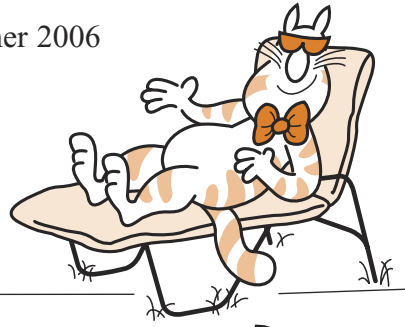


CAT TALES™

Summer 2006



Screening out the sun...

If you're heading out for fun in the sun, don't forget to slather on some sunscreen before you go. Even if you don't get a painful sunburn, too much sun can be harmful to the skin.

Sunscreens come in bars, creams, and sprays; in waterproof, oil-free and coloured varieties. Some even have sparkles in them!

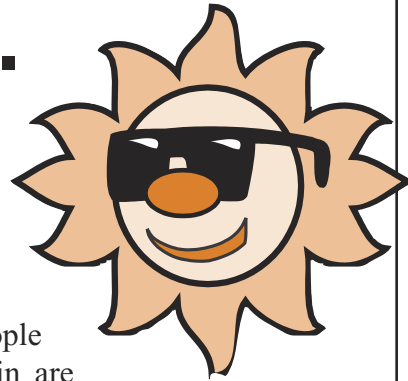
SPF stands for "Sun Protection Factor" and is a measure of how well the sunscreen blocks sunlight from harming your skin. The higher, the better, although even an SPF of 10 blocks most light. Sunscreens should protect against both UVB and UVA light, which is the kind of light that can cause burns.

On average, about every two hours spent in the sun should be followed by putting

on more sunscreen, but if you've been swimming or sweating a lot, you should put it on again. People with lighter skin are more prone to getting sunburns, and should use a higher SPF, and reapply sunscreen more often.

The sun's rays can be just as hard on your eyes as they are on your skin, but you can't put sunscreen on your eyes. Make sure you wear sunglasses. The best kind have a UV filtered lens.

If you do wind up with a sunburn, put on some aloe vera lotion, try to avoid clothing that will rub up against it, and even though it's tempting, try not to pick at it.



FAT CAT® JOKES

Q. What do you call a minor bird accident?

A. A feather bender!

Q. Why did the duck go RRRING - RRRING?

A. He got a phone bill!

Q. What did the little bird say to the big bird?

A. Peck on someone your own size!

Q. What do you call a formal dance for ducks?

A. A fowl ball!

Q. Why did the pigeon need to get out?

A. She was cooped up all week!

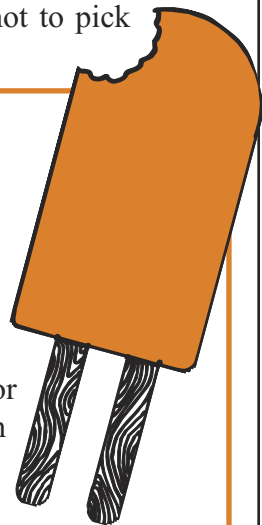
Q. Which bird would you choose to build a bridge?

A. A crane!



Frozen treats can help beat the heat

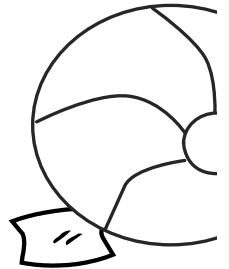
Not only can you make fruit juice popsicles this summer, if you're in the mood for another kind of frozen treat lay out some slices of fruits like bananas, apples, oranges, and whole berries on a wax paper covered tray and place it in the freezer. You can also take individual cups of yogurt and turn them into frozen yogurt pops by placing popsicle sticks in the cups and freezing them.



FAT CAT® Fun Page



Use your creative talents to colour these ducks, who have found a way to beat the summer heat. When you're keeping cool this summer, remember to drink lots of water. The summer heat can dehydrate you more quickly than you might think. Don't wait until you're thirsty!



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