



The Window into the heart of

Mt. Lebanon United Methodist Church

Volume 3, Number 2, Spring/Summer 2017

Faith for Today 2017

Sunday Summer Speaker Series

9:30 am June 11-Aug. 27 Asbury Center

June 11 - Leo Wisniewski *Playbook for*



Deepening One's Christian Faith Leo Wisniewski is a former NFL player and assistant football coach at Geneva College, and a one-time co-captain of the Nittany Lions' football team. He leads a men's ministry,

Locking Arms Men, with the mission of building authentic men who love God, love one another, and love their neighbor.

June 18 - Tim Hartman *Family Friendly*



Storyteller Tim Hartman is a Pittsburgh native actor, writer, singer, cartoonist and storyteller. He estimates he has performed for over 2-million children over a 30-year period. He is

presenting a family-friendly storytelling program to delight all ages.

June 25 - Dr. Francie Robb



Two Cents a Week and a Prayer: The Alphabet History of the United Methodist Women

The United Methodist Women (UMW) is the only official organization for women within the

United Methodist Church. Join Francie as she shares its story, founded in 1869, and now the largest denominational faith organization for women with approximately 800,000 members.

(*Faith for Today* continued page 3)

June 11: Planning for the Future

Inspiration, worship, lunch and discussion - that's June 11 at MLUMC. Attend the *Faith for Today* kick-off, then after the 10:45 service, share lunch and participate in a church planning meeting.

Earlier in the church year, the church hired Dr. Scott McKenzie to help plan for our future. He made 20 recommendations, and now church members are invited to discuss these recommendations.

After a light lunch, participants will learn more about these recommendations in small groups as well as one large group.

We will discuss in greater depth:

An Alternative Worship Service

Higher Expectations for New Members

Higher Expectations for Current Members

The meeting will conclude no later than 3 PM and child care will be provided.

Your opinions are needed to continue our church's vital ministry.

Call the church office at 412-531-7131 to make a reservation.

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From Pastor Tom Strandburg:

Back to the Roots

Most of you who are reading this newsletter are aware that our church has enjoyed a partnership with a United Methodist congregation in eastern Germany for more than twenty years. Throughout that time, our parishioners have exchanged visits approximately every two years. In 2015, we welcomed Pastor Lutz Brückner, his wife Martina, and several members of their congregation to MLUMC. This year, it is our turn. I will be joined by my wife Kathy, and by several of our members, as we travel to the Evangelische-methodistische Friedenskirche in Zwickau. We will meet their new pastor, Christian Posdich, and have the opportunity to renew many old acquaintances in Zwickau. I would invite you to join us in worship on June 18th, as our group is commissioned for this exchange trip, which will last from that evening through July 5th. Together, our two churches will gather around the theme, "Back to the Roots: Daring to do a New Thing." We began this emphasis in 2015, as our two churches learned about our early Methodist and Evangelical United Brethren roots, as we traveled to historic sites in rural Pennsylvania, Maryland, and in the city of Baltimore. This year, we will build upon this theme as we examine the roots of our faith on the continent of Europe, in commemoration of the 500th Anniversary of the Protestant Reformation.



Just think about what our fore bearers in the faith accomplished as they allowed God to work through them. On October 31st, 1517, Martin Luther had the courage to nail his 95 Theses upon the door of the Wittenberg Castle church. This act sparked a great reformation that ultimately inspired other persons to act upon their faith. Over two centuries later, John Wesley shared a similar motivation, as he inspired a great revival in his own country and church. Others who shared his passion, would carry this work around the world.

One of these people was the German pastor Philip William Otterbein. Ordained a pastor in the year 1749 at his home church in the town of Dillenburg, Germany, Otterbein could never have foreseen that he would be stepping off a ship in New York harbor just a few years later to begin an exciting new work in a "strange" new land known as Pennsylvania. It is estimated that 90,000 Germans were living in Pennsylvania at that time – about half of the state's entire population. Many of them lived in communities without pastors or places of worship. For twenty years, appeals had come from America for more ministers. Philip William Otterbein responded to that call. He dared to do something great with God, and as a result the seeds of United Methodism were planted and nurtured in this country.

This summer, we will hear more of this history, as we travel "back to the roots" with our German friends. We will celebrate our reformation history in the very land where it all began, in the land of Luther's courageous stand, Wesley's Moravian influence, and Otterbein's missionary call. Through it all, we will ask ourselves the question – What is it that we shall dare to do in our day, with God's help? It's a question that is well worth asking.

