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Be a Superhero in the Summer!

By: Brittany Barros, MD, and Mark Barros, MD

Have you ever noticed that superheroes wear capes? Wearing a cape offers protection to superheroes and allows them to be invincible. In the sun, we should wear a similar type of cape – sunscreen! Sunscreen allows us to enjoy our time in the sun without getting sunburned. Sunburn happens when unprotected skin is exposed to UV rays, which come from the sun, causing skin damage. This damage can lead to skin cancer later in life.



Applying sunscreen can be fun when you remember that all superheroes need a cape for protection. Choosing the right sunscreen can be tricky, with so many options! The American Academy of Dermatology (AAD) recommends use of sunscreen with SPF 30 or greater and broad spectrum coverage, which protects against both UV-A rays and UV-B rays. In order to properly use sunscreen, apply it at least 15 minutes before you go outside, so that sweat doesn't cause it to come right off. Sunscreen should be reapplied every two hours, because it becomes less effective with time.

If you have outdoor activities planned this summer, remember to be prepared! The following items would be helpful to have in your toolbox:

- Sunscreen, broad spectrum and SPF30+
 - o Don't be caught without your cape to protect yourself from the sun!
- Alcohol swabs, Vaseline ointment, and Band-Aids
 - o For minor cuts or bug bites, clean the area with a little soap and water or an alcohol swab, then apply Vaseline and a Band-Aid. This can keep your wound protected so you can continue playing.
- Hydrocortisone 1% cream or ointment
 - o Bug bites are bound to happen when you are enjoying the outdoors. Hydrocortisone is cheap and available over the counter. Apply it twice per day to the first sign of red, itchy spots.
- Permethrin spray to protect yourself from ticks if you are playing near wooded areas
 - o Ticks carry many diseases, like Lyme disease. To prevent yourself from being bitten, wear long socks and long pants around wooded areas. Spray permethrin on your clothing (not on your skin!) to keep the ticks away.

Most incidental bites and cuts do not require the use of antibiotics. The redness and swelling that occurs following a bug bite or scrape is the result of your own body healing the skin. Although it may be uncomfortable and you may see clear drainage, this does not mean an infection is present. Signs of a skin infection include: streaking redness from a wound, drainage that smells bad or looks like pus, significant pain or fever. If these develop, you should call your doctor.

Make a Rainy Day a Colorful Day with Art!

By: Merrilee Brown, Virginia Law Manning and Adrienne Wright, members of SCBWI



Summertime is finally here! Many of us cannot wait to enjoy the sunshine and play outside. However, what happens when the rain ruins your family's outdoor plans? A great way to spend a gloomy day is to enliven it with art. In fact, why not use that time to create an entry for the Get

Smart Kids' Art Competition? Guidelines can be found at www.knowwhentosayno.org. Entries will be accepted now until Oct. 31.

A great way to display your child's art is to have him/her work on a large canvas, like a poster. Posters are great for attracting attention quickly, so they should have a single message. The image should be clear and direct. The best posters leave an immediate impression on the viewer -- hopefully, one they'll remember! Don't try to cram too much onto your poster, or you will dilute the impact. Sometimes full color works best, sometimes limited colors are best, depending on your product or message. Clear simple lettering usually has more impact because it is easier to read. Fancy writing can be difficult to read, and the viewer could lose interest and give up trying to figure out what your poster says.

Brainstorm the ideas and layouts before starting your final poster. Do a page of thumbnail, small sketches the size of a stamp or a little larger. Sketch as a rough draft to come up with the best composition before starting to write and draw on the poster. Make sure your lettering fits; if it doesn't, make it a little smaller. Some great posters don't have any words; they just have a very strong image, whether it's a photograph or illustration! Sometimes the lettering IS the illustration. For text, use a ruler to make lines on your canvas, so your writing is neat and doesn't slope downwards from left to right. When your child is done, talk to him or her about the work. Ask a lot of questions.



The best part about art is that there are many forms of creativity. Expose your child to a variety of mediums, such as pencils, crayons, paints, chalks, clay, collages (using old magazines and holiday cards), potato prints, etc. You can also use a variety of canvases. A good option is to recycle junk mail and paper grocery bags, so your child has a large supply of free drawing paper. Painting on newsprint with black and white paint is really fun, as well!

Art is all around us. Look for cool posters, statues in parks and art hanging in buildings. Check out books from your library. Picture book artists use many mediums and illustrate in so many styles. Talk to your child about the images that appeal to him or her. Remember: there is no right or wrong. Let your child have fun!

Welcome to Our New Volunteer, Abby!

Abby will be serving as a volunteer for the Get Smart Program. She is currently a third year pharmacy student at the University of Pittsburgh. She attended Shippensburg University and earned her BS in biology. Outside of school, Abby has previously been highly active in Colleges against Cancer, an organization dedicated to promoting cancer awareness and raising money for the American Cancer Society through Relay for Life. In graduate school, she has also been involved in organizing other fundraising events that benefit Project Hope. Abby has been an active member of several professional organizations and has had a special focus on infectious disease. Antibiotic resistance awareness is an important aspect of medicine, and Abby hopes to use the Get Smart program to increase this awareness and educate others on its importance.



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