



# Sabbath Keeping Youth

Sun And Our Eyes  
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Excessive exposure to sunlight during early childhood is harmful to the eyes. Sunlight contains harmful UV radiation.

The risk for retinal damage from the sun's rays is greatest in children less than 10 years old, although the consequences usually do not become apparent until well after they are adults.

All children should be taught to wear sunglasses, especially between 10 AM and 2 PM, when ultraviolet exposure is the most dangerous. This is true even for children with darker eye colors, even though their darker pigments afford partial protection. Ofcourse, children with light-colored eyes need sunglasses all the more.

Ultraviolet exposure is at its peak when children are at high altitudes, snow-covered landscapes, bright sandy beaches, or near reflective bodies of water.

Effective sunglasses should block both UVA and UVB radiation. The sunglasses must be measured to block 99% to 100% of UVA or UV400 (400 nm is the wavelength of UVA radiation). Thankfully, all sunglasses block UVB radiation.

Large lenses that fit close to the eyes are best. Those that block visible blue light are even safer. Expensive brand names and polarizing lenses are no guarantee. Ordinary sunglasses make the situation WORSE! The dark lenses cause the pupils to dilate, allowing more of the dangerous UVA radiation to damage the lens and the retina.



*What an awesome season God created!*

There's no school and the sun keeps everything nice and toasty! Thank goodness God made the sun to shine a little hotter in the summer so you could have fun with outdoor activities like swimming, camping, bicycling and skating.

The sun is not only a great source of heat, but it also provides light. In Jeremiah 31:35 it says, "(God) gives the sun for light by day,...the moon and the stars for light by night." God created the sun to give you light so

you could run, play and have fun. Without that light you might stumble on a stick and get hurt. God doesn't want you to get hurt. He wants you to be blessed and enjoy the summer days.

The sun also gives life to the most beautiful flowers and trees. Gardens grow thick and green, producing lots of fruits and vegetables. Under the rays of the sun.

The Bible says Jesus is the light of the world. He not only gives us life, Jesus also tells us how to live. His commands are like light for the path of life. Obey them and you won't stumble and fall.

## The Parents Corner

Here are a few travel tips to help keep the good times rolling on your highway adventures this summer.

- Buy each child a map and a high-lighter. Let them mark your progress from city to city with the high-lighter.
- If you're brave enough, pass around your purse and let each child stick their hand in and feel an object. They can guess the object themselves, or describe it to their siblings and see if they can guess what the object is.
- See who can find all the letters of the alphabet the fastest. Look on billboards, signs, license plates, etc. Each letter on the sign, license plate, etc. can only be used once.
- Make a list of ten items to look for on the trip. As your children spot each item, have them check it off. The person who finds them all first gets to choose where to eat next.

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## Reading Is Fun!

The lazy days of summer are no excuse to take a break from learning. Plenty of studies have been conducted with the results showing children who are read to and encouraged to read are better students. A recent National Institutes of Health study showed that 67 percent of young students at risk for reading difficulties became average or above average readers after receiving help in the early grades. "Why Children Succeed or Fail at Reading" ([www.nih.gov/health/consumer](http://www.nih.gov/health/consumer)). Bernice Cullinan, a professor of Early Childhood and Elementary Education at New York University and a highly acclaimed reading specialist said, "success in school depends in large part, on your child's ability to read, and your role in helping your child become a reader extends into the classroom." Ms. Cullinan has authored numerous books about children and reading, such as *Read to Me; Raising Kids Who Love to Read*. One way a parent can encourage his child is by reading Bible stories to him. When both mom and dad read they set the example that reading and the Word of God is important.

"When you reread a classic you do not see more in the book than you did before; you see more in you than there was before."-Clifton Fadiman

The Bible is God's written revelation for all of humankind. Within its pages, God has given instructions, a record of His interaction with man, answers to fundamental questions of life and a revealing of who God is and what His plan and purpose for all humanity is. The Bible is the Word of God, and as such, is the foundation of all knowledge (2 Timothy 3:16).

The Bible is like no other book ever written. It is a book rich in history, substance and truth. Since the Bible is so unique, it cannot be read like other books. Reading the Bible is a continuous journey. Never does one put the Bible down and say, "I've finished reading that book. Where is the next best seller?" A parent is a child's first teacher. It is the responsibility of the parent to teach their children to have a love for the Word of God. Where does a parent begin? Here are a few tips to make reading stories from the Bible and reading in general fun for your children this summer and throughout the year.

- ✓ Choose a Bible story you really love and/or has a moral you believe your child needs to learn.
- ✓ Either read the story or tell the story from memory.

- ✓ Change your voice to define the different characters in the story.
- ✓ Some stories need gestures. By all means jump into action if needed. The most important thing to remember is that you and your child are connected.
- ✓ Never give false information to enhance the story.
- ✓ Facts of a story are important, but the understanding of how that story affects the child personally is most beneficial.
- ✓ Have a special place made just for reading, such as a chair or bed where everyone can snuggle together. This is especially important for young children.
- ✓ Take your children to the local library to choose a book.
- ✓ Give specific guidelines about appropriate reading materials. This will teach them how to discern between valuable and wasteful.
- ✓ Talk about the books everyone in the family is reading.
- ✓ Have your child read a favorite chapter or passage in his book to you out-loud.
- ✓ Prepare for your vacation by reading about the interesting things you can explore and visit.