Gott ist gut!

Pastor Tom

The Window is published quarterly by
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3319 W. Liberty Avenue, Pittsburgh, PA 15216
412-531-7131 www.mlumc.org

Monica Kao, Communications Coordinator

July 2 - Drew Harvey (TNC) *The Nyadire Connection*



The Nyadire Connection is an all volunteer, faith based organization that began 10 years ago with a mission trip to the Nyadire United Methodist Mission in Zimbabwe. Our church has been active since the beginning, sending teams, building relationships and developing multiple programs working in partnership with the people of Nyadire.

July 9 - Family Friendly *The Iroquois in PA*



Carnegie Museum of Natural History educators share stories of the Iroquois, a group of Native Americans who resided in Western Pennsylvania. Children and adults may explore Iroquois music, games, and food at hands-on learning stations.

July 16 - Dr. Todd DePastino *War Stories from*



Pittsburgh's WWII Veterans Todd DePastino has spent the past 6 years listening to stories of war. He is co-founder and director of the Veterans Breakfast Club, a 501(c)(3) nonprofit organization dedicated to gathering veterans of all eras and generations together to share their stories of service. Using photographs of veterans he's met, Todd will tell the WWII stories heard from veterans living in the region.

July 23 - Matt Haff *Working with the Prison*



Population Matt Haff was raised with a strong emphasis on athletics and Christian faith. His father was the chaplain for the Pittsburgh Steelers, Pirates and Penguins and is a pastor. Matt played college and professional football in Italy, and now is an insurance executive. He shares his story of how God knew he needed to be placed in a California prison for six years in order to gain Matt's attention.

July 30 - Dr. Jack Aupperle *Reflections on Tom*



Brokaw: A Life Well Lived Tom Brokaw's life is captured in his work, *The Greatest Generation* and a more recent work, *A Lucky Life Interrupted*. Based upon these works, Dr. Aupperle will develop critical themes of Brokaw's values which speak to the issues of today's world.

Aug.6 - Family Friendly *Young Helping Heroes*



Vacation Bible School provided stories of God's heroes, now it is our turn to put on hero capes. Adults and children are invited to participate in our church's mission projects and interactively help others in our community and around the world.

August 13 - MLUMC Youth *Mission Work in Virginia*



2016 Youth Mission Trip

This year's youth mission team worked with Project Crossroads in Marion, VA. Hear how their lives were touched in providing home renovations for low income families.

Aug.20 - MLUMC Ministries *Celebration Sunday*



Our church offers over 100 ministries to the congregation, the community, the nation and the world. In this session, church members explain how these ministries have impacted their lives and the lives of others. Come and see how Mt. Lebanon United Methodist Church is spreading the Christian message.

Aug. 27 - Mission Committee *Work Abroad:*



Updates on Haiti and Zwickau

Supported by our church, Clark and Mary Remington went

on a mission trip to Haiti. Clark conducted teacher training; Mary built a bio-sand filter and distributed donations from our church.



After learning German for a year, 9 of us visited our partner church in Zwickau. We continue to expand our relationships from the last 20 years, grow through common work projects, and expand our beliefs.

United Methodist Women

UMW June Meeting: Join the National Movement to Prevent Family Homelessness

On **Tuesday evening, June 13 at 6 pm in Asbury Center**, please join the United Methodist Women and Holly Schultz for a salad supper and presentation on the Family Promise organization. All are welcome to attend and learn more about this important church ministry.

Founded as a nationwide organization in 1988, Family Promise provides shelter, meals, housing and job-seeking support to families, as well as childcare and homelessness prevention. Annually, Family Promise touches the lives of more than 50,000 people in need and engages more than 180,000 volunteers, including members of our congregation. It represents a national movement that believes we can address family homelessness — right here in our own communities.

Call the church office at 412.531.7131 and make your reservation. (Drop-ins are also welcome, too.) Please bring a salad to share. We'll provide drinks, rolls and dessert.

Family Promise is also accepting donations of new or gently used bath towels, hand towels and wash cloths, which will stock the linen closet for families in transition at the Family Promise house in Crafton.



