June Golf Meeting
Tuesday, June 4, 2013
Whispering Woods Golf Course
Erie, PA
Host - Robert F. Goring, III

Meeting Agenda:
11:00 am - 12:00 pm   Teetimes
4:00 pm - 5:00 pm   Social Hour
5:00 pm                           Dinner
(Catered by Famous Dave’s BBQ)
Business meeting after dinner

Fees:
Cart:  $20/per person
Optional skins & pins:  $5
Meeting Fee:  $30
(payable to NWPGCSA)
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Elk Valley Golf Course

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Jerry N. Rice, CGCS  
Lawrence Park Golf Club

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**Past President**  
David M. Stull, CGCS

**Executive Secretary/Newsletter Editor**  
Julie Powell  
(724) 421-7588  
wpgcsa@zoominternet.net  
www.wpgcsa.com

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**June Meeting at Whispering Woods Golf Course**  
**Tuesday, June 4, 2013**

Our host superintendent, Rob Goring, is ready to welcome all of you and your guests to Whispering Woods Golf Course. Rob has been involved in the construction and been the superintendent there since 2004. He has been a NWPGCSA member since 2006 and is currently serving his second term as our Treasurer. Rob began his turfgrass career at Lake View Country Club in North East, PA. Since then, he’s worked at Castle Pines Golf Club in Colorado, Prospect Bay Country Club in Maryland, The Golf Club of Purchase in New York, Pelican Marsh Golf Club in Florida before returning to his hometown of Erie to accept the superintendent position for the construction of Whispering Woods GC. Rob earned a BA in Business Administration from Mercyhurst College and a Certificate in Turfgrass Management from Penn State University.

Rob and his wife, Heidi, have a daughter, Katie, age 11, a yellow lab named Meadow, and a miniature daschund named Amelia. Rob lists his interests as family, fishing, and golf. His worst problem on the golf course is water management. He has a very small irrigation pond and no central irrigation control system. He transfers water from a small creek that crosses the property, but that can get very low during the driest parts of the summer. His only solution to this problem is daily attention. What few in the association may know about Rob is that he is extremely allergic to fire ants, which has a lot to do with why he gave up his position in Florida to move back to Erie!

**THE COVER PHOTO** is actually Hole #15 at Whispering Woods Golf Club. Whispering Woods has a total yardage of 6,726 with a par of 72. It was built in 2005-2006, and the architect/designer was John Exley. It is a semi-private club, and it opened in May 2007. It has a driving range, and construction of a clubhouse may be planned for the future. **DIRECTIIONS** to Whispering Woods are to take Interstate 79 to Interstate 90 West. Then take Exit 18, Route 832 North. Turn right onto Grubb Road, and the private entrance to the club will be approximately 2 miles on the right. You may also enter the address, 7214 Grubb Road, Erie, PA 16506 into your GPS.

The agenda and fees for this meeting are listed on the cover. Sandwiches, snacks, and beverages will be available for sale at the turn, and there is a cash bar on site. There are no locker rooms or shower facilities, however. Soft spikes are requires and the dress code for the entire day is casual golf attire (collared shirts, no jeans). We have an open guest policy, so any member can bring as many guests as they like (within reason).

**RESERVATIONS** are requested by Friday, May 31st. Please call Julie Powell at (724) 421-7588 and be sure to give her your requested tee time and the names of any of your guests.

**DINNER WILL BE CATERED BY FAMOUS DAVE’S BBQ FEATURING A 3-MEAT SELECTION OF ROB’S FAVORITES!!!**
Welcome, everybody, to the 2013 golf season! I hope you all had a happy and healthy winter. My wife and I had the pleasure of welcoming our second daughter into the world at the beginning of April. We also celebrated our first daughter’s 3rd birthday. Where does the time go?

With each new season, we’ve come to expect change. This year, we have some new members in the association, and we also have some members who have moved on to greener fairways. Hopefully, current and new members alike will be able to meet each other at one (or more) of our meetings. It’s always nice to put a face with a name.

Speaking of change, how about the weather? Last year at this time, the dandelions and poa were already behind us. We are back to our normal northwestern PA weather. Let’s hope Mother Nature keeps both the temps and the rainfall at optimal levels for us.

