

SECRETS TO A GOOD LIFE

We Scream for Sunscreen

The founder of Supergoop! is on a mission to put SPF lotion in classrooms across the country



AFTER HER FRIEND'S skin cancer diagnosis, Holly Thaggard had a conversation with a dermatologist that changed the way she thought about sunscreen. “She told me, ‘It’s not about beaches and bikinis,’” says Thaggard. “My wheels began turning. There were no good options [at the time]. Sunscreen was an icky, sticky mess that you put up with only when you had to.” The San Antonio entrepreneur partnered with a chemist to create an appealing

over 25 states allow schools to have sunscreen on campus without a doctor’s note, and Supergoop!’s Ounce by Ounce initiative has outfitted more than 1,600 classrooms and youth organizations with free SPF lotion. Educators can apply for the program at *supergoop.com*, and the only eligibility requirement is based on each state’s sunscreen-use laws. “We feel like everyone everywhere deserves sun protection,” Thaggard says.

sunscreen—made without oxybenzone—and launched her SPF line, Supergoop!, in 2005.

The former teacher originally intended to supply classrooms with her product, but a law deeming sunscreen an over-the-counter drug prohibited its presence in schools unless a student had a doctor’s note. Changing that law has become part of Supergoop!’s mission. “I’ve spent a lot of time on Capitol Hill talking to everyone in Congress who’d listen about how antiquated this law is,” says Thaggard. Now,



HOUSE CALL

Give It a Shot

While neurotoxins like Botox are often associated with their cosmetic benefits, they can do far more than prevent fine lines and wrinkles, says Dr. Rebecca Marcus of North Dallas Dermatology Associates. For instance, Botox can be injected in places like the palms or underarms to help control excessive sweating. Neurologists may also recommend using it to ease chronic migraines. If patients are hesitant to ask their doctors about Botox, Marcus says there’s no need for nerves. “What may seem embarrassing or intimidating for you is our everyday work,” she says. “We are here because we love doing it.”

Word of Mouth

For many older adults who take daily prescriptions or over-the-counter drugs, dry mouth may be an unwelcome side effect. The condition in which the salivary glands don’t produce enough fluid to keep the mouth wet can increase the risk of cavities and make it more difficult to swallow. If you’re experiencing these symptoms, ask your doctor about treatment for dry mouth or switching to alternative medications.

FROM LEFT TO RIGHT: COURTESY SUPERGOOP!; COURTESY NORTH DALLAS DERMATOLOGY ASSOCIATES

GREAT GEAR

Summer Kicks

Five easygoing pairs for bicycle rides and afternoon strolls



Screen Smarts

If you've ever felt guilty about the time that your child spends with technology, give yourself a break. "Now we prefer to look at things more holistically, especially since there are numerous devices kids use for connecting, learning, and entertainment," says Dr. Nusheen Ameenuddin, chair of the American Academy of Pediatrics Council on Communications and Media. She makes one essential distinction: "**Passive consumption** is very different from media use where kids are actively engaged in creating something or communicating with others." It's all about balance. She says, "Excess of anything is not good, whether it's devices or exercise."



(1) Alpargata Paper Source, \$60; toms.com (2) Franco Homer 3 Platform Slip On Sneaker in Spearmint Faux Leather, \$115; francosarto.com (3) Tossed Flowers Willow Printed Sneakers, \$109; talbots.com (4) Women's Beachcomber Espadrille in Sea Star Orange, \$98; seastarbeachwear.com (5) Embroidered Lemon Izzy Knotted Canvas Espadrilles, \$99; talbots.com

FROM LEFT TO RIGHT: ROBBIE CAPONETTO, STYLING: MARY BETH WETZEL; KENDYLL HILLEGAS