



## Safe in the Sun



**Mini Fact:**  
The largest organ of the human body is your skin!

If you've been out in the hot sun this summer, your skin may have turned red or brown where the sun's rays touched it. Sunshine helps our bodies produce vitamin D, and experts say sunlight makes our moods happier.

But exposure to the sun's rays can also damage our skin and cause some health problems. 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.

Have you ever 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.



UV rays are partially filtered by the ozone layer, a protective layer of gas around the Earth.

### Skin and sun

Exposure to UV light is the biggest risk factor for skin cancer. But we can easily prevent damage to our skin from the sun and lower our chances of getting skin cancer.

Researchers believe that getting sunburns in childhood increases a person's risk of having skin cancer. So it's important to take care of your skin now and throughout your life.

### Staying safe

Even though we think of summer as the sunniest time of the year, the sun's rays strike us all year long. If you plan to be out in the sun for any length of time, use sunscreen.

People who need to be even more 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 Environmental Protection Agency advises people to:

- Wear clothing that covers the skin — long-sleeved shirts, pants and broad-brimmed hats.
- Reapply sunscreen at least every two hours.
- Wear sunglasses.



Limit time in the sun, especially between 10 a.m. and 4 p.m.



Bowling is a cool indoor activity that you can do during the sunniest hours of the day.

U.S. Air Force photo by Tommie Horton

### Indoor fun

On the hottest, brightest days, it may be a good idea to find fun inside. Here are some ideas for keeping your cool during the sunniest part of the day:

- Visit the library. Most libraries have many summer programs for kids. Or you can just browse for a good book and find a cool place to read.
- Take a trip to a cool 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.
- See a movie.

### Slip, Slop, Slap & Wrap!

The EPA suggests an easy way to remember to take care of your skin:

- SLIP on a shirt.
- SLOP on sunscreen.
- SLAP on a hat.
- WRAP on sunglasses.
- SEEK shade.

### Resources



#### On the Web:

- [bit.ly/MPUVindex](http://bit.ly/MPUVindex)
- [bit.ly/MPUVinfo](http://bit.ly/MPUVinfo)

#### At the library:

- "Tell Me Why I Get Sunburned" by Katie Marsico

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## 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:

BURN, CANCER,  
DAMAGE, EXPOSURE,  
EYES, FUN, HAT, INDEX,  
INDOOR, INTENSITY,  
LIGHT, MOOD,  
OZONE, RADIATION,  
SAFETY, SHIRT,  
SKIN, SUNSCREEN,  
ULTRAVIOLET, VITAMIN.

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



## Cook's Corner

### Eggcellent White Omelet

#### You'll need:

- 1/3 cup liquid egg whites from carton
- 1 tablespoon whipped cream cheese
- 3 cherry tomatoes, cut into quarters

- salt and pepper to taste
- 2 tablespoons salsa (optional)



#### What to do:

1. Spray a small skillet with cooking spray.
2. Pour egg whites into skillet. Turn stove to medium heat.
3. Spoon cream cheese in a thin line in center of egg whites.
4. Add cherry tomatoes; sprinkle with salt and pepper.
5. Cook until edges set; flip one side over to form small omelet.
6. Serve with salsa on top. Serves 1.

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

## 7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. feeling when you're scared (4) \_\_\_\_\_
2. curved, yellow fruit (6) \_\_\_\_\_
3. one type of tracks (8) \_\_\_\_\_
4. what your shirt is made of (5) \_\_\_\_\_
5. not very wide (6) \_\_\_\_\_
6. where water leaves the sink (5) \_\_\_\_\_
7. wind instrument (5) \_\_\_\_\_

AR	FL	OTH	BA
RAI	ROW	DRA	UTE
AD	NA	FE	LRO
IN	NAR	CL	NA

Answers: fear, banana, railroad, cloth, narrow, drain, flute.

## Mini Jokes



**Sam:** What would we call Frosty the Snowman if he had a sunburn?  
**Suki:** A puddle!

## Eco Note



A new species of "exploding ants" has been discovered in the remote rainforests of Borneo, Thailand and Malaysia. The insects give their lives in selfless acts that produce a burst of toxic yellow goo to kill invaders. "When threatened by other insects, (the ants) can actively rupture their body wall," said lead researcher Alice Laciny of Austria's Natural History Museum. "The 'explosion' releases a sticky, toxic liquid ... to either kill or hold off the enemy."

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### For later:

Make a list of the indoor activities you could do this summer. Share it with your family.

**Teachers:** For standards-based activities to accompany this feature, visit: [bit.ly/MPstandards](http://bit.ly/MPstandards). And follow The Mini Page on Facebook!



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