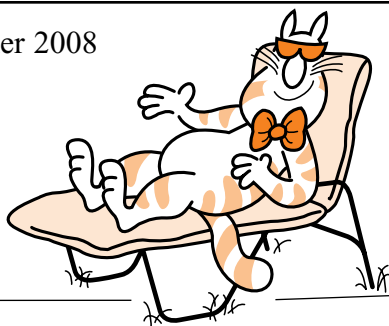


CAT TALES™

Summer 2008



Summer safety in the sun...

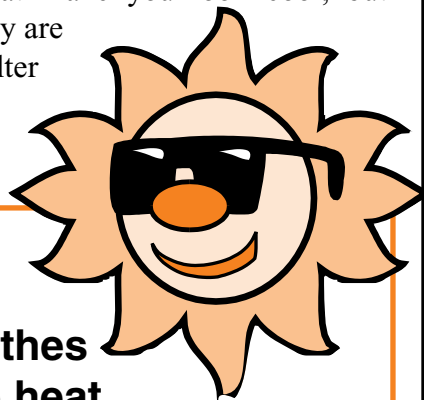
Sunscreen is perhaps the most important item in your summer wardrobe – the one thing you should wear every time you go out in the sun. Not only will it help prevent a painful sunburn, but it will also protect your skin from the non-burning rays of the sun.

Sunscreens come in sticks, roll-on gels, creams, sprays, and wipes; in waterproof, oil-free and coloured varieties. Some even have sparkles in them!

SPF – “Sun Protection Factor” – describes how well sunscreen blocks light that can harm your skin. The higher the SPF, the better it blocks the harmful rays of the sun. A good sunscreen protects against both UVB and UVA, which is the kind that causes burns.

About every two hours you spend 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 right away. People with lighter skin are more prone to getting sunburns, should use a higher SPF, and need to 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. Choose sunglasses that make you look cool, but make sure they are designed to filter out the sun's harmful UV rays.



FAT CAT® JOKES

Q. What kind of weather do birds like best?

A. Fowl weather!

Q. Where do birds play professional baseball?

A. In the mynah leagues!

Q. How can you tell a miser from his pet canary?

A. One is cheap,
the other
a little cheeper!

Q. What would you
name a parrot
made of plastic?

A. Polly-Esther!

Q. Did you read the story
about the emperor who bought a nightingale?

A. Yes, he got it for a song!



Loose, layered, light clothes beat the heat

When dressing for an outing in the summer sun, wear loose, lightweight clothing in layers to stay cool and comfortable.

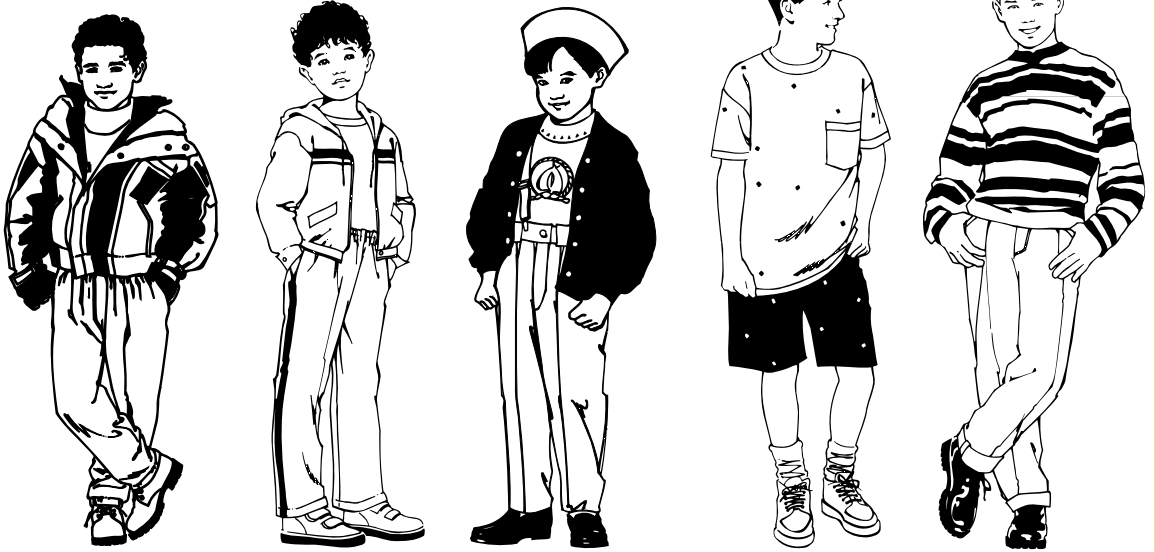
Wearing loose clothing lets air circulate between your skin and clothes, which helps evaporate sweat – nature's air conditioning mechanism. Putting on several layers of light, loose clothes lets you take some off when you start feeling the heat, and put some back on when you cool down, so you can regulate your temperature.

Cotton is one of the coolest fabrics to choose for summer heat because it comes in light weights, lets your body heat escape and absorbs sweat, which helps keep you cool.

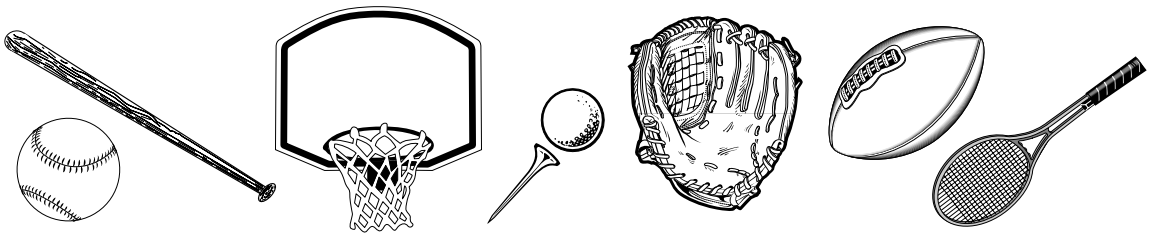
FAT CAT® Fun Page



These five boys are getting ready to meet their friends at the park. Which boy do you think has chosen the most comfortable clothing to wear to play baseball on a hot summer day? Colour all the boys!



Now that you've picked the boy best dressed for a summer baseball game, choose some items he can take to the game. Draw a line connecting all the items he can use to the boy.



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