



summer 2015



Buddy Bear Goes to the Fair

It's summer! Time for water fights, baseball, and sunscreen. Anytime you are out in the sun, be sure to wear plenty of sunscreen to protect your skin. And the next time you are by a St. Helens Community branch, stop by and make a deposit. You will get a cool prize every time.

See You at the Fair

Everyone is going to be at the Columbia County Fair & Rodeo. I will be there too. Be sure to find me wandering around the fair. My favorite spot is the St. Helens Community photo booth.

Best summer ever,

BUDDY BEAR

Buddy Bear
Cub Club President



Summer Word Search

Find all of the hidden summertime words.

- BASEBALL
- FUN
- BARBECUE
- SUNSHINE
- TRIP
- WATER
- HAT

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

Parents' Corner

Unlocking the SPF Puzzle

We all love a nice sunny day. But we all know that the sun's rays can be harmful – especially for our kids. When looking at sunscreens, you'll notice a lot of SPF (Sun Protection Factor) numbers. These numbers range from 15 to 100. This number indicates the protection it provides against ultraviolet B (UVB) rays that cause sunburns, as well as UVA rays that can cause cancer.

The higher the number on those bottles, the more protection you will get. But did you know those numbers correspond to the amount of time the sunscreen protects you?

For your kids, let's assume their skin will start to burn after 10 minutes without any sunscreen. That is their natural protection from the sun. With SPF 30, they would get 30 times their own natural protection. Therefore, they should be able to be in the sun for five hours wearing SPF 30. With SPF 100, they will get 100 times their own natural protection. However, the experts say you should reapply sunscreen every one to two hours – especially when sweating or swimming.

Even if the sunscreen clearly states that it is waterproof, doctors urge parents to reapply sunscreen often. According to the experts, reapplying sunscreen is the best defense against skin damage. In our summertime heat and blazing rays, it's good advice that's worth taking.

Fair Fun Close Up

Can you guess these fun fair items?





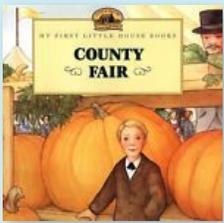
Buddy's World Records

Tallest Ferris Wheel

The first Ferris wheel was built in 1893 in Chicago. The world's biggest Ferris wheel is in Las Vegas. It's called the High Roller. It reaches a height of 550 feet, which is nearly as tall as the Washington Monument in Washington D.C.

Buddy's Books

You'll find thousands of great books like these at your nearby library.



Ages 4-8

County Fair (My First Little House)

by Laura Ingalls Wilder

Almanzo is excited to visit the country fair, see the races, and try all the good food. But most of all, he wants to see what the judges think of his special pumpkin.



Ages 8-11

Charlotte's Web

by E.B. White

Follow the adventure of an affectionate, sometimes bashful pig named Wilbur as he gets to know a special spider named Charlotte. Their friendship will change the fair forever.

Fair FunClose Up

Did you guess cotton candy, Ferris wheel and cow?



County Fair Sun Catchers

Have fun making a fair themed sun catcher.

Supplies:

- Clear contact paper
- Paper scraps (tissue paper, magazine pages, ribbon)
- Construction paper
- Scissors
- Markers
- Tape

Instructions:

1. Tear small pieces of paper scraps and set those aside.
2. Draw the outline of a cow, pig or sunshine on your piece of construction paper.
3. Draw a second line around your drawing.
4. Cut out your image on the inside and outside lines. This will give you a frame.
5. Place your frame onto your pieces of clear contact paper.
6. Use your scraps of paper to fill in your creation.
7. Place another piece of contact paper on top so that the sticky parts are toward each other.
8. Trim your contact paper around your frame.
9. Hang your Sun Catcher on a window using tape.

Fair Jokes

Send your jokes to buddybear@shcu.org.

Q: Why do cows like good jokes?

A: They like being a-moo-sed.

Q: Why did the farmer use a steamroller on his field?

A: He wanted to grow mashed potatoes.