



**UPCOMING EVENTS:**

**JULY . . .**

- INDEPENDENCE DAY 4
- D2 4H Recordbook Judging 9
- Early Settlers Day 12
- Radio Program 16
- Summer Activity - Kids Cooking School 17
- Cottage Food/Food Handlers Class 25
- TEAFCS Assoc. State mtg.— Bryan, Texas 28-31

**AUGUST . . .**

- Canning Class 5
- Back-to-School on Square 9
- Radio Program 13
- County 4H Banquet 17
- Testing Cannery Days 22 & 23
- FPM Certification Course 21-22 Terry County

**SEPTEMBER . . .**

- Labor Day 1
- D2 Fall Training 3 & 4
- TEEA Co. Council 8
- FCS Committee 15
- D2 TEAFCS mtg. 16
- Radio Program 17
- Friend-to-Friend 22
- First Day of Fall 23

## “THE GARDEN OF LIFE”

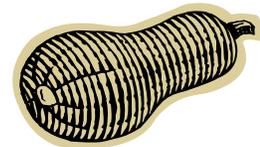
**First plant four rows of *P's*-**

- Promptness**
- Preparation**
- Perseverance**
- Purity**



**Next, plant three rows of *Squash* -**

- Squash gossip**
- Squash indifference**
- Squash unjust criticism**



**Then plant five rows of *Lettuce* -**

- Let us be faithful to duty**
- Let us be unselfish and loyal**
- Let us obey the rules and regulations**



**Let us be true to our obligations**

**Let us love one another**

**No garden is complete without *Turnips* -**

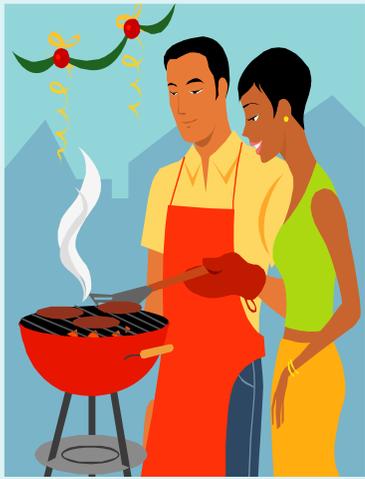
- Turn up for meetings**
- Turn up with a smile**
- Turn up with new ideas**



**Turn up with determination to make everything**

**count for something good and worthwhile. *Anonymous***

## GRILLING Properly . . . .



These suggestions will keep those Summer time foods from becoming too heavily smoked or charred. That also means less “smoke” in your eyes!

- Smoke and flare-ups are caused by dripping fat. For this reason, choose meat for cook-outs that are low in fat. Trim excess fat from the meat before grilling.
- Avoid marinades or basting sauces that contain a lot of fat.
- Cover the grill with aluminum foil. Punch holes between the grids to let juice drip out.
- If dripping fat causes heavy smoke, move the food to another section of the grill, rotate the grill or reduce the heat.
- Learn to control the fire. Cook meat until it is done but without charring it. Remove any charred or burned material that forms on the food’s surface. Do not eat it.
- Some foods, especially fish and vegetables, can be wrapped in foil to protect them from smoke while grilling.
- If you want to reduce grilling time, you can pre-cook many foods, including poultry and ribs, by boiling or cooking in the microwave and then grilling briefly to add cookout flavor. However, immediately place precooked foods on the grill and complete cooking.



Cookouts are very popular during the Summer months as family and social activities. Keep them safe by following common sense rules of cleanliness, food safety and healthful cooking. So, go forth and “GRILL”!



## Sun Proof You and Your Child . . . .

- ◆ Buy fresh sun screen each year.
- ◆ Select products with a SPF of 15 or higher. Make sure they block UVA and UVB rays.
- ◆ If child is sensitive to chemicals, opt for physical blockers: titanium dioxide or zinc oxide.
- ◆ Smooth sun screen on 30 minutes before exposure. Reapply every 2 hours.
- ◆ Babies under 6 months shouldn’t be out in sun– cover up and keep in shade.



