

The Next Shot™



"The most important shot in golf is the next one." -- Ben Hogan

American Singles Golf Association

June 7, 2016

Current and Past Issues at SinglesGolf.com/TheNextShot

ASGA in Spain — September 17 - 28, 2016

We have 92 signed-up and paid / or paying. We've got a good group of people on this trip and there's STILL room for you!

Eleven nights - play Valderrama as an optional course - food, transportation included. We'd like to get our numbers up to 110 if possible.

Plenty of room for you on this memorable trip.

SinglesGolf.com/Spain is where you need to go for more details, but here is some general info:

Dates: Leave the USA on 9/16/16, arrive next day in Madrid. 11 nights / 12 days. **Where:** Madrid, Costa del Sol, Seville. **Golf:** Four rounds included. **Payment:** Prices

vary based on whether you room by yourself or with a roommate, play Valderrama, etc. Spread your payments over four months. But you need to really get to the website for the details. And before you ask, airline fares are not included.



Multi-Chapter Events — Denver and Beyond

Head West, golfers! Denver is the place to be this August. Our Denver Chapter is hosting its Rocky Mountain High / Fairways to Heaven Multi-Chapter Event Weekend, August 12-15. Having been to two of these events, I can attest to the fact that the hard-working members of this chapter put on a first class show with some great golf courses, food and added events. Prices start at \$495.



SinglesGolf.com/RockyMountainHigh is the site you need to go to for more details and the official registration form.

Here's the Beyond Part. We're looking at heading to Hilton Head for our Fall "Battle at the Beach," post-New Year's at Sawgrass (where the Stadium course would be an optional round) in Ponte Vedra Beach, FL and The Resort at Glade Springs (WVa) for Memorial Day weekend. Kingsmill Resort reneged on their offer to give us a proposal. Those things happen. We put these "possibilities" out to you ahead of time to get your input on them. Nothing firm yet so don't purchase your airline ticket yet.

And much-talked-about . . . many members have asked about a river cruise. Since 2000, river cruises have grown in popularity by 11% per year each year. One issue, of course, is that river cruise ships have a much smaller number of cabins than cruise ships. 60-75 cabins versus 2-3000! So, if / when ASGA decides to do a river cruise, we believe it will sell-out fast. The interest is there; details forthcoming.

In the meantime, if you have done a river cruise and want to jot us a note about a) things to watch for, b) things to watch out for,

c) what really impressed you and d) which river cruise company did you use. Then please pass those thoughts along to us by going to SinglesGolf.com/ContactUs and we'll be happy to use that information to make our river cruise(s) in the future even better.

Sports Authority Bankruptcy: Golf Deals?

Looking to replace some (or all) of your failing golf equipment? Putter on vacation? Shy driver? Socks don't match?

Sports Authority is going out of business. And it appears Dick's Sporting Goods will take over a number of store leases once approved by the bankruptcy court. So keep your eye open for deals in your area. Not all stores will be on the same timetable. For more details, go to SinglesGolf.com/SportsAuthority

Is Your Sunscreen What It Says It Is? New Report from Consumer Reports is Alarming

One-hundred percent of the golfers we know of play golf outside (or at least the first 18 holes). And realize the older we get, the more conscious we are about our health, skin care and, well, looking good. And use of a good sunscreen is our best weapon to ward-off those dangerous rays coming from above, especially since it's difficult to use an umbrella while playing golf.

But did you know that more than 40% of sunscreens tested by *Consumer Reports* experts don't live up to their SPF claims, according to the organization's annual report on the products.

Twenty-eight of the sunscreens did not deliver the promised SPF level, says Trisha Calvo, CR's deputy editor of health and food. And two products claiming an SPF of 50 actually weighed in with an SPF of 8, according to test results.

This year's report includes ratings of lotions, sprays, sticks, and facial sunscreens, and reviews both adult and children's formulas. It also includes commonly asked questions about sunscreens, such as what SPF (sun protection factor) and "broad spectrum" are. It will be published in the July issue of *Consumer Reports* magazine.

Seventeen Sunscreens Earned a Spot on the Organization's "Recommended" List.

"I think there are a lot of really good sunscreens on the market," Calvo says. The testing uses volunteers who soak in water after the sunscreens are applied, and then have their skin exposed to UV light. The Personal Care Products Council, a group that includes sunscreen makers, questioned the process and say that their products meet FDA requirements and their own testing.

2016 Sunscreen Winners & Losers

Two products earned a perfect score: La Roche-Posay Anthelios 60 Melt-in Sunscreen Milk lotion, with an SPF of 60, and Trader Joe's Spray with an SPF of 50-plus. It's priced at \$7.20 an ounce. The Trader Joe's spray is \$6 for 6 ounces.