With this new season, our board of directors has worked very hard to come up with some new ways to add value to our membership. We have reinstated the “Front Nine News” letter after a one year hiatus. We would like to try and incorporate any thoughts, ideas, or suggested topics from our members into our newsletters in the hopes of keeping us all better connected and a tighter association. If any of you would like to see something in an upcoming newsletter, simply contact any member of the board.

The board has also created the Peer Turf Advisory Service, which was described in the new “Membership Information & Benefits” pamphlet each of you received with your 2013 membership directory. The superintendents involved in this service have a combined 155 years experience in the turf industry, so don’t be afraid to tap their knowledge. This service was created to help our fellow superintendents in times of need. It shows our commitment to one another, and it shows that competition comes second when somebody needs help. I am hoping that our little association can set an example for all the other associations nationwide. It would be truly beneficial for our profession and the game of golf!

I hope that everybody has a fantastic season and urge you all to please attend as many meetings this year as possible. The next meeting will be at Whispering Woods Golf Club in Erie thanks to our host, Rob Goring. Bring lots of golf balls because you’re going to need them! See you there!

Sincerely,
Mike Bochert
NWPGCSA Members: Do you receive a copy of this magazine online or by mail? If not, would you like a hard copy? The editor, Dr. John Kaminski, sends us a whole box full so Julie will gladly mail you one. Just let her know. Besides the articles listed on the cover, also included are research summaries on:
• Rootzone pH and shoot/root growth of ‘Penn A-4’ creeping bentgrass
• Dew-removal impact on dollar spot control
• An innovative approach to detecting dollar spot

Don’t miss out on this top-quality turfgrass magazine!

Mark Your Calendars for These PTC Events:
November 12-14, 2013 - Penn State Golf Turf Conference, Nittany Lion Inn, State College, PA

February 25-27, 2014 - Western PA Turfgrass Conference and Trade Show, Sheraton Four Points North, Mars, PA
Thank You to Our Commercial Members!
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WELCOME TO OUR NEW MEMBERS!!!

(Already listed in the 2013 Membership Directory)

Rick Barbato, Class SM
Lake Shore Country Club

Rich Joslin, Class D
John Deere Golf

Bob Capranica, Class D
E. H. Griffith, Inc.

Nicholas Kunik, Class C
Lawrence Park Golf Club

Troy Hassenplug, Class A
Green Meadows Golf Course

Justin Sudo, Class A
The Kahkwa Club

James Hayes, Jr., Class C
The Kahkwa Club

(To be added to the 2013 Membership Directory - you can use the note pages at the end of the directory)

Steven Brown*
Class SM
Home:  6003 US Highway 322
       Hartstown, PA  16131
       (724) 932-5465
       Cell:  (814) 795-7765
Hartstown Golf Course
6054 US Highway 322
Hartstown, PA  16131
(724) 932-3017
Email: brownie2469@gmail.com

*Steven was the recipient of our 2012 NWPGCSA Turfgrass Scholarship. He has now graduated from Penn State University and is back as the superintendent at the family golf course.

Chris Denial
Class SM
Home:  9979 Dewey Road
       Waterford, PA  16441
       (814) 440-5377
       Cell:  (814) 392-8126
Erie Golf Club
6050 Old Zuck Road
Erie, PA  16506
(814) 866-0641
Email: chris-denial@live.com
**Use Growing Degree Days to Better Time Your Applications**

1. Monitoring growing degree days can be an effective way to better time applications and increase your weed control. A helpful website (www.gddtracker.net) is available to help you monitor growing degree days for timing herbicide and plant growth regulator applications. What can this website help me with? Need help determining when to apply your preemergence herbicide? Visit www.gddtracker.net

2. Need help estimating when crabgrass is going to germinate in your area? Visit www.gddtracker.net

3. Should I use an amine or an ester this spring to control broadleaf weeds? Visit www.gddtracker.net (I'll also cover this more on tips in the upcoming weeks).

