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UB Recreation Newsletter

healthy, fun, tasty! >>>

Pasta Salad for Everyone!



Happy Summer Break!

That's a wrap on our 2020-2021 academic year at UB! We appreciate your continued support of UB Recreation as we navigated through many changes during the pandemic. The flexibility of our students, faculty and staff has shown the strength in each person that make up this incredible community.

It is May which means the class of 2021 is on their way out and we shift gears into summer mode. Alumni Arena is closed on Friday, May 14th in recognition of the graduating class commencement ceremonies and will reopen on Monday, May 17th. Our facilities on North and South Campus will have hours for lap swim and the fitness centers Monday – Friday. Our fitness centers and cardio room will still require reservations, so please visit our [reservation page](#) to book your spot before heading to either Alumni Arena or Clark Hall.

As always, our facilities shut down the last Monday in May in recognition of Memorial Day (May 31). While many area parades and activities have been cancelled, we hope that you celebrate in a safe manner to remember those who served our country.

Congratulations to the Class of 2021! Good luck on this new chapter and new beginnings!



Ingredients	Preparation
8 oz dried pasta, cooked 15 oz chickpeas, 1 can, drained and rinsed 1 cup broccoli floret, steamed ½ cup carrot, shredded ½ cup red onion, sliced ¼ cup fresh parsley ¼ cup olive oil ¼ cup red wine vinegar 1 clove garlic, minced 1 teaspoon dried oregano salt, to taste pepper, to taste 1 ½ cups cherry tomatoes	1. In a large mixing bowl, combine pasta, chickpeas, grape tomatoes, broccoli, carrots, red onion, and parsley. 2. In a small liquid measuring cup, combine olive oil, red wine vinegar, garlic, oregano, salt, and pepper, and whisk to combine. 3. Pour dressing over pasta salad and stir until evenly distributed. 4. Transfer pasta salad into 4 containers and refrigerate for up to 5 days.
<p><i>Recipe & Photo Credit:</i> https://tasty.co/recipe/easy-vegan-pasta-salad</p>	

UPF/SPF, UVA/UVB?

I wanted to educate myself on UPF and SPF ratings and what they mean, and I wanted to pass along the information I found, and how it applies to those of us that venture outside. Some/many of you may already be aware of this information, but it was new to me.

- UPF = Ultraviolet Protection Factor (blocks both UVA and UVB rays)
- SPF = Sun Protection Factor (only applies to UVB, which is responsible for most of the damage caused to our skin)
- SPF is a multiplier for how long you can be exposed to UVB rays before getting sunburned. So if you normally would get burned in 10 minutes, a sunscreen rated SPF 15 prolongs that time to 150 minutes. SPF ratings are measured using human subjects.

What You Wear Matters!

UPF is a measurement that indicates how much of the sun's UV rays is absorbed by a fabric. This is verified using spectrophotometer equipment in a lab setting. If a fabric is rated UPF 15, it means it absorbs or blocks all but 1/15th of UV rays. If it is rated UPF 50, it absorbs or blocks all but 1/50th of UV rays. In simple percentages, UPF 15 protects your skin from about 93% of all UV rays. UPF 50 fabric protects you from 98% of all UV rays.

The average white cotton t-shirt has a UPF rating around 5. A blue t-shirt has a UPF of 20 or higher. Denim blue jeans have a UPF rating of 1,700.

Darker colors absorb more UV rays, shinier fabrics reflect more UV rays, and tighter weave fabrics block more UV rays. Loose weave cotton or linen clothing allows the most UV rays to pass through. Thicker and/or more reflective fabrics like wool, polyester, or denim allow the least UV rays to pass through.

Location, Location, Location...

It is important to note that UV rays increase in intensity as you go up in altitude. For every 1,000 meters in increased elevation, UV levels increase by roughly 10%. The intensity of UVB rays in Vail, Colorado at 8,500 feet on a sunny day are 60% higher than at sea level in New York City, and equivalent to the intensity of UVB rays in Orlando, Florida, which is 775 miles closer to the equator. An individual that may develop a sunburn in 25 minutes in New York, would develop the same sun burn in only 14 minutes in Vail or Orlando, and thus individuals living at higher elevations are at a considerably higher risk for developing skin cancer.

Skin Cancer

Skin cancer is by far the most common type of cancer in the US. 1 in 5 Americans will develop skin cancer during their lifetime. Men are 2 to 3 times more likely to develop skin cancer than women. While the risk of developing skin cancer is 20 times higher for fair skinned individuals, those with darker skin tones are much more likely to be diagnosed at a later stage, and subsequently have a much higher mortality rate. Skin cancer is most likely to occur on the nose, lips, face, ears, neck, hands, or forearms. Men are much more likely to have melanoma form on their backs than women. Women tend to form melanoma more often on their arms or legs. It's very important to be vigilant and take care of your skin throughout your lifetime!

Memorial Day 2021

<<< remember

Each year in the United States, Americans observe the Federal holiday, Memorial Day, the last Monday in May. It honors and remembers all men and women who have died while serving in the United States Armed Forces. Memorial Day is also a day to remember all loved ones who have passed away. Traditionally on Memorial Day, the flag of the United States of America is raised briskly to the top of the staff then solemnly lowered to the half-staff position where it remains until noon. At noon, it is then raised to full-staff for the remainder of the day. When the flag is at half-staff, the position is in remembrance of the more than one million men and women who gave their lives for their country. Raising the flag at noon signifies the nation lives, that the country is resolved not to let their sacrifice be in vain but to rise up in their honor and continue to fight for liberty and justice for all.

Thank you for your bravery, strength, hard work, commitment, dedication and willingness to do the hard things that are required of you day in and day out. We are forever indebted to you for protecting our life and liberty. Thank you. Thank you. Thank you.