

# Be Sun Wise.



Glenna Kohl, a 2001 graduate of Barnstable High School, was known for her smile, her positive outlook on life, and for her three-year battle against melanoma which she fought relentlessly until succumbing to the disease at the age of 26. In her honor, and to continue her efforts to raise awareness about the dangers of melanoma, Kohl's friends and family launched the Glenna Kohl Fund for Hope, Inc a 501(c)(3) public charity in 2009.

Our organization strives to remember Glenna both as a friend and an example. Not a day goes by that Glenna is not remembered for the way she fought for her life and her beliefs, always with a smile on her face. Glenna was an outdoor girl and self-proclaimed sun enthusiast from a very young age. However, Glenna's seemingly healthful lifestyle had its consequence: upon graduation from Salve Regina, she was diagnosed with Stage III melanoma. We recognize that with increased awareness of the harmful risks of sunlight, Glenna's suffering may have been avoided. We are now dedicated to carrying Glenna's fight for hope and bringing awareness of the dangers of melanoma and the importance of early detection for the prevention of this deadly disease. Through fund raising events and activities, we are raising people's consciousness regarding the consequences of overexposure to the sun and indoor tanning beds.

Most people agree that summer on Cape Cod means spending as

much time outdoors as possible. But rarely do we estimate the amount of sun exposure we are receiving, believing that over-exposure only happens while engaged in a day at the beach. How often are we surprised that we got "too much sun" while engaged in everyday activities? Those two hours of driving with our arm out the window, the hour mowing the lawn in a sleeveless shirt or a half-day gardening without a wide-brimmed hat can contribute directly to serious skin damage, and possibly skin cancer, later. Glenna wanted people to know that skin cancer is largely preventable. And she learned too late what it means to be "sun wise" - avoiding sunburns and tanning beds, generously applying sunscreen, wearing protective clothing, seeking shade, checking the UV index and getting Vitamin D through food and supplements rather than the sun. It's not too late for others to learn.

Glenna was one of Barnstable's most devoted lifeguards, watching over Dowses Beach in Osterville for five summers, loving the sun and guarding others before herself. She spent 40 hours each week, during peak sun hours, directly exposed to the harmful effects of the sun even on overcast days. One of our specific missions has been to construct shade canopies for lifeguard stands on Cape Cod and to provide sunscreen dispensers at all public beaches.

For more information about our mission and efforts, please visit [www.glennasfund.org](http://www.glennasfund.org).



The Glenna Kohl Fund for Hope is a 501(c)(3) public charity established in 2009. Our mission is to carry on Glenna's fight for Hope of bringing awareness of the dangers of melanoma and the importance of early detection for the prevention of this deadly disease. For more information about our efforts, visit [www.glennasfund.org](http://www.glennasfund.org).

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