



The Mini Page

Next Week:
Our states:
Ohio

Issue 20, 2024

Founded by Betty Debnam

Safe in the Sun



Mini Fact:

Try to apply sunscreen at least 15 minutes before you go outside.

What is SPF?

Most sunscreens are labeled with an **SPF** number. This stands for Sun Protection Factor. The U.S. Food and Drug Administration recommends that people use sunscreens with SPF 15 or higher. (SPF 15 means that you can stay out in the sun without burning 15 times longer than you could without protection. A higher SPF number means the sunscreen has a higher level of protection.)



Experts also recommend a sunscreen that protects against "broad-spectrum" radiation (both UVA and UVB rays).

Inside fun

When the sun is strongest, don't forget about all the fun you can have indoors. Here are some ideas for keeping your cool during the sunniest part of the day:

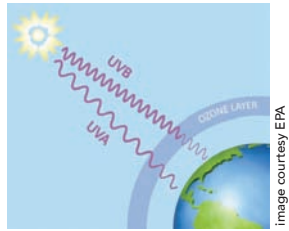
- Visit the library. Most libraries have summer programs for kids. Or just browse for a good book and find a cool place to read.
- Take a trip to a museum. Explore the exhibits, go on a tour, or take a class for kids.
- Contact your fire department and arrange a tour for you and your friends.
- Make cookies and a big jug of lemonade and play a board game.
- See a movie.

Are you going to be exploring outside, swimming or playing sports this summer? If you'll be out in the hot summer sun, it's important to protect your skin from sunburn. This week, The Mini Page learns more about being safe in the sun.

What is UV light?

Ultraviolet, or UV, radiation comes from the sun. Our eyes can't see this light, but these are the rays that can burn our skin when we're in the sun too long.

There are several types of UV radiation, but only UVA and UVB rays reach the surface of the Earth.



You may have heard someone announce the UV Index on the news or weather report. The index is a prediction of the intensity level of UV light in a certain region.

For example, if it's cloudy in your city today, the UV Index will be lower than in another town where the sun is shining.

The UV Index is a scale from 1 to 11+, where 1 represents a slight risk of too much exposure to the sun and 11+ tells us that the risk is very high.

Earth's protection

The Earth has a protective layer of gas called **ozone** surrounding it. It acts like a screen to help shield us from the sun's damaging rays by absorbing and filtering

them before they reach the surface of the planet.

But the ozone layer has been damaged by some chemicals that have been released into the air over many years. In some parts of the world, the ozone layer has become thinner.

Beginning in the 1980s, many of the world's governments agreed to limit the use of chemicals that hurt the ozone layer. The Environmental Protection Agency predicts that the ozone layer will be completely recovered by 2065.

But remember, the sun's damaging rays still reach us on Earth.

Staying safe

People who need to be extra-careful about sun exposure are those who have:

- pale skin
- blond, red or light brown hair
- a family member who has had skin cancer.

But skin protection is important for everyone. The EPA advises people to:

- Limit time in the sun, especially between 10 a.m. and 2 p.m.
- Wear clothing that covers the skin — long-sleeved shirts, pants and broad-brimmed hats.
- Reapply sunscreen at least every two hours.



Bowling is a fun indoor activity when the sun is strong.

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Resources



On the Web:

- kidshealth.org/en/kids/summer-safety.html
- epa.gov/sunsafety

At the library:

- "Sophie the Sun-Safe Surfer" by Dr. F.E. Frater

Try 'n' Find

Words that remind us of sun safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



COOL, EARTH, INDEX, INSIDE, LAYER, LIBRARY, MOVIE, MUSEUM, OUTSIDE, OZONE, PLAY, POOL, RAYS, SAFETY, SPF, SUNBURN, SUNSCREEN, SWIM, ULTRAVIOLET.

S U H K Z E H H L K M P S F O
 U L T R A V I O L E T X E I U
 N G K E I V O M H T R A E N T
 B S C Q J C M U E S U M Z D S
 U Y K I R A E O Y A L P H E I
 R A F E Y R A R B I L O G X D
 N R Y E N O Z O H E K O A U E
 S A F E T Y S W I M J L Q P V
 L M H E O Y J P E D I S N I O
 A S P F S U N S C R E E N R Z

Cook's Corner

Cinnamon Graham Treats

You'll need:

- 10 to 12 whole cinnamon graham crackers (1 sleeve from box)
- 1/2 cup butter
- 1/4 cup brown sugar

- 1/4 cup white sugar
- 1 teaspoon cinnamon
- 1 cup pecans, chopped



What to do:

1. Break graham crackers in half; arrange with edges touching in 10-by-15-inch baking sheet.
2. Melt butter in separate pan over medium heat. Stir in sugars, cinnamon and pecans.
3. Cook 5 minutes, stirring frequently.
4. Pour sticky mixture evenly over graham crackers.
5. Bake in a 375-degree oven for 12 minutes.
6. Cool before serving. Serves 8.

* You'll need an adult's help with this recipe.

Mini Jokes



- Sunny:** What would we call Frosty the Snowman if he had a sunburn?
Sherman: A puddle!

Eco Note



Intense winter storms this year have caused hundreds of starving guillemot seabirds to fall dead onto France's Atlantic beaches. Environmental advocates say the rough conditions prevented about 500 of the birds from feeding, leaving them exhausted before falling to the beaches and dying. A member of Sea Shepherd France says such deaths happen each winter, but not on the scale of recent weeks. "Climate change is an indirect cause as it increases the frequency and intensity of storms," said French National Center for Scientific Research scientist Jerome Fort.

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For later:

Look in your newspaper for ads for sunscreen and other summer necessities.

Teachers: Follow and interact with The Mini Page on Facebook!



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1. Fabric covering a folding frame of rods (8-letter noun)

□ □ □ □ □ □ □ □

2. Keep safe from harm or injury (7-letter verb)

□ □ □ □ □ □ □

3. Preparation put on skin to prevent UV burns (9-letter noun)

□ □ □ □ □ □ □ □ □

4. Eyewear for use in bright light (10-letter plural noun)

□ □ □ □ □ □ □ □ □ □

1. Tomas raised an _____ for shade against the hot sun.
2. Julie always wears a thick liquid to _____ her skin.
3. Meg uses _____ to avoid serious sun damage.
4. Mike wears _____ outside on bright days.

ROOTONYM®

by Jan & Carey Orr Cook



Study the definition. When you know the missing word, fill in the letter boxes and the sentence blanks.

Answers: Umbrella, Protect, Sunscreen, Sunglasses.

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