



Sunburn Prevention

Summer sun & fun go together keep these sunburn preventions in mind.

- Stay out of the midday sun (10am to 4pm)
- Wear protective clothing: Hats with at least a 4in. brim, loose fitting tightly threaded cloths covering your shoulders, back, stomach, arms and legs
- DO NOT use tanning booths
- Wear sunscreen of at least SPF of 30; look for broad spectrum sunscreen (*blocks UVA & UVB rays*)
 - o Cover all skin that is exposed to the sun (*don't forget ears, nose, neck, feet, and scalp*) it takes about 1fl oz to cover an adult body
 - o Apply sunscreen 30 minutes before going into the sun
 - o Reapply every 2-3 hours especially if in the water or sweating (*water decreases the value of the SPF in sunscreen*)
 - o Use lip balm with sunscreen for lips

Omaha Areas Top Summer Activities

- Henry Doorly Zoo
- Omaha Children's Museum
- Strategic Air & Space Museum
- Durham Museum
- Joslyn Art Museum
- Rosenblatt: Omaha Royals Baseball
- County Fairs
- Fontenelle Forest
- Old Market

For information on these places & more visit these websites:

- www.10best.com/Omaha,NE/
- <http://www.dor.state.ne.us/2009-Construction/docs/hilton/hotel-walking.pdf>
- <http://www.planetware.com/tourist-attractions-omaha-us-ne-o.htm>
- www.nefairs.org/lists.html

Daily Habits That May Make You Sick

65% of colds & more than half the food-borne illness are contracted in the home. Here are 3 things to be aware of in your home...

1. **Using a Sponge-** (the kitchen is the dirtiest room in the house) Sponges carry E.coli and salmonella etc.- **Solution-** dipping the sponge in bleach solution before wiping down things, or microwaving it for 1-2 min. each week in a small dish of water
2. **Vacuuming-** is intended to pick up and retain big pieces of dirt & dust but billions of dust particles pass right through and back into your house.- **Solution-** vacuum with a high efficiency particulate air (HEPA) filter that traps dander and dust that can make you sick
3. **Pillows and Mattress-** the avg. person sheds 1.5 million skin cells per hour & perspires 1qt. everyday even while doing nothing & those cells accumulate in pillows & mattresses. *A mattress doubles in weight every 10 yr because of dust mites, human hair, dander, fungal mold, etc. 10% of a pillow after 5 yrs is dust mites etc. you inhale while sleeping.* **Solution-**cover your mattress, box spring, & pillows with allergy proof covers sealing the mattress/pillows from things getting in or out. Wash your sheets weekly in Hot water (130-150 °F)





Hip-Hip Horary Drinking the Calories

Away!- Americans get a fifth of their daily calories from beverages. So here is some helpful information on many popular drinks:

Soda ☹️ Carbonated soft drinks are the largest source of calories. *By switching to diet soda you can cut calories.*

Water ☺️ Replacing soda with water cuts hundreds of calories per day. *By drinking two glasses of water before a meal makes you feel more full causing you to eat less.*

Fruit Juice ☺️☹️ The jury is out on this one... fruit juice can have as much if not more calories than soda but offers more nutrients. *Look for 100% fruit juice or try dinking water with a splash of juice added.*

Vegetable Juice ☺️ Is as nutritious as fruit juice with half the calories (12oz of tomato juice has 80 calories/orange juice has 160 calories.). *The pulp in vegetable juice is higher in fiber and can help control hunger.*

Energy Drinks ☹️ Energy drinks carry as many calories as soda but do offer vitamins and minerals. (You can get those from eating healthy). *But if weight loss is your goal stick with water and stay hydrated.*

Black Coffee ☺️ Need caffeine coffee is calorie-free, and rich in antioxidants. *3-4 cups a day may improve mood and concentration,* as well as reduce the risk of type-2 diabetes. *You can add skim milk or artificial sweeteners in small amounts.* Skip the fancy coffees and order a cup of Joe black.

Green Tea ☺️ Need another choice for caffeine give this calorie-free antioxidant rich drink a try. *It has been proven to help with weight loss.*

Cocktails ☹️ A shot of liquor has the fewest calories alcoholic beverages wise but when mixed with soda this drink is high in calories.

A less fattening option use diet soda and order vodka or rum.

Beer ☹️ Ok we all know we can't drink beer & loss weight but if your out and it sounds too good to pass up, light beer is the best way to go.

Fireworks Safety Tips

The Fourth of July is a time of celebrating our country's Independence. Fireworks are a big part of the celebration so here are some safety tips:

1. Read & follow the directions
2. Make sure there is an adult is present.
3. Buy from reliable firework sellers.
4. Always light fireworks outside.
5. Have water ready.
6. Don't make your own fireworks.
7. Light One at a time
8. Never re-light a faulty firework.
9. Keep small children away from fireworks.
10. Store & Dispose of fireworks properly.
11. Never throw fireworks at people.
12. Never carry them in your pocket.
13. Never shoot them into metal or glass containers.

ULTIMATE TRAIL MIX

- 1 cup dried cranberries
- 1 cup dried apple pieces
- 1 cup peanuts
- 1 cup cashews
- 1 cup almonds
- 1 cup marshmallows
- 1 cup chocolate chips
- 1 cup butterscotch chips
- 1 cup white chocolate chips

Mix all ingredients together in a large bowl. Put in sandwich bags or airtight containers & enjoy!