

SUMMER FUN FOR SHOREWOOD

SATURDAY, JUNE 8

SHOREWOOD MEN'S CLUB 47TH ANNUAL CHICKEN BBQ AT ATWATER PARK

12 noon – 7:30 pm Good food, good, music and good friends – the unofficial start to summer! Don't miss this great Shorewood tradition of music, family fun and delicious Barbequed Chicken and Ribs!! 100% of the money raised goes back into Shorewood in the form of grants and scholarships. The SRC thanks the Men's Club for support in purchasing a laptop, a wireless microphone, microphone stands, 2 LCD projectors, bike bells for our safe sidewalk program and much more.

HELP A MONARCH BUTTERFLY - PLANT MILKWEED!

Each spring, hundreds of millions of monarch butterflies migrate from their overwintering areas in Mexico to the United States and Canada. As they journey north, they lay their eggs only on milkweed plants. The monarch migration is truly one of the world's greatest natural wonders, yet it is threatened by habitat loss in North America - at the overwintering sites and throughout the spring and summer breeding range as well. The Library and SRC will be distributing milkweed at the Shorewood Farmers Market on June 23. We encourage you to join the many Shorewood residents who have already planted milkweed in support of this species. For more information about monarch butterflies, go to Monarchwatch.org and follow the Shorewood Library Facebook page at <https://www.facebook.com/shorewoodmonarchproject>.

Monarchs need our help!

PROTECT YOUR EYES AGAINST SUNLIGHT

Ultraviolet light, which is invisible, has many damaging effects. UV-A and UV-B light can hurt the corneas, lenses and retinas of your eyes. Blue visible light can also damage your retinas.

TIPS FOR MAKING THE MOST OUT OF YOUR SUNGLASSES:

- Wear sunglasses whenever you are outside, even on cloudy days.
- You might need more than one pair of sunglasses depending on the time of day or activity.
- Buy sunglasses that provide 100% protection from UV rays. Lightly-tinted and even clear lenses can provide just as much UV protection as darker tinted lenses.
- To guard against blue light, get sunglasses that have yellow in the tint, such as amber, orange, yellow and plum.
- If you do activities where there is a lot of reflected light, such as boating or skiing, get sunglasses that are polarized.
- For light-sensitive eyes, look for darker sunglasses, but be sure that they aren't too dark and reduce contrast too much.
- To find good contrast, try on many pairs of sunglasses and note the contrast when looking at an edge of a building and the background.
- Before buying, go outside to natural light--colors are not the same when compared with fluorescent lights.

Information provided by the Wisconsin Council of the Blind and Visually Impaired.