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WHICH SUNSCREEN IS SAFE FOR ME AND THE ENVIRONMENT?

March is already here and, while the rest of the county is still dealing with snow and cold, South Florida boasts beautiful weather with warming waters. The beaches swell with locals, tourists, and lilly white college students on Spring Break.

Research indicates that 1 in 5 people will develop skin cancer in their lifetime and about 95 percent of melanoma cases are attributable to UV exposure. Skin cancer prevention starts with proper sun-protective methods, namely sunscreen. Recent controversies regarding sunscreen safety have raised many questions. So, are sunscreens safe and which should you use?

Sunscreens are divided into two classes: the chemical absorbers and the physical blockers. Chemical sunscreens contain ingredients such as oxybenzone, avobenzone, octisalate, octocrylene, homosalate, or octinoxate. Physical sunscreens, known as mineral sunscreens, contain zinc oxide and titanium dioxide and are excellent for those with sensitive skin.

Oxybenzone has recently been in the news and may have harmful effects on coral and marine life. A Key West ordinance is set to go into effect next year to block the sale of chemical sunscreens. At the time of writing this article, the Florida Senate has passed a bill to block local government bans on sunscreen. While this controversy continues, what most people don't realize is that the vast majority of oxybenzone found in seawater comes from industrial runoff and leaching plastics.

You may choose to not use a chemical sunscreen but then what options do you have to protect yourself from the sun?

Dr. Villacorta recommends a physical sunscreen with SPF30 or greater which blocks 97 percent of UV light and has not been found to cause any harm to the environment. Reapplication is needed as sunscreens begin to break down and lose their blocking properties after 2-3 hours. For those spending most of their time outdoors, Dr. Villacorta also recommends UV protective clothing while enjoying your favorite outdoor activities.

Please send your dermatology or skincare questions to timeforyourskin@galtdermatology.com for more in-depth discussions on future columns.

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Flagler Village, Sistrunk Evolve into Foodie Haven with Trendy New Restaurant Arrivals

By Jaime Sturgis

When chefs Mike Hampton and Christy Savoy decided to return their beloved Hot & Soul comfort-food concept to Fort Lauderdale after a two-year hiatus, they seized the opportunity to establish a presence in the fast-growing Sistrunk neighborhood just north of Flagler Village.

Hot & Soul is set to open this fall on the ground floor of the brand-new Six13 apartment project at 613 NW Third



Ave. Native Realty finalized the restaurant lease in February. Hampton and Savoy, the husband-and-wife chefs, will draw on their time spent working in New Orleans to serve Creole and Cajun classics and a few Southeast Asian offerings.

In reporting the Hot & Soul news, the Sun Sentinel referred to Flagler Village as an "art-foodie district." This description is not hyperbole, as evidence by trendy new arrivals including:

- Mitch's, a fast-casual spinoff of the popular Mitch's Westside Bagels in Weston on the ground floor of the mixed-use Motif development at 500 N. Andrews Ave. in Flagler Village
- Heritage Restaurant, an upscale Italian restaurant concept backed by Stellar Revival lead singer Rino Cerbone's Cerbone Hospitality. Heritage opened in mid-February at Flagler Village's mural-adorned The Hive building
- Chick'nCone, the New York fast-casual concept and viral sensation opening soon at The Hive

These exciting new offerings complement other recent food-and-beverage additions to the neighborhood, such as Invasive Species Brewing, JB&C and Wells Coffee. As 2020 progresses, expect a slew of other restaurants to follow their lead and take Flagler Village's burgeoning foodie scene to the next level.

Born and raised in the Idlewyld neighborhood, Jaime Sturgis is CEO of Flagler Village-based Native Realty. He can be reached at (954) 595-2999 or js@nativere.com.