For Kathy, Tim, Mank, and Dan,
who have all worn a cape at
one time or another

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Rule 1

A superhero must ALWAYS respond to a call for help . . .

even if the odds are against him.
Rule 2
Number 2

Saving the day is messy.

But everyone understands.
Nobody said saving the day was glamorous.

Moms don't understand Rule Number 2.
Rule 3

Every superhero has at least one superpower. That's what makes him SUPER!

Captain Magma has three.

He is really strong, has lava vision, and a friendly personality.
Rule 4

A superhero must use his power in a good way.

Cookies for all!

My, he is Super Strong!

Mine, all mine!

Values use their powers in a kind way.
Rule 5
Number

Sometimes superheroes make a lot of noise.

Not everyone appreciates this rule.

Let's play outside.

WHAAAA!
Rule 6
Number 6

A superhero needs a tasty snack to be in TOP FORM.
Rule 7
NUMBER

Superheroes must rest so that they can recharge...

and be ready when the time comes to save the day.

ZZZZ zzz
Help

Like now.

HELP!

HELLO-o!

EXCUSE ME!!

Yoo-

Hoo!

Could you give me a hand?
Rule 8

A superhero is always brave.
Well, ALMOST always.

Oh dear! Don’t be afraid of the BEE. I’m not. But Captain Magma is.

AM NOT.
Rule 9

The goal of a superhero is to save innocent victims.

With no thought for his own safety.
I CAN fly.
This is awkward
Rule 10

Every superhero needs a sidekick.

Because saving the day is more fun with a friend.