4. When should I apply Embark or Proxy/Primo to my putting greens to regulate annual bluegrass seedheads? Visit www.gddtracker.net

**What is a Growing Degree Day (GDD)?** A growing degree day (GDD) is a method to track the heat units that have accumulated and are needed for plant growth and development. The formula for calculating GDD is:

\[ \text{GDD} = \left( \frac{\text{max temperature °F} + \text{min temperature °F}}{2} \right) - \text{base temperature °F} \]

where the base temperature is normally either 22, 32 or 50 °F but varies based on the model.

For example, if the high today was 74°F and the low was 52°F and we used a base temperature of 50°F, our calculation would be, \( \text{GDD} = \left( \frac{74°F + 52°F}{2} \right) - 50°F = 13 \)

In another example on a cooler day you might have a high of 58°F and a low of 40°F and with a base temperature of 50°F, our calculation would be, \( \text{GDD} = \left( \frac{58°F + 40°F}{2} \right) - 50°F = -1 \). When a GDD calculates to <0, we simply make it a zero and determine that no growth (or plant development) occurred on that day.

Models that help us predict plant development use accumulated GDD which is simply adding the GDD calculated each day and determining how many GDD units have accumulated thus far.

In some cases accumulated GDD can be used to monitor when weeds might germinate or flower or when grasses might produce a seedhead while in other cases accumulated GDD can be used to help optimize application timing such as with preemergence crabgrass applications or the selection of amines or esters for spring broadleaf applications. Research into plant development and optimal herbicide application timing has determined a window of accumulated GDD needed to best predict when to time these applications or when these events might occur.

While it is possible to track your own GDD using a local weather station, an easier way to do this is to use an online tool. The Purdue University Turf Science Program and the Midwest Regional Turf Foundation help provide financial support of Michigan State University Extension’s GDD Tracker, www.gddtracker.net. This website tracks GDD for the Midwest and provides updates for golf courses on timing annual bluegrass seedhead suppression applications, updates for all in the turf industry on crabgrass germination and preemergence herbicide application timing, and updates on broadleaf flowering and the timing of amines and esters for spring broadleaf applications.

Dr. Aaron Patton, Turfgrass Extension Specialist

Monday, March 18, 2013
Your NWPGCSA Board of Directors has been working very hard during the off-season in an effort to improve the value of membership in our association. All of you received a copy of our new “Membership Information & Benefits” pamphlet (pictured below) along with your 2013 Membership Directory. I apologize for any confusion this inclusion may have caused as some members thought this meant they hadn’t paid their dues!

The reason we wanted everyone to have a copy of this pamphlet was two-fold: so you could see all the benefits of your membership and so you could hopefully pass the pamphlet on to a course close to you who is not listed as a member in the directory. Joe Giardina and I went to lunch one day this winter with the express purpose of coming up with a new mission statement, which appears as the first paragraph of the pamphlet and as the first statement on the home page of our website. We really tried to capture, in one sentence, the purpose of our association.

The new Peer Turf Advisory Service is also described in the pamphlet, and our hope is our superintendent and assistant superintendent members won’t hesitate to use this service when a problem or question arises on the course that a “hands-on” visit from a few of your peers may help solve. Joe Giardina is the person to call to set up a visit, and his work number can be found in the directory.

The NWPGCSA Scholarship Fundraiser Raffle is almost over. If you still have some of the tickets (pictured below) to sell or need to return some tickets stubs with the money you collected, please do so by the end of this month. We’ll be drawing the three winners at our June 4th meeting at Whispering Woods Golf Course. This is a very successful fundraiser, but we’d like to get everyone involved, so don’t be surprised to see a few tickets for next year’s raffle included in your 2014 dues notice. Van Smith will be holding his scholarship tournament in a few weeks, and he will continue to do so for as long as he can. However, at some point, the scholarship fundraiser raffle may have to pick up the lost revenue when Van can no longer host his tournament.

The deadline for submitting a turf or non-turf scholarship application is July 1st. Scholarship applications, guidelines, and other forms can all be found and printed off our website, www.nwpgcsa.com, by clicking on “Services” on the homepage. To date, I have not received any applications, but that is not unusual as we all tend to procrastinate. By now, though, finals should be over so this would be the perfect time for your employee who’s a turf student or your child or grandchild who’s just returned from college to complete a NWPGCSA scholarship application and questionnaire.