Family Promise at MLUMC

Mt. Lebanon United Methodist Church's next week for hosting temporarily homeless Family Promise guests is Sunday, June 18 - 25. MLUMC hopes you will volunteer to welcome the guests, who will be spending evenings and overnights at the church, as well as eating their evening meal here. Can you spare a few hours one day that week to help out? Driving the van, preparing meals, hosting at the church each evening and overnight, preparing rooms on Sunday mornings before and after the visits - all take many volunteers.

Coordinator Mike Naragon will soon be sending out email volunteer opportunities. For more information contact Hazel Cope, 412-343-7998, hazelcope1505@gmail.com.

The Food Lift™ Serving Homeless Families

One MLUMC ministry actively involved with Family Promise is The Food Lift™, which supplements and supplies dinners served to the church guests. Now The Food Lift™ is also delivering fresh fruits and produce donated from area businesses to another Allegheny County service that shelters women and children without homes, Womanspace East, Inc. Case manager Sara Minder has sent a thank-you letter. She describes the location of Womanspace East as a "Food Desert." Here is her letter:



Womanspace East, Inc.

P.O. Box 53009 Pittsburgh, PA 15219 (412)765-2661 Fax: 765-3830

"Serving Women and Children In Crisis"

Thank you so much for your generous donation of fresh fruits and vegetables to Womanspace East, Inc.

As you know, needy families and individuals in our community go without proper food, shelter and essential medical care every day due to a variety of factors including low wages, job loss, injuries, illness, or domestic violence. While all of us are susceptible to hard times, women and children are at the most risk, and they makeup the largest number of clients we serve.

With the generous support of people like you, we will be able to help many of these families and individuals to meet essential daily nutritional needs, as we are located in an area known as a "Food Desert." Typically, health options are not easily accessible within walking distance for families, or affordable to families on a fixed income.

Thank you again, and we look forward to your continued support.

*Sincerely,
Sara Minder
Case Manager*

The Food Lift™ collects food donations from area businesses 365 days a year. The ministry delivers fresh produce, baked goods and donated groceries to local food deserts, shelters and pantries, as well as the church's own ministries.

Celebrate June 24 5 to 8 pm Community Barbecue



Celebrate summer with church friends, neighbors and community members at a Community Barbecue on Saturday, June 24 from 5-8 pm in Asbury Center. The barbecue is free and open to all, with free will offering donations gratefully accepted. After paying expenses, proceeds benefit the Food Pantry.

The menu includes barbecue pulled pork, chicken and ribs, with sides of mac & cheese, cole slaw, baked beans and fries. An assortment of desserts will be provided by Food Lift™ donations. Take-out is available. Come for the good food and fellowship with church friends and neighbors. Lend a helping hand - new volunteers are always welcome.

Volunteers at 2016's Community Barbecue



The Community Barbecue is a project of the Community Events and Outreach Committee. The committee has taken responsibility for this event, the Family Fall Festival, Neighborhood Christmas Caroling, the Food Pantry Open Houses and the Fish Fries. Each of these events provides food at no cost as well as fellowship for church and community members. For more information on the committee and its projects, contact chair Rob Spicher at 412-720-4589.

Food Pantry *Donation of the Month* Program

JUNE



paper products

JULY



peanut butter & jelly

AUGUST



cookies & crackers

The Food Pantry "Donation of the Month" is a great way to help keep the pantry's shelves stocked. Each month, the pantry asks that people donate an item that is easy to deliver while attending church services or activities. These items can be placed on the shelves right inside the food pantry entry door or in a drop-off box near the entry. Help the pantry keep the shelves stocked during these very challenging times for our Food Pantry members. Remember, all items must be nonperishable.

Mission Trip to Haiti



Utilizing funds from the Harold Heard Endowment, Mt. Lebanon Methodist Church was able to continue a long standing connection to the people on the island of Haiti. Clark and Mary Remington went on a mission trip to work with the Methodist, Thomas Food Project in Arachaie, Haiti from March 6 to March 13, 2017.

They arrived in the midst of demonstrations in that area. Nevertheless, Mary walked about the neighborhood distributing the underwear, toothpaste, toothbrushes, and other items that our congregation donated. There was even a soccer ball donated and happily received. Additionally, Mary with some help from two husky Haitian boys constructed a bio-sand filter in a family's yard to provide clean water.

Clark spent his time in the schools training teachers. Even though the schools were closed due to the demonstrations, many teachers came anyway. The teachers were eager to improve their skills. Another church mission trip is being considered for 2018. Volunteers are needed to construct bio-sand filters, routine maintenance, teaching children educational games, teacher training, small business training, and distributing donated goods.