Make your home a place that puts great value on the Bible as well as other good literature.

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## The Creation Week

### Genesis 1:1-2:3

It is sometimes difficult to think about how our world came to be. But the answers to how and why God created our world are in the Bible. Creation was a miraculous act of God. God created the earth and everything in it. God did not have to create our world or us. He chose to do so. Because God chose to create every human being we must be of great value to Him. Always remember God is the total embodiment of love. God created the earth, universe and all of the people on earth as an expression of His love. This is an amazing world He created for you and all of mankind to enjoy. Never reduce God's fabulous creation to mere science. Let's read the Creation Story.

**Day 1-** In the beginning God created the heaven and the earth. The earth was without form and void; and darkness was upon the face of the deep. Darkness was everywhere. In the darkness the Spirit of God moved upon the face of the deep. God said, "Let there be light," and there was light. God saw the light that it was good; and God divided the light from the darkness. God called the light Day and the darkness He called Night. And the evening and morning were the first day. (Genesis 1:1-5).

**Day 2-** God said, "Let there be a sky in the midst of the waters and let it divide the waters from the waters." God made the firmament (sky) and He separated the waters above from the waters below. God called the firmament (sky) Heaven, and the evening and the morning were the second day. (Genesis 1:6-8).

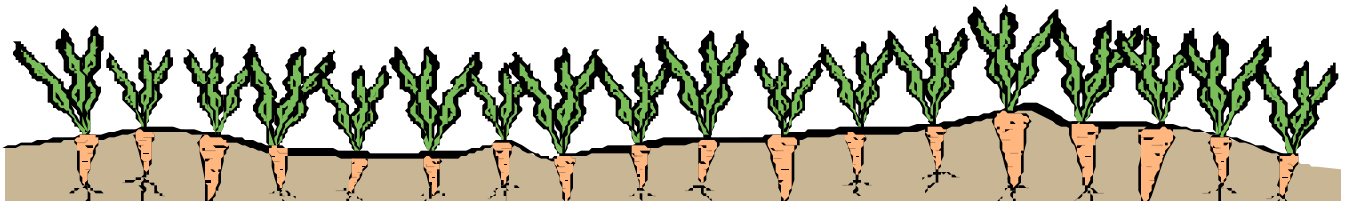
**Day 3-** God said, "Let the waters under the heaven be gathered together in one place, and let the dry land appear." God called the dry land Earth and waters he called Seas. God saw that it was good. God said, "Let the earth bring forth grass, and yield plants bearing seed, and trees bearing fruit." The earth did so and God saw that it was good. This was the third day. (Genesis 1:9-13).

**Day 4-** God said, "Let there be lights in the sky of heaven to divide the day from night. Let them be for signs and for seasons, for days and for years. Let them be for lights in the sky of heaven to give light upon the earth." God made two great lights, the greater light to rule the day, and the lesser light to rule the night. He made the stars and set them in the sky to give light upon the earth, to rule over the day and over the night and to divide the light from the darkness. God saw that it was good. This was the fourth day. (Genesis 1:14-19).

**Day 5-** God said, "Let the waters bring forth in great numbers moving creatures that have life, and let birds fly above the earth in the open sky of heaven." God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. He blessed the creature saying, "Be fruitful and multiply, and fill the waters in the seas. Let the birds also multiply on earth." This was the fifth day. (Genesis 1:20-23).

**Day 6-** God said, "Let the earth bring forth creatures of all kinds, cattle and creeping things and beasts of the earth." The earth did so and God saw that this was good. Next humankind was created in the image of God. They were created male and female. God said, "Be fruitful and multiply. Fill the earth and have power over the fish of the sea and over the birds of the air, over every living thing that moves upon the earth. To everything that had life, God gave green plants for food. God saw everything that he had made, and it was very good. This was the sixth day. (Genesis 1:24-31).

**Day 7-** On the seventh day, God rested from his work and all that he had made. God blessed the seventh day and made it "holy" (meaning set apart). (Genesis 2:1-3).



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## Take A Trip Around The Sun!

To discover what is written around the sun, start at the arrow with the letter G and write down every other letter. You must go around the sun twice to find the hidden message.

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## Super Cool Summer Fun!

Here are some great ideas you can use to plan some super cool summer fun with your friends!

### *Backyard Banners!*

Hang a large piece of butcher paper on your fence. Have a supply of paint and brushes. Make a “Welcome” banner that everyone signs their name on.

### *Face Painting!*

Use small paint brushes and this make-up recipe to paint balloons, stars, hearts, etc. on your friends cheeks. Mix 1 Tbsp. soft shortening, 2 Tbsp. cornstarch, and food coloring. Let the artist in you really show.

### *Splash, Tag, Your It!*

Play a game of freeze tag, but add water guns for some extra fun. You have to tag someone with your hand to freeze them, but they can be unfrozen when someone squirts them.

### *Water Balloon Volleyball!*

Use a volleyball net or tie a string to two chairs. Use water balloons instead of a volleyball. Each team takes turns serving water balloons over the net. If the other team catches a water balloon without letting it bust they get a point. If the water balloon busts, the serving team gets the point.

### *Watermelon Surprise!*

Serve watermelon slices as refreshments, then have a seed-spitting contest.

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