In closing, let me express how much I enjoy being your executive secretary and newsletter editor. It is truly a labor of love! As I am now in my 13th year as an employee of the association, I feel blessed to have worked with many of you on the board of directors. If any member would like to attend a future board meeting to experience what goes on, just let me know. We work hard, but we have fun doing it!

Julie Powell
CARPENTER BEES

*Xylocopa virginica*

People who complain about bumblebees flying about under the eaves of their homes are probably being annoyed by carpenter bees. Bumblebees are large social bees 1/2 to 1 inch long, with black and yellow or, rarely, black and orange body markings (Fig. 1). Their nests are underground and they spend most of their time traveling between the nest and the flowers from which they obtain food.

Carpenter bees resemble bumblebees in both size and appearance, but are not social insects. They construct their nests in trees or in frame buildings. Most of the top of the abdomen of carpenter bees is without hairs and is shiny black in color. By contrast, the abdomen of bumblebees is fully clothed with hairs, many of them yellow in color. If you see a number of large bees hovering near the eaves of the house or drilling in wood, you have carpenter bees. There is only one species of the large carpenter bees, *Xylocopa virginica*, which is encountered in Pennsylvania.

The male bee is unable to sting. It is the male carpenter bee, which is most often noticed. They hover in the vicinity of the nest and will dart after any other flying insect that ventures into their territory. A common behavior of the males is to approach people if they move quickly or wave a hand in the air. The males may even hover a short distance from people causing unnecessary panic. The female however, is capable of stinging but seldom does. She must be extremely provoked (i.e. handled) before she will sting.

**Economic Importance**

While the damage to wood from the drilling activities of a single bee is slight, the subsequent year’s broods will expand the tunnel through branching activities and may cause considerable structural damage. Additionally, they will commonly defecate on the wall or other item directly below the opening causing stains.

Carpenter bees do not eat wood. They excavate the tunnels for shelter and as chambers in which to rear their young. They usually attack unpainted objects such as doors, windowsills, roof eaves, shingles, railings, telephone poles, and sometimes wooden lawn furniture.

A carpenter bee begins her nest by drilling a nearly perfectly round entrance hole (about 1/2 inch diameter) into the wood. This hole is usually against the grain of the wood. When the tunnel is about one inch deep, the bee turns at right angles to the initial hole and tunnels with the grain of the wood. Bees prefer to attack wood that is greater than two inches thick.

**Life Cycle**

Young adult male and female bees hibernate in the tunnels during the winter. They mate in the spring and set about to clean out and enlarge the old tunnels or to excavate new ones as brood chambers for their young. Each chamber is provisioned with a portion of “bee bread”, a mixture of pollen and regurgitated nectar, which serves as food for the larvae. An egg is deposited on the food supply and each chamber is sealed off. There are typically 6 to 8 chambers created by the female. The larvae that hatch from the eggs complete their development and pupate. Newly developed adult carpenter bees emerge in August, feed on nectar and return to the tunnels to over-winter.

**Management**

Locate the wood in which the bees are active and apply an insecticidal dust directly into nest openings. This is best accomplished by using a duster that will puff the dust up into the tunnel and coat the sides. To avoid possible stings, treat the area at night. Use a flashlight, over which a piece of red cellophane has been taped. The bees cannot see the red light, but you should be able to see the openings. If you must treat during the daytime, use a pyrethrum spray or wasp and hornet spray to knock down any bees flying about. It is advisable to wear protective clothing, gloves,
goggles and a respirator or dust mask because the insecticidal dust will frequently become airborne and may drop down onto you as you dust the tunnel. Launder any contaminated clothing immediately (do not mix with other household laundry items) and take a shower to remove and insecticidal dust. Because of the obvious risks associated with treating carpenter bee holes in eaves or soffits, many homeowners will contract with a licensed pest control company to provide this service. Do not plug the holes immediately! The bees should be able to pass freely through the nest entrance where they will contact the dust and distribute it inside the tunnels. Also any new matured bees will emerge through the openings and contact the dust placed there. It is a good idea to treat in the spring, when bees are first observed, again in mid-summer to kill any bees which may not have acquired a sufficient treatment when they emerged, and a third time in early fall to contact any over-wintering bees occupying the tunnels. In the fall, the holes should be filled with wood putty or wooden dowels and the entire wood surface painted or varnished. Stained wood is not usually protected from attack.