# Vacation tips . . . . .

Most everyone enjoys going on trips whether it's getting out of the house for a walk, trip to the beach, sight seeing, berry picking, or that week long trip, all can be enjoyable when a few steps are taken to make trip a success.

1. **Plan** - Plan your trip well, know where you want to go and how to get there. Keep maps or navigation systems handy. Make sure before getting on the road you have your car checked.

2. **Family** - Let family members know where you are going and what time you are leaving and returning.

3. **Packing** - Make sure to pack the right clothes for the area you are visiting. Take good walking shoes, swim suits (if needed), jackets, etc. for every member of the family.

4. **Medicine** - Remember to take prescribed medicine with you for every member of family if needed. Dr.'s notes when flying and in enough to last the trip or refill RX's.

5. **Money** - Find out ahead of time any expenses that might come up; tickets, passes, souvenirs and gifts or money exchanges etc.

6. **Services** - Don't forget to cancel mail service or newspapers. Have timers set to come on and off if you are going to be gone for a considerable amount of time. Might have some one check on house occasionally.

When you identify and lay out and do a little planning the trip is a lot less worrisome and more enjoyable.

## Bottled Basics

**Purified Water:** Most likely municipal tap water that has been distilled or treated with a process like deionization or reverse osmosis to remove impurities. The 2 major bottled drinking waters, Dasani and Aquafina, are purified water.

**Spring Water:** Comes from an underground formation from which water flows naturally to the surface of the earth. May be collected only at the spring or through a borehole tapping the underground formation that feeds the spring.

**Mineral Water:** Contains not less than 250 parts per million total dissolved mineral solids when it

emerges from its source. No minerals can be added.

**Sparkling Bottled Water:** Contains the same amount of carbon dioxide that it had as it emerged from its source. (Companies sometimes add CO2 to replace what's lost during bottling.) Depending on the source, it may be labeled something like "sparkling drinking water," "sparkling mineral water," or "sparkling spring water."

Source: Adapted from the International Bottled Water Association

*Moments spent listening, talking, playing and sharing together may be the most important times of all.*

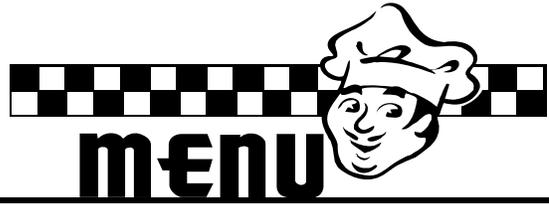
**Gloria Gaither**

\*The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the AgriLife Extension Service is implied.. We request that you contact the Texas A&M AgriLife Extension - Hockley County at 806-894-3159, to advise u us of the auxiliary aid or service that you will require within a week of the event.

Enjoy. Till next time. . .

**Marsha Blair, CEA-FCS**

What's Cookin....



## Ice Cream in a Bag

3 Tbs. sugar

1 cup half-and-half

1/2 tsp. vanilla

1 quart heavy ziptop plastic bag

1 gallon heavy ziptop plastic bag

Ice    Rock Salt

1. Place sugar, half-and-half and vanilla in a heavy quart-size ziptop plastic bag and seal.
2. Place bag in a heavy gallon-size ziptop bag. Layer ice and rock salt in the gallon bag and seal.
3. Toss the bag back and forth about 10 minutes. Serves 2

**Mix-Ins:** Add favorite mix-ins to the ice cream base before tossing: Mini chocolate chips; blueberries, peaches, or strawberries, slightly mashed; Crumbled cookies; Chopped candy bars

*Nutrition facts per serving: 230 calories, 14g fat, 45mg cholesterol, 4g protein, 24g carbohydrates, 0g fiber, 50mg sodium*

Texas A&M AgriLife Extension Service

Hockley County

1212 Houston, Ste. 2

Levelland, Texas 79336

NONPROFIT

PERMIT NO. 301

U.S. POSTAGE