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Tuesday, July 01, 2008 EWA BEACH, HI 50,000 (N/A) Magazine (M) Everybody Eats Lunch





Sort It Out

Packy the Packrat's mother has had enough! It's time that he sorts through his ever-growing collection of trinkets and puts them away. You can help organize Packy's piles of things according to things that are alike. But watch out - Packy's sister enjoys pilfering some of his things for her own enjoyment. Can you help Packy sort out his things by using color, size, texture, shape, and material? Written for ages 4 to 8, Sort It Out (\$16.95, Sylvan Dell Publishing) is available wherever books are sold. Ten lucky Kids' Club members will win a copy of this book. Make sure you're entered to win!

Be Safe this 4th of July

So how can you enjoy the Fourth of July and still stay safe? The best thing you can do to protect your family is to attend public fireworks displays and leave the lighting to the professionals. Here are safety tips to ensure your family's holiday is a blast:

Do not let children play with fireworks. Firecrackers, rockets, and sparklers are very dangerous. If your teens want

to use sparklers, make sure they keep them outside and away from their face, clothing, and hair

Buy only legal fireworks and store them in a cool, dry place. If your fireworks don't list the manufacturer's name or have an instruction label, they're probably illegal. Illegal fireworks usually go by the names M-80, M100, blockbuster, or quarter-

> Never try to make your own fireworks. Buy ready-made fireworks rather than making your own, even from a

Choose fireworks that are appropriate for the area. Avoid using rockets or other aerial fireworks in the backyard of a residential area. Choose fountain-type fireworks instead.

Steer clear of others. Fireworks have been known to backfire or shoot off in the wrong direction. Avoid carrying fireworks in your pocket, as the friction could set them off

Keep a bucket of water and a hose nearby. Soak all fireworks in a bucket of water before throwing them away and keep a hose nearby in case dry leaves or other materials catch on fire.

Light one firework at a time and never relight a dud. If a firework doesn't appear to work, do not go over to it or attempt to relight it. Stand back and wait and then douse it with water.

Think about your pet. Animals have sensitive ears and can be extremely frightened or stressed by fireworks. Keep your pet indoors to reduce the risk that it will run loose or get injured.

The number one rule of fireworks is that children should never play with fireworks or be allowed to set them off. The most common firework injuries involve the hands, fingers, eyes, head, and face - and many parents may not realize that children are at increased risk for deeper burns because their skin is thinner than adult skin.

If an eye injury occurs, do not allow anyone to touch or rub it, as this may cause even more damage. Do not flush the eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention. If a burn injury occurs, remove clothing from the burned area and run cool water over the burn (do not use ice) and call your doctor immediately. For more information about keeping your family safe this Fourth of July, visit www.KidsHealth.org.



What Do YOU Eat For Lunch?

What do YOU eat for lunch? Where do you eat lunch? Who makes your favorite lunch foods? These are just some of the questions that children ask when making new friends. EVERYBODY EATS LUNCH (\$16.00, Glitterati Inc), is an exciting interactive children's cookbook that is educational and playful - one part cookbook, one part toy, and one part global adventure with children from around the world!

If you would like to win a copy of Everybody Eats Lunch, make sure you're a member of Island Family's Kids' Club!



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