

**Call for information on free & low-cost programs on these topics:**

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child Care

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## Summer Safety Tips! - Pool Safety

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).



**Pool Safety Tips:**

- Never leave children alone in or near the pool or spa, even for a moment; close supervision by a responsible adult is the best way to prevent drowning in children.
- Whenever children under age 5 are in or around water, an adult – preferably one who knows how to swim and perform CPR – should be within arm's length, providing "touch supervision."
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for

approved life vests and can give children and parents a false sense of security.

- Avoid entrapment: Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers.
- If a child is missing, look for him or her in the pool or spa first.
- Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.



## June— Migraine Awareness Month

There are a number of reasons to make Migraines more visible. Two of the most significant of those reasons are:

- Ridding ourselves of the myths and misconceptions about Migraines and the resulting stigma. Studies have shown that the stigma associated with Migraines increases the burden



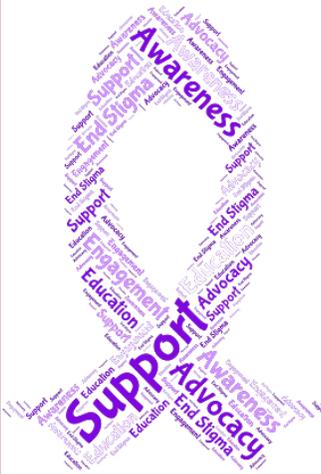
of living with the disease

- Making Migraines more visible could result in more research funding which, in turn, would result in more and better treatments.

**What is a Migraine?**

A migraine headache can cause intense throbbing or pulsing

## Migraine Awareness Continued...



sensation in one area of the head and is commonly accompanied by nausea, vomiting, and extreme sensitivity to light and sound.

Migraine attacks can cause significant pain for hours to days and be so severe that all you can think about is finding a dark, quiet place to lie down.

Some migraines are preceded or accompanied by

sensory warning symptoms (aura), such as flashes of light, blind spots, or tingling in your arm or leg.

Migraine headaches often begin in childhood, adolescence or early adulthood.

Migraines may progress through four stages, including prodrome, aura, headache and postdrome, though you may not experience all the stages.

Migraine headaches are often undiagnosed and untreated. If you regularly experience signs and symptoms of migraine attacks, keep a record of your attacks and how you treated them. Then make an appointment with your doctor to discuss your headaches.

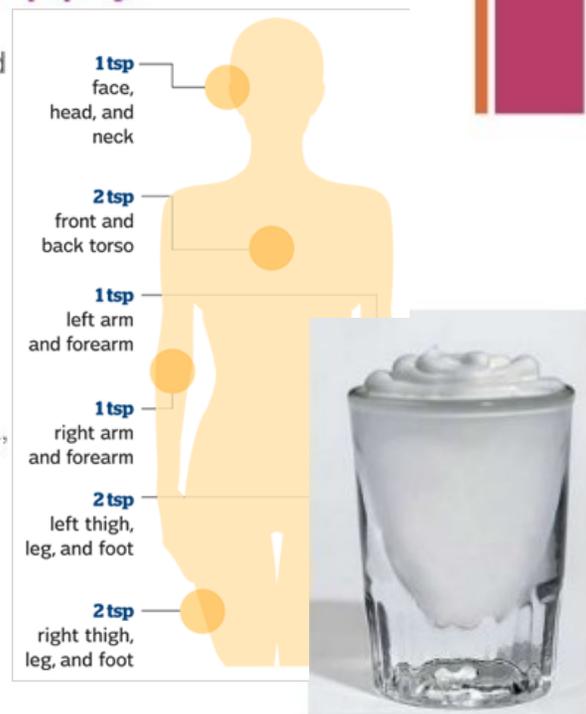
**Visit: [mayoclinic.org](http://mayoclinic.org) for more information**



## Hot-Line Topic of the Month: How to Apply Sunscreen!

### + Sunscreen: How to apply

- All types of sunscreen should be applied 15-30 minutes prior to outdoor activity.
- Physical sunscreens are immediately effective.
- Throw it away if past expiration date or over two years old.
- Apply generously.
  - Experts recommend half a teaspoon each for the head, neck, and each arm and a teaspoon each for the chest area, the back, and each leg.
  - Or, a one-ounce shot glass full for an average-sized adult.
- Reapply every two hours or per water exposure directions on bottle.



