

In Top Form!

People don't notice whether it's winter or summer when they're happy. ~Anton Chekhov

A delicious and nutritious way to meet a portion of your daily fluid needs is to indulge in the following H2O-loaded foods

- Apples
 - Apricots
 - Bell peppers
 - Broccoli
 - Carrots
 - Celery
 - Cherries
 - Citrus fruits (e.g., oranges, tangerines and grapefruit)
 - Cucumbers
 - Grapes
 - Lettuce
 - Pineapple
 - Squash
 - Strawberries
 - Tomatoes
- And of course
Watermelon



Dehydration and Heatstroke

In the US each year approximately 400 people will die from heat stroke. "Dehydration and heat-stroke go hand in hand," says Peter Galier, MD, associate professor of medicine at the David Geffen School of Medicine at UCLA. "It happens most commonly in people who are out in the sun. "What happens, explains Galier, is that people sweat and replace their lost electrolyte-packed body fluids with only water. Dehydration can soon follow, and heatstroke can set in if a person becomes so dehydrated they can't sweat enough to cool down, and their body temperature rises.

How to avoid it.

"If you are outside and sweating, you should be drinking at least a 50-50 mix of a sport drink and water, which has potassium and sodium," Galier tells WebMD. "You need to be drinking at least one small liter bottle of this mix every hour if you're working or exercising in the sun."

Warning signