

YOUR GARDEN

Get Into Gardening Gear

(NAPSA)—The sun may be good for gardens, but it's not necessarily good for gardeners. That's why it's important to protect yourself from UVA and UVB rays every time you dig in the dirt.

A good place to start is with a hat. Hats can help protect you by shading your neck, face and head from the sun and wind. An added benefit: They can keep you looking good while you garden.

Not all hats block the sun's harmful rays, though. Some are specifically designed and certified to offer maximum sun protection and to keep gardeners' heads cool. For instance, gardeners can find hats designed to block out 98 percent of UVA/UVB rays. Two of the many such styles made by Tilley Endurables—the women's TH8 and the unisex LTM6—are certified with an Ultraviolet Protection Factor (UPF) of 50+. That's the maximum rating given, and is based on the amount of ultraviolet radiation blocked.

In addition, the hats are designed to fit gently and comfortably on the head, and to not put painful pressure on the forehead. The hats are also resistant to mold, mildew and salt water.



Cover Your Head And Neck—The right hat can protect you from the sun's harmful UVA/UVB rays.

Try these additional tips for protecting your head:

- Shade your face with a broad-brimmed hat that is certified to offer protection from ultraviolet rays.

- Apply a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Wear sunglasses with UV filters to guard against strong rays—they will help you avoid getting dirt in your eyes, too.

- Try a hat that fits securely on your head and that has a wind cord. That way, you don't have to worry about a breeze blowing your hat off, and you can focus on your garden.

For more information, visit www.tilley.com.