen and apply, re-apply and be generous. Experts recommend using a sunscreen with at least a 15 SPF.
- Cover up whenever possible. By wearing a hat or long sleeves, you prevent the sun's rays from shining directly on your skin.
- Limit sun exposure during peak times. UV rays are the most intense during the middle of the day, 10 am to 4 pm. By avoiding spending a lot of time outside during these times, you

are avoiding harmful sun rays!

- Avoid tanning beds. Harmful UV rays do not just occur outside. Tanning beds also use the same UV rays to tan individuals.
- Children are even more susceptible to harmful sun rays. It is important to be aware of ways to protect them while they play outdoors.



For more information about summer skincare, please visit [www.cancer.org](http://www.cancer.org)

### Other Summer Safety Tips and Information:

- Dehydration happens easily during summer months. Be sure to remain well-hydrated by drinking water everyday!
- Grilling accidents are more prevalent during summer months. Be sure to pay close attention to anything you are cooking and aware of possible hazards around grilling areas.
- Heatstroke can happen due to the hot temperatures and high humidity levels during the summer. It is important to listen to your body if you feel nauseous, light-headed, etc and seek medical assistance if symptoms are severe.

## Our New Area Coordinator for University Apartments:

David Homolka



A new Area Coordinator has been hired for the University Apartments and Suites! His name is David Homolka and he will be starting in early June. David has a masters degree in Adult and Higher Education Administration from the University of

South Dakota. David most recently worked at the University of Iowa in the housing department. Please stop by the U.A. Office to welcome him to campus!

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# University Apartment News

## Introducing our current University Apartment office staff !



Jeanna Sheedy

Major: Speech Language Pathology

Hometown: Eldridge and Laredo, TX

Favorite thing about UNI: The friendly people!



Janelle McClintock

Major: Heath Promotion: Health Disparities and Women Gender Studies

Hometown: Mason City

Favorite thing about UA: Apartments feel like home!



Joy Taylor

Major: Early Childhood Special Education

Hometown: Muscatine

Favorite thing about UA: We are always laughing, usually at ourselves



Bobbi Jo Smith with her grandson, Nicholas

Secretary II

Favorite thing about UA: The people!



Nicole Egan

Major: Clinical Psychology

Hometown: Baileyville, IL

Favorite thing about UNI: The people for sure!



Jill DeVoll

Major: Family Services/Ethics

Hometown: Cedar Falls

Favorite thing about UA: Cheap Rent!



Thomas Schneekloth

Major: Accounting

Hometown: Cedar Rapids

Favorite thing about UNI: Cool Professors