**WARNING**

Pesticides are poisonous. Read and follow directions and safety precautions on labels. Handle carefully and store in original labeled containers out of the reach of children, pets, and livestock. Dispose of empty containers right away, in a safe manner and place. Do not contaminate forage, streams, or ponds.

Steve Jacobs
Sr. Extension Associate
Dept. of Entomology
Reviewed May 2007

Looking for a carpenter bee control without using pesticides?
How about these simple, yet extremely efficient carpenter bee traps?
Check out this YouTube video:  [http://www.youtube.com/watch?v=7g2TRanAkSA](http://www.youtube.com/watch?v=7g2TRanAkSA)

You can build your own traps or order ones like these pictured. Simply go to EBay and type in “carpenter bee traps” in the search box.
Linda Stull (left) and hostess, Kim Loreno at our Summertime Widows Party in January

Brad Chutz (left) and Steve Marofsky (right) were the winners of our Pitch & Putt contest at our April meeting at Tam O’ Shanter GC. In the center is our host, Rick Kerins

Our hole sponsor sign at the Butch & Kathy Marofsky Memorial Golf Tournament at Whispering Woods GC on May 17th

From left to right, Joe Giardina, Jim Powell, Jerry Rice, and Joanne and Jerry Martin guarding the dessert table at our Summertime Widows Party

From left to right, Keith Collier, Wendell Boyd, Jim Powell, and Tom Davies getting ready for their turn in the Pitch & Putt contest at our April meeting

From left to right, Joyce & Miles Sampsel, Lisa & Jerry Rice, and Linda & Dave Stull at the Butch & Kathy Marofsky Memorial Golf Tournament. Other NWPGCSA members at the tournament were Rob Goring (the course superintendent), Brad Chutz, Steve Marofsky, Jon Cuny, and Jim & Julie Powell
As summer descends upon the world, a young Primal eater’s fancy turns to playful frolicking in the sunshine. And when you’re frolicking, the last thing you want to do is slather a bunch of horrible-smelling, greasy, over-priced sunblock all over your body. It makes you slippery and imbues your countenance with a deathly pallor that is very unbecoming. If you could, you’d love to avoid the nasty practice altogether. You’d love to use more alternative methods. Methods that may not have the support of the medical community, but for which supportive research does exist. Seeing as how a common refrain throughout the newly Primal is that sunburns seem fewer and further between than ever before, I’m guessing that there’s something to it. Dietary? Supplementary?

I’ve noticed the same thing in myself and my family, so I got to wondering: what about going Primal, exactly, might be having this effect? And if something is protecting us from the sun, and it’s not just in everyone’s heads, what else can we do to bolster our natural sunblock? What can we recommend to friends and family who aren’t quite on board with the whole deal but still want protection from the sun? Let’s take a look at some potential supplements and dietary strategies. I’ll reference research as often as possible, but I’ll also draw on anecdotal experience, both personal and from the community at large.

**Eat Some Lycopene**

Lycopene, that famous carotenoid found in tomatoes, has been shown in a recent *in vivo RCT* to protect humans against sun damage. Healthy women, aged 21-47, who ate 55 g of tomato paste containing 16 mg of lycopene every day for 12 weeks experienced significant protection against acute – and potentially long term – sun damage. Remember that cooked tomatoes, and tomato products like paste and sauce, offer far more bioavailable lycopene than raw tomatoes. If you’re counting, 55 grams of tomato paste is a hair over 3 tablespoons worth.

**Get Some Astaxanthin**

The super-antioxidant astaxanthin is found in algae, the organisms that eat it, and the organisms that eat those organisms (like salmon, shrimp, and pink flamingo – the pink/red color gives it away). It has been getting some attention as an “internal sunscreen.” Does it stack up? Well, here’s a study on isolated human skin cells, in which astaxanthin definitely protects against UVA damage. And here’s another study on isolated skin cells showing its protective effects. But those are limited. Does the effect persist in real life settings? In other words, does ingesting astaxanthin supplements or food that contains astaxanthin offer protection from UVA? This hairless mouse study suggests that it might; astaxanthin was more effective than even retinol. I’d say it looks promising, and I’m always interested in an excuse to dine on pink flamingo thigh.