## Breakfast Power Bowls!

### Ingredients

- 1 lb lean beef roast
- 1 cup salsa Verde
- 1 cup low-sodium beef broth
- 1 tsp olive oil
- 1 tsp pepper
- 2 eggs
- 2 russet potatoes



### Directions

- Place the lean beef roast, the salsa verde, and low sodium beef broth in a slow cooker. Cook on low for 6 hours.
  - Wash, dry, and chop 2 russet potatoes. Coat with 1 tsp of olive oil and 1 tsp of pepper. Roast for 20 to 30 minutes
  - Scramble 2 eggs, and shred the beef.
- Evenly distribute the potatoes, eggs, and the beef between 6 storage containers. Store in the fridge for up to 6 days. (Serving for 6)



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION



Breakfast Bowl



## Flower of the Month! - Carpet of Snow



### About Carpet of Snow:

Sweet Alyssum is a delicate carpet of tiny flowers with a subtle, sweet scent. The low-growing foliage is covered by flowers for much of the growing season. Sweet Alyssum (*Lobularia maritima*) is very easy to grow, from plant or seed. It is a cool season flower that can be set out in early spring. In frost-free climates, Sweet Alyssum can also be grown throughout the fall and winter. Most varieties will fade in the heat, but rally again in the fall.

Sweet Alyssum is a low grower that makes a wonderful carpet-like ground cover. You can use it along edges, in the garden, or to fill nooks and crannies on walkways and walls. If you plant it near stone or anywhere that dries out quickly, you will need to provide some extra water. The tight, free-flowering plants are also great in hanging baskets and containers.

You can start Sweet Alyssum from seed or plant. Seedlings are widely available in nurseries, in the spring and often in the fall.



To start Sweet Alyssum from seed, simply scatter the seed and press it down, so that it makes good contact with the soil, but it is still exposed to light. Keep the soil moist, until germination. Then water whenever the soil feels dry.

Sweet Alyssum is generally problem free. Aphids can become a pest, especially when the plants are under stress.



**Bamboozable Answers:** 1. Too Good to Last 2. Pat on the Back 3. Life Behind Bars 4. A Touching Moment 5. Look Before You Leap 6. Three Wise Men



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Tuesday  
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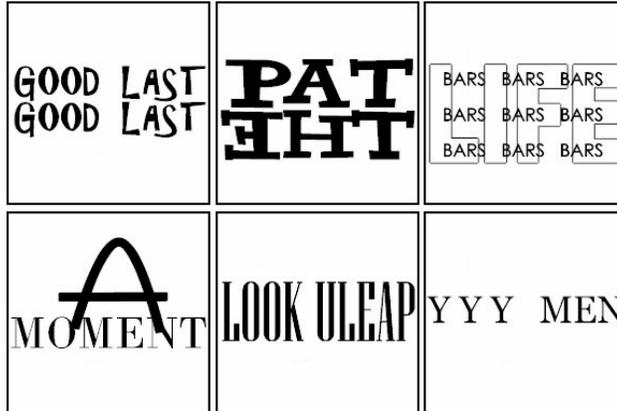
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TEXAS A&M  
AGRILIFE  
EXTENSION

### Bamboozable!!

**What's a bamboozable you ask?** A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



Answers on page 3

#### Upcoming Topics

- *BBQ Safety*
- *Sunflowers*
- *Sarcoma Awareness*
- *Apple Cranberry Salad*



Fruit of the Month — Cantaloupe!



### Fun Facts About:

#### Cantaloupe!

1. It takes them 3 to 4 months for the to grow before they are mature enough to be picked.
2. They are a good source of vitamin A and C
3. Cantaloupe is called rock melon in Australia.
4. Cantaloupes are related to pumpkins, squash, watermelon and honeydew