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The other 15 making the recommended list are:

- Pure Sun Defense SPF 50 Disney Frozen, at \$.79 per ounce
- Coppertone Water Babies SPF 50, at \$1.31 an ounce
- Equate Ultra Protection SPF 50, at \$.49 an ounce
- No-Ad Sport SPF 50, at \$.63 an ounce
- Ocean Potion Protect & Nourish SPF 30, at \$1 an ounce
- Aveeno Protect + Hydrate SPF 30, at \$3.33 an ounce
- Banana Boat Sun Comfort Continuous Spray SPF 50+, at \$1.67 an ounce
- Neutrogena Beach Defense Water + Sun Protection SPF 70, at \$1.62 an ounce
- Caribbean Breeze Continuous Tropical Mist SPF 70, at \$2.77 an ounce
- Equate Sport Continuous Spray SPF 30, at \$.83 an ounce
- DG Body Sport SPF 30 (spray), at \$.88 an ounce
- Coppertone Kids Stick SPF 55, at \$9.17 an ounce
- Up & Up Kids Stick SPF 55, at \$5.83 an ounce
- Avon Sun + Sunscreen Face Lotion SPF 40, at \$3 an ounce
- Up & Up Ultra Sheer SPF 30 (facial sunscreen), at \$1.73 an ounce

The sunscreens tested included both mineral and chemical types. Mineral sunscreens, with ingredients such as titanium dioxide and zinc, were less likely to meet their SPF claims than chemical sunscreens, with ingredients such as avobenzone, Calvo says. Looking back over 4 years, the researchers found that 26% of mineral sunscreens tested met their SPF claim, compared to 58% of the chemical ones.

While the FDA requires sunscreen makers to test their products, in most cases it doesn't require them to submit their results to the agency.

Sunscreen Industry Weighs In

Consumer Reports' testing process may not have followed the same steps required by the FDA, Beth Lange, PhD, chief scientist at the Personal Care Products Council, says in a statement.

Two products that fell far short of their claimed SPF include Banana Boat Kids Tear-Free, Sting-Free Lotion SPF 50 and CVS Kids Sun Lotion SPF 50. Both tested at an SPF of 8.

CVS spokesman Michael DeAngelis says the company and an independent third party re-tested

the product, using industry standards and FDA methods. "There is absolutely no indication that our product has an SPF lower than 50," he says.

Edgewell Personal Care, maker of Banana Boat and Hawaiian Tropic products, says in a statement that "all of our sun care products undergo rigorous testing for SPF, broad spectrum and water resistance during product development; are appropriately labeled for SPF; and meet our own specifications as well as relevant FDA regulations."

Bottom Line

The disparity between claimed SPF protection and tested SPF is a "cause for real concern," says Tim Turnham, PhD, executive director of the Melanoma Research Foundation.

The report "raises very important points about the importance of SPF as well as the importance of broad-spectrum UVA protec-

tion as a means to reduce the risk of skin cancer and to minimize premature skin aging," says Elizabeth K. Hale, MD, senior vice-president of the Skin Cancer Foundation.

Buying sunscreens with SPFs higher than 30 may be a good idea, Hale says, to compensate both for products that fall short of their claims and for the tendency to under-apply sunscreens.

"The best sunscreen is the one you will use," Turnham says. If you choose a spray, "you have to be sure you have good coverage. You should avoid inhaling it. And be careful with kids and sprays. If you are concerned, spray it on your hand and rub it in."

The FDA has warned against using sunscreen spray on children until they do more testing.

Also make sure to put on enough sunscreen -- about a shot-glass full for your entire body if you're in a bathing suit. Reapply every 2 hours or sooner if you're sweating or swimming, the American Academy of Dermatology says.

(Our thanks to WebMD.com for this information!)

Golf Channel Commercial

So next year we "move out of the basement." Oops, that's my kid's instruction when they turned 25!

To many of us, 25 was just "yesterday." I've placed a lot of thought on what can we do different next year, what can we do to make the best of this anniversary and what can we do to have the best and positive impact on you personally.

No doubt, many of our members are happy with their single status. Some might be seeking marriage and/or permanent companionship. Wherever your place in life, we know that having friends, close friends and acquaintances, is much better than not having either. So I look at that as the most important benefit of this organization. It's not the discounted golf or even the number of golf events we offer to our members, it always seems to come down to meaningful relationships with others. So please feel free to be "open and candid," passing along ways we can improve this great organization. We're not going to pay your green fees but hopefully your membership means more to you than just the golf. Just click on the "Contact Us" link below to pass along your thoughts!

-- Tom Alsop, President / Founder
American Singles Golf Association (ASGA)
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Upcoming Multi-Chapter Events SinglesGolf.com/events

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