The Nyadire Connection: Mt. Lebanon UMW Sponsor Sewing Party

On May 11, 2017, the Mt. Lebanon United Methodist Women sponsored a sewing party to support the Girl Empowerment Program of The Nyadire Connection. Thirty-five UMW members from Mt. Lebanon United Methodist Church, Christ United Methodist Church and Baldwin Community Church attended. Generous donations allowed us to produce over 260 kits.

These kits have arrived in Nyadire and have been distributed. They are very much appreciated and welcomed!



If you could not attend this event, please consider joining the Fourth Annual Pittsburgh sewing party on Sept 10, 2017 from 3 to 6 pm in Asbury Center. Last year close to 100 women from the region attended and we produced almost 1000 kits!

For more information, please contact Bonnie Lawson at bonnielawson58@comcast.net or 412 343 3498.



Northside Reading Program



Mt. Lebanon Methodist volunteers continued their participation in the reading ministry at the Manchester K-8 School in the Manchester neighborhood of Pittsburgh's Northside. Tuesday mornings at 8:30 the volunteers gathered at our church and carpooled to the school. This year, our volunteers read to third graders. Also this year, thanks to our Mission Committee, Homebuilders and private donations, the volunteers were pleased to purchase and distribute books to the children to own and take home. May 16 was the last reading day for this school year. These reading sessions are quite like the experience of sitting with a grandchild and reading together. Past PSSA (Pennsylvania State System of Assessment) scores have demonstrated a significant improvement in reading at Manchester since this program began. Our volunteers were Lavisa Ward, Bill Krayner, Marda Katshir, Clark Remington, Joyce Magill, Patricia Suhody, Linda Hoover, Sara Mercer, Mary Birks and Gwen Lammert.

AUTISM FAMILY RETREAT

JUMONVILLE

AUTISMINITIATIVE.COM

SEPTEMBER 22-24, 2017

RETREAT VISION

To create a weekend retreat that will allow families of children living with autism to enjoy a mountaintop experience that will combine coveted parental free time with an opportunity for quality family time.

We will provide hope through time for worship, rest, and relaxation in a safe Christian setting capable of caring for children with Autism.

ALL AGES ARE WELCOME

INFORMATION

DATE: September 22-24, 2017

COST: \$120 per adult
\$60 per child (3-11yrs)
checks payable to
Autism Initiative

\$50 Deposit (per family)
Balance due upon Check-in

REGISTRATION DEADLINE:
September 15, 2017

TIME: Check-in Friday @ 6pm
Check-out Sunday @ 2pm

PLACE: Jumonville
887 Jumonville Rd
Hopwood, Pa. 15445



For more info and a Jumonville Autism Family Retreat brochure and registration form:
<https://jumonville.org/event/autism/>

For information on Jumonville autism camps for children, not including families:
<https://jumonville.org/event/cat-autism/>

Phone: 724-458-8660, Autism Retreat Leader, Rev. Ed Saxman

Thanks for another wonderful year of Weekday Ministries!

Mettelise Ziegler, WDM Director



The Friends of Music Fund



Music is at the core of Methodism. Here at MLUMC we are fortunate that our worship experience is often enriched by the addition of special musicians who are compensated through the Fund. The brass players and timpanist who made Easter morning so joyful is one example of the benefits we all enjoy thanks to the Fund.

We attempt to offer special music once a month, so contributions of all sizes to replenish the Fund are important. One couple gives on a regular basis; another person donates part of his yearly bonus; and many contribute in honor and in memory of loved ones as you can see below. The Seip Family graciously requested memorial gifts honoring music-lover Robert Seip be earmarked for Friends of Music.

Special thanks to our 2017 contributors:

Mr. and Mrs. Mark Lewis
Mr. and Mrs. James B. Lutz
Mrs. Joyce Magill
Mrs. Doris Trimble
Mr. Jeffrey Cornely, in memory of his wife, Sharon
Dr. and Mrs. David H. Watson

Mr. Robert Richards
Mrs. Hazel Cope
Mrs. Joanne Dempe, in honor of Karen Roush
Mr. John Esaia, in honor of Karen Roush
Ms. Kathleen Seip, in memory of her father, Robert Seip
Friends of Robert Seip

To make a donation, simply write Mt. Lebanon United Methodist Church on your check, noting Friends of Music in the memo line. Thank you

Calling All Graduates



Graduation Sunday is June 4th. If you are graduating or if you know of anyone graduating from high school, college or a post-grad program, please contact Kim Rhoton at krhoton@mlumc.org.

