

FREESTATE HAPPY WANDERERS

Last Issue: we urged everyone about Hydration
 —This issue— Preparation for Warm Weather



Rite Aid Sunscreen Lotion, Sport, SPF 50, 8 fl.oz. (237)

SPF Women's Hat

SPF Men's Hat

Cool Down Neck Scarf

Freestate Happy Wanderers

doesn't endorse any products. These are merely examples of things walkers prudently choose to use..



Beverly DiMenna is making custom water bottle carriers and selling them at folks -prices. Contact her if you are interested in ordering one. She can be reached at:

Bidimenna@verizon.net

We've all heard that protecting skin from the sun will help prevent it from aging. But you're already older, is there any point to worrying about sun damage? People in their 60's plus may not be as concerned about young looking skin, but studies have shown that older skin is less able to protect itself. Men, you need to get in the habit of moisturizing your skin. Ladies, hats are a desirable sun protection. Add a yearly inspection by a dermatologist



THIS Is What That Extra Shoelace Hole Is For!

After all these years of tying a shoe, it's funny how we never knew about the extra holes.

THIS Is What That Extra Shoelace Hole Is For!

Read more at <http://www.sunnyskyz.com/happy-videos/2365/THIS-Is-What-That-Extra-Shoelace-Hole-Is-For-#9wCDEvgPtLg2Yuhg.99>

Thanx to Linda Hassell for helpful contributions to this page.



Wendy Baumgardner is our walking diva and super AVA walker

<http://walking.about.com/od/suncare/a/sunscreentips.htm>

<http://walking.about.com/cs/beginners/a/blhowprepare.htm>

You will find her a wealth of valuable information and advice for all levels of walkers.

She shares her bio at <http://walking.about.com/bio/Wendy-Bumgardner-61.htm>

We need to walk throughout the week -not just weekends. Be sure to let someone know where you are going and your itinerary. Carry water with you. Try to walk with a buddy. Call the YRE POC about the trail if it is more than an hour's drive away from home. Have fun and read the historic signs and enjoy the zeitgeist of the trail.