

PROTECTING YOUR FAMILY



There's Something About Sun: Retractable Awnings Help Make It Safer

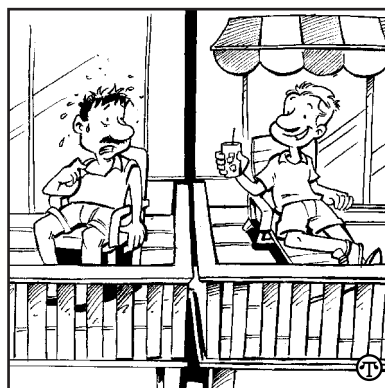
(NAPS)—Like many long-awaited movies, the sun gets a lot of attention—and some mixed reviews. We know the sun feels good (at least at first!) and lifts our spirits. The sun also provides a major source of vitamin D, which helps the body absorb the calcium needed for healthier bones. And, there's even some evidence that taking in seasonal sun helps battle winter blues when the weather turns cold.

At the same time, the sun has earned a well-deserved bad rap. All ultraviolet (UV) rays damage the skin. Sun-tanning will eventually make skin thickened and tough, with irregular brown areas, wrinkles, and dilated blood vessels. So what's the solution? How can we balance safety with the sunshine our bodies and minds crave?

Try keeping these tips in mind:

- **No kidding:** Sun protection is especially important for children, because experts estimate that 80 percent of lifetime sun exposure happens before age 18. If you're a parent or grandparent, keep kids safe with sunscreen and shade.

- **Find a happy medium:** There's no need to forego the outdoors completely, and if you've already invested in a deck or patio, you probably wouldn't dream of it! Consider installing a retractable awning to provide protection and make the most of your outdoor space. Check out www.sunsetter.com for styles, col-



ors, and other awning information.

- **Made in the shade:** Experts suggest avoiding the sun when it's at its strongest—between 10 AM and 3 PM. If your patio or deck heats up during the sun's peak hours, be careful! Apply sunscreen; wear protective clothing; or consider installing an awning to keep the space shaded all day.

- **ABCs of SPF:** Sunscreens are rated by their sun protection factor or SPF. Those with an SPF of 15 to 30 block most of the damaging radiation. Fabric can also provide an excellent shield. SunSetter® retractable awnings, for example, are made with a fabric that has an SPF of over 50, protecting your family from the sun's harmful UV rays.

Following these basic guidelines can help make the warmer months a blockbuster hit for you and your family! For more information on SunSetter Awnings, visit www.sunsetter.com or call 1-800-876-8060, ext. 8646.