**Volunteer for
WORK DAY**
• at the •
CHURCH
Sat. June 10
8 am - noon



Volunteer for a morning of painting, pruning and picking up around the church. Let Kirk Lowe know if you can help out: klowe1@gmail.com

MLUMC Staff

Rev. Thomas Q. Strandburg, Pastor
Kim Rhoton, Director of Christian Education
Bethany Lockie, Youth Ministry Director
Dr. Gretchen Franz, Director of Music
Mettelise Ziegler, Weekday Ministries Director
Virginia Katinsky, Business Administrator
Monica Kao, Communications Coordinator
Francie Robb, Receptionist
Juliette Mariani, Administrative Support
John Cato, Maintenance Supervisor
Michael Staab, Custodian

MLUMC Volunteer Staff

Bishop George Bashore, Bishop-in-Residence
Dr. David H. Watson, Pastor Emeritus
Nancy R. Lutz, Director of Handbells
Joanne Dempe, Financial Secretary
Ron Dagg, Sound/Lighting
Kevin DeLuca, Multimedia
Kirk Lowe, Multimedia
Kay McAninch, Communion Steward
Michael Dempe, Financial Consultant

Saturday, June 3 - Rummage Sale

It's not too late to volunteer and shop at this year's spring rummage sale on Saturday, June 3, 9 am - 2 pm.

Volunteers are needed to sort and set-up items the days before the sale, to work during the sale and clean-up after the event. For more info, call the church or Nancy Marshall at 412-221-9699. Don't forget to shop. **All proceeds benefit our church's missions.**

Boy scouts working set-up for last fall's rummage sale.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2017				1 9:30 AM Hands and Hearts Noon TNT Asbury Hghts	2 9:30 AM Women's Bible Study	3 9 AM RUMMAGE SALE
				RUMMAGE SALE SET-UP	RUMMAGE SALE SET-UP	
4 PENTECOST, CONFIRMATION and GRADUATION SUNDAY 8:30 AM Worship Sanner Sanctuary 10:45 AM Worship 5 PM Youth Group	5 6:30 PM Tiger Cub Scouts 7:30 PM German Class	6 7 PM BSA #23 7 PM BSA Parents 7:30 PM SPRC	7 6:30 AM N.Side Lunch Preps 6 PM Homebuilders' Picnic	8 8:30 AM N.Side Lunch Preps 9:30 AM UMW Exec. Brd. 6:30 Webelo 1 Scouts	9 9:30 AM Women's Bible Study 1:30 PM Memoirs Group 6:30 Cub Scouts Bear Den	10 8 AM Volunteer Church Work Day 10 AM Food Pantry
11 8:30 AM Worship Sanner 9:30 Faith for Today Asbury 10:45 AM Worship Asbury 11:30 AM All Church Retreat	12	13 6 PM UMW 7 PM BSA #23 7 PM BSA Reviews 7 PM Cub Scout Planning	14 6 PM Homebuilders' Picnic 6:30 PM Wolf Cub Scout 7 PM Tiger Den Pack 7:30 PM Finance	15 9:30 AM UMW Faith Circle 7PM Cub Scouts	16 9:30 AM Women's Bible Study	17 10 AM Food Pantry
18 8:30 AM Worship Sanner 9:30 Faith for Today Asbury 10:45 AM Worship Asbury 5 PM Youth Group 6:30 BSA Board Review	19 7:30 PM Community Events & Outreach	20 7 PM BSA #23 Court of Honor	21 6 PM Homebuilders' Picnic	22 9:30 AM Hands & Heart 6:30 PM Webelos	23 9:30 AM Women's Bible Study 6:30 Cub Scouts Bear Den	24 4 PM Community BBQ
	HOSTING FAMILY PROMISE SUN. JUNE 18 THRU SUN. JUNE 25					
25 8:30 AM Worship Sanner 9:30 Faith for Today Asbury 10:45 AM Worship Asbury 7 PM BSA Patrol Leaders	26	27 7 PM BSA #23 7 PM BSA Reviews	28 6 PM Homebuilders' Picnic 6:30 PM Wolf Cub Scout 7 PM Tiger Den Pack	29	30 9:30 AM Women's Bible Study	1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2017						1 10 AM Food Pantry

