

Sunshine and Summertime

Take time to be
Health Conscious



by B J Armstrong

having family fun together.

Have a great summer!

Sing like nobody's listening. Dance like nobody's watching. Tell the truth. Live like it's heaven on earth. Work like you don't need the money. Love everybody. Find something to smile about everyday. Have fun. Go to church. Pray.

"Don't accept your dog's admiration as conclusive evidence that you are wonderful."

- Ann Landers

July days are really hot. Usually not a few, but a lot.

Longingly, we wish for cold.

Yet, we're never satisfied, always wishing for the old!

July is hot weather, but we can keep our cool whenever it's above 100 in the shade. Just remember these safety tips when you are working or exercising:

Drink plenty of fluids.

Limit liquids with caffeine, lots of sugar or alcohol.

Wear loose-fitting, light-colored clothing.

Avoid intense outdoor activity in the middle of the day.

Watch out for the higher risk persons; infants and those over 65 years of age.

A good July health observance is to wear sunglasses and a wide-brimmed hat. This is protection from the risk of cataracts. Sunglasses quality does not depend on darkness or style. Many \$10 pairs provide equal or more protection than others that cost more.

Another good July health observance (if you have an outdoor animal) is to make sure it has fresh water everyday and some shade to get under when the hot sun comes out.

July picnics are a great time for watermelon and cantaloupe. Any way you slice it.

Watermelon. A good one should have a yellowish ground spot. Watermelons have high water content (92%) and can help keep you hydrated. There are only 80 calories per every 2 cup serving and they are high in Vitamins C and A and also the cancer-fighting Lycopene.

Cantaloupe. A ripe one will have a mild fragrance and the lines on the rind should be yellow or a cream color. There are only 56 calories

per one cup serving and cantaloupe have 100% of the daily recommendations for Vitamins A and C. If you keep your cantaloupe in a cool area it will retain most of its food value up to four to five days.

Wash melons in water before slicing. Use a clean knife and place something clean under the melons when cutting them. This is good safety.

Here is a quick hot July summer day salad recipe. It serves two and provides 2.5 servings of fruits and/or vegetables per person.

Mix snow peas, crushed carrots, baby onions, celery and tomatoes for the

vegetable side of the serving.

If you would rather have fruits, mix oranges, cherries, strawberries, blueberries and bananas.



After mixing, toss with three cups of washed and dried spinach leaves. (You may choose other fruits and/or vegetables of your choice.) Top with favorite dressing. You can also put in a blender and use as a cool drink.

Food tip: The more brightly colored fruits and vegetables you add to your salads, the more nutrients you'll pack in.

Swimming is a good way to cool off this summer, plus an excellent form of exercise for the whole body. Never dive from the sides of a pool, but use a diving board only. The minimum safe depth for diving in any water is nine

feet. Diving accidents are a leading cause of head, neck and spinal cord injuries. One sign that must not be ignored is a "No Diving Allowed" post.

Ninety percent of all diving accidents result in both legs and arms being paralyzed. Last, but not least, never dive into an above ground swimming pool.

Going to the beach this summer?

Take this chance to kick off the shoes and

walk in the sand. Walking in the sand massages your feet, strengthens your toes and is good for general foot conditions. Caution!

Watch out for glass and other sharp objects.

Kids have their own things to do in the summer, but the family should have some activities that they can do together and everyone will have fun. Here are a few summer activities everyone can enjoy:

1. Visit a "you pick" farm and pick your own strawberries, blueberries, peaches or a favorite fruit.
2. Play croquet.
3. Adopt a highway, park or beach and clean it.
4. Plan a family walk, hike or bicycling trip.
5. Visit an educational center (this might coincide with another more fun visit to a recreational place.)

This is just to give you some ideas. You can make up your own list with things that your family might enjoy. Each family member might make a suggestion. It's all about



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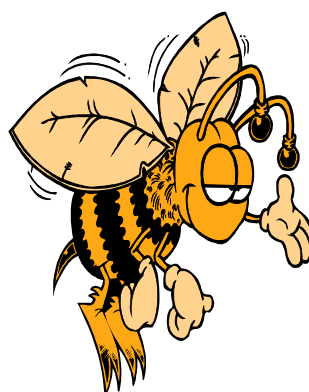
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