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# What' S.U.P.?



Supporting Unlimited Possibilities, Inc.

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## How Can I Protect my Children From the Sun?



**Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.

**Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

**Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

**Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

**Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

[https://www.cdc.gov/cancer/skin/basic\\_info/children.htm](https://www.cdc.gov/cancer/skin/basic_info/children.htm)

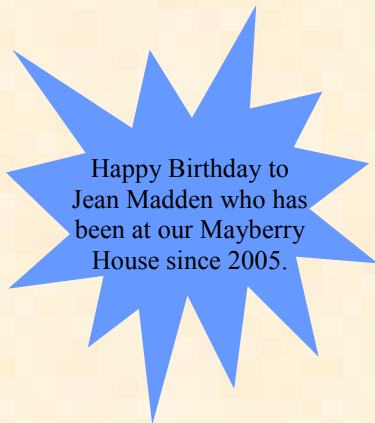
## Happy Birthday For the Month of July:



- Darlene Hernandez 7/7
- Zachary Zuccolotto 7/7
- Yvette Flores 7/10
- Bernice Diaz 7/13
- Jodi Lindsay 7/13
- Irene Kort 7/15
- Sierra Barner 7/17
- Jean Madden 7/22
- Michael Andrews 7/24
- Kylee Duarte 7/25
- Sandra Martinez 7/27
- Tiana Johnson 7/29

## National Parents Day July 22, 2018

National Parents Day is celebrated on the fourth Sunday in July. This day is to honor your mother and father. It's a time to celebrate the family structure and family values.  
 - <http://holidayinsights.com>



## International Day of Friendship July 30th

The origin of International Day of Friendship has roots as far back as 1919 in the United States. In 2011, the United Nations declared this an official international day, to be celebrated annually on July 30th.  
<http://holidayinsights.com>



## Employee Incentive Winners For the Month of June:

- **Broken Arrow Staff**  
Broken Arrow
- **Catlin Staff**  
Catlin
- **Rose Carroll**  
Chicago
- **Zachary Zuccolotto**  
Mack
- **Amanante Geffernd**  
Mayberry
- **LaVern McLemore**  
White
- **Shanetta Walls**  
Day Program