2

8:30 AM Worship Sanner
9:30 Faith for Today
Asbury
10:45 AM Worship
Asbury
5 PM Youth Group

3

**OFFICE CLOSED FOR
INDEPENDENCE DAY**

6:30 PM Tiger Cub
Scouts

4
5

6:30 AM N.Side Lunch
Preps
6 PM Homebuilders'
Picnic

6

8:30 AM N.Side Lunch
Preps
9:30 AM Hands and
Hearts
Noon TNT Asbury Hghts

7

9:30 AM Women's Bible
Study

8
9

8:30 AM Worship Sanner
9:30 Faith for Today
Asbury
10:45 AM Worship
Asbury

10
11

7 PM BSA #23
7 PM BSA Reviews
7 PM Cub Scout
Planning

12

6 PM Homebuilders'
Picnic
6:30 PM Wolf Cub Scout
7 PM Tiger Den Pack
7:30 PM Finance

13

6:30 PM Webelo 1

14

9:30 AM Women's Bible
Study
1:30 PM Memoirs Group
6:30 Cub Scouts Bear
Den

15

10 AM Food Pantry



July 31 - August 4 VBS 2017: HERO CENTRAL

How can I be a hero for God? That is what children ages 4 years to fifth grade will learn about this year at Vacation Bible School. We all have gifts that we can use to help others, and God gives us the strength to be heroes – even the very youngest among us! July 31 to August 4 children will learn about heroes in the Bible and discovering God's mission for our lives through stories, crafts, music, and games. Mission projects will include collecting school supplies and money for children in Zimbabwe, and food items for the MLUMC Food Pantry. We will even have a special visit from Snapology in Bethel Park (www.snapology.com) to help us create our own superhero using LEGO bricks.

Remember, the fun doesn't end on the last day of VBS – on Sunday, August 6 we will share our hero theme with the congregation. All children will be invited to sing during the 10:45 worship service, and we will teach everyone to be Heroes for God during our Faith for Today program at 9:30.

To sign up for VBS 2017 pick up a registration form from the church, or register online from the church website. There is no church affiliation required to attend, so please pass information on to all the children in your life!

If you are interested in volunteering during VBS or donating materials or money to help offset costs, please contact Kim Rhoton (krhoton@mlumc.org).

Mt. Lebanon United Methodist Church

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MLUMC'S Wholistic Health Outreach Ministry on Summer Safety

"For everything there is a season, a time for every activity under heaven." Ecclesiastes 3:1 NLT

After an unpredictable winter and spring, everyone is anxious for summer and the activities that take us outdoors. To be sure you enjoy all that summer has to offer, remember to be observant and practice safety measures. Follow these tips when making your plans:

- **Camping** – Be sure to plan for unexpected weather, carry plenty of water if hiking, take a map/GPS to prevent getting lost, wear comfortable walking shoes, wear a hat, use sunscreen and insect repellent, and wear a whistle in case you get lost.
- **Swimming or Boating** – Drowning can occur in less than 2 inches of water so teach your children to swim, wear properly fitting flotation devices, keep children out of hot tubs (they get dangerously overheated), use the buddy system, dive only in areas marked for diving, watch for shallow depths in lakes, and supervise all activity.
- **Fireworks** – Explosions of any kind are dangerous so handle with care, keep sparklers outside and at arm's length (they can reach 1,800 degrees), have a bucket of water nearby in case of fire, don't allow children to handle them before or after firing, and keep frightened pets indoors.
- **Bicycling** – Head injuries are common so protect children with properly fitting helmets, replace ones that have hit a hard surface, wear bright clothing for visibility, tie loose pant legs to prevent tangling in the chain, teach the rules of the road, never wear headphones, and maintain the bike (inflate the tires, oil the chain, adjust the handlebars, replace worn out brakes, and adjust the seat).
- **Sun Exposure** – Sun damage is cumulative (children gather 50% to 80% of their lifetime exposure before 18) and cause wrinkles, sunburns, cataracts, damage to the immune system, and skin cancer. Be extra careful with skin protection if you have very fair skin/hair, a family history of moles, a family history of skin cancer, or take medicine that causes increased sun sensitivity.

(Source: www.kidshealth.org)