

Family and Consumer Sciences

“Connections” in Nolan County



Stay Healthy—Stay Hydrated



When the temperatures rise, getting enough to drink is important whether you are playing sports, traveling or just sitting in the sun. And it is critical for your heart health!!

Keeping your body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. If you are well hydrated, your heart doesn't have to work as hard.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as a heat stroke.

What does being well hydrated mean? The amount of water a person needs will depend on climatic conditions, clothing worn and exercise intensity and duration. If you perspire heavily, you will need to drink more water to replenish water lost through sweating. Thirst is not always the best indicator that you need to get a drink. If you notice you are thirsty, more than likely you are already dehydrated. A good way to determine if you are hydrated is by your urine. Pale and clear urine means your are well hydrated. If it's dark, drink more fluids.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods such as fruits and vegetables which contain a high percentage of water. Fruit juices or sugary drinks such as soda can be hard on your stomach if you are dehydrated, so these should be avoided.

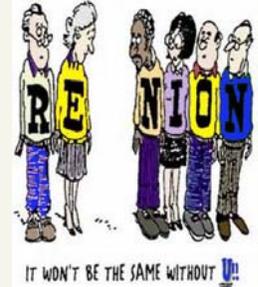
Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.

Source: www.heart.org

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C r e a t i n g F a m i l y H i s t o r y a t F a m i l y R e u n i o n s

School is out—summer is around the corner! Many families are planning reunions with family members and making plans to get together! Families always need opportunities for new ideas to create lasting memories with their loved ones. Listed below are nine fun family history activities to try at your next family reunion to get people talking, sharing and having fun.



- 1) Memory T-Shirts: If you have more than one branch of an extended family attending your reunion, consider identifying each branch with a different colored shirt.
- 2) Photo Swap: Invite attendees to bring their old, historic family photos to the reunion, including pictures of people (great-grandpa), places (churches, cemeteries, the old homestead) and even previous reunions.
- 3) Family Tree Wall Chart: Create a large family tree chart to display on a wall, including as many generations of the family as possible. Family members can use it to fill in the blanks and correct any inaccurate information.
- 4) Story Time: A rare opportunity to hear interesting and funny stories about your family, a story-telling hour can really encourage family memories.
- 5) Oral History Odyssey: Locate someone with a video camera who is willing to interview different members about the family.
- 6) Family History Skits and Re-enactments: Using stories from your own family history, have groups of attendees develop skits or plays that will retell the tales at your family reunion.
- 7) Family Scavenger Hunt: What was great-grandfather Powell's first name? Which Aunt had twins? Where and when were Grandma and Grandpa Bishop married? Is there someone born in the same state as you? Set a deadline and then gather the family together to judge the results.
- 8) Heritage Cookbook: Invite attendees to submit their favorite family recipes—it can be from their own family or one passed down from a distant ancestor.
- 9) Memorabilia Table: Set up a table for attendees to bring and display their treasured family memorabilia. These items could include historic photos, military medals, old jewelry, family bibles, etc. You want to make sure that all items are carefully labeled and the table is always hosted.

Source: <https://www.thoughtco.com/fun-family-history-activities-reunions-1421885>

Keep the Family Picnics Safe at the Plate



Warm weather is here and there's no better place to be than outside! Have you thought of having a picnic with your family? Whether indoors or out, a picnic can be a great way to spend time with your kids and spouse.

You want to make sure and keep family picnics safe at the plate. Ways to accomplish this would be:

- 1) Bring water and soap to wash hands, surfaces and cutting boards.
- 2) Bring a food thermometer. Use it if grilling to make sure your meat is the correct temperature (internal temperature for burgers 160 degrees and chicken—165 degrees).
- 3) Store chilled foods in a cooler with ice or ice packs.
- 4) Store uncooked meat, poultry, or fish for grilling in a well-sealed container. Pack in the bottom of the cooler so juices will not leak onto other foods.
- 5) Keep coolers in the car as you drive, not a hot trunk. At the picnic, keep them in the shade under a tree or bench.
- 6) Return chilled foods to the cooler right after serving.
- 7) Discard leftover meat, chicken, fish, eggs and foods made with them if left out for one hour in temperatures over 90 degrees.

Source: www.foodsafety.gov



Four Ways to Love Your Brain During National Alzheimer's Month

Alzheimer's robs people of their ability to remember. Here are just a few ways to help your brain stay healthy against Alzheimers:

1) **Break a sweat:** engaging in regular cardiovascular activity elevates your heart rate

and increases blood flow to the brain.

2) **Hit the books:** formal education at anytime in life will help reduce cognitive decline.

3) **Fuel Up Right:** eat a healthy and balanced

diet, lower in fat and higher in vegetables and fruits. These foods may reduce the risk of cognitive delay.

4) **Heads Up!:** Brain injury can raise your risk of cognitive decline and dementia. Wear your seat belt, use a

helmet while riding a bike or playing contact sports and take steps to prevent falling.

You and your family can start now—it is never to late to gain healthy habits.

Source: alz.org

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Summer Salad

Serves: 6

Salad Ingredients:

2 cups frozen corn kernels, thawed and drained

4 medium Roma tomatoes, seeded and diced

1 cup jicama, diced 2 medium jalapenos, seeded and diced

1/4 cup green onion, sliced 1/2 cup cilantro, chopped

Dressing Ingredients:

1 avocado, sliced 2 tablespoons vegetable oil

1/4 cup water 2 teaspoons chipotle in adobo

3 tablespoons lime juice sauce, minced

1 garlic clove, minced

Wash all vegetables. For the dressing, combine all ingredients in a blender or food processor; blend until smooth. Set aside.

For the salad, combine all ingredients and gently toss. Drizzle with dressing and toss until evenly coated.

Source: dinnertonight.tamu.edu

Nolan County News

Congratulations Katie Pantoja and Jonathon Weaver for placing 2nd at District 7 Roundup in Dramedy, John Ellis for placing 1st in Educational Presentations and their Advancement to State 4-H Roundup in June!

Congratulations Brook Nervig for competing in Wool Judging contest.

Katie Pantoja and Jonathon Weaver will compete at the State Roundup!

Family and Consumer Sciences "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Consumer Science Agents:

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