**Get Some Vitamin D**

A common anecdotal report is that supplementing vitamin D increases sun tolerance and protection against sun damage, and a recent study seems to confirm this. Various forms of the vitamin D prohormone offered various protections against UV damage in a mouse model: reduced sunburn, lowered incidence of tumor development. Huh, imagine that! Getting sun gives you vitamin D, which in turn protects you from too much sun. It’s funny how these things work out. Nature can be very elegant.

**Get Your Long-Chain Omega-3s and Ditch the Omega-6s**

A recent study out of Australia found that adults with the highest serum concentrations of DHA and EPA had
the least “cutaneous p53 expression.” What’s the significance of cutaneous p53 expression? When your skin is in danger of damage from the sun, p53 expression is upregulated to protect it, and high p53 immunoreactivity can lead to melanoma. The fact that high DHA/EPA meant low p53 immunoreactivity suggests that the omega-3s were protecting the skin. And although the study’s authors noted that high serum omega-6 content didn’t seem to correlate with high p53 activity, I think a likelier explanation is this: omega-6 is so prevalent in the modern Australian diet, that even “low” levels are still above the threshold for increased susceptibility to sunburn. Going higher than that threshold won’t make things any worse, and it won’t show up in the statistics. Drop that omega-6 intake to 2% of calories, though, while getting an equal amount of omega-3s? I bet you’d see some incredible UV-resistance.

Eat Plenty of Saturated Fat

This is slightly redundant in light of the last suggestion – after all, if you’re limiting PUFAs, you gotta eat some saturated fat – but I think it’s worth mentioning. I hear about people bumping up their saturated fat intake and improving their UV-resistance all over the place, and I’ve experienced the same thing myself, but I’d never seen it mentioned in the literature. Well, here’s a cool rodent study in which mice were either given a saturated fat-enriched diet or a PUFA-enriched diet. No word on the exact composition of the two diets. When both groups of mice were injected with melanoma cells, “the initiation time required for visible tumor growth in mice receiving the polyunsaturated fat diet was significantly less than that in mice receiving the saturated fat diet.” A higher-saturated fat diet was protective, while a higher-PUFA diet was not. If you’re gonna be out in the sun, better eat your butter, palm oil, and coconut oil, eh?

Drink Tea

Tea, especially green tea, offers a complex arsenal of antioxidant compounds. How it works and what’s doing it isn’t fully understood, but it’s generally accepted that drinking green tea is a smart move and a mainstay of many healthy traditional cultures. Unsurprisingly, there’s also evidence that dietary green tea, specifically its polyphenols, inhibit the development of skin tumors by controlling inflammation and preventing DNA damage. Topical green tea extracts applied directly to the skin also offer photoprotection.

Get Some Proanthocyanidins

Proanthocyanidins, which can be found in wine and grape seeds, berries like blueberries and chokeberries, nuts like hazelnuts and pistachios, and certain niche grains like sorghum and barley, have been efficacious in preventing UV damage in hairless rodents. Whether it works for hairless apes remains to be seen, but drinking wine and eating berries sound like fine ideas regardless of their photoprotective efficacy. Actually, score one for the hairless apes who quaff wine: a recent study found that people who supplemented with grape seed extract (high in anthocyanidins) had a significantly lower risk of skin cancer. It sounds promising.

Consider Resveratrol

Resveratrol gets a lot of publicity for its possible anti-cancer, cardioprotective, and lifespan enhancing qualities, but it’s also gaining steam as a potential photoprotective agent. This study found that once incorporated into skin cells, resveratrol protected them from UV damage. Topical resveratrol seems viable, too, but I can imagine rubbing resveratrol into your sun-exposed skin would get expensive rather quickly.

Well, that’s what I came up with. I think the first four appear to be the most effective, but if you have a real problem with burning, it might be worth checking out all the strategies I mentioned. I’m also interested in what’s worked for you. Have you tried the above methods? Did they work? Fill us in and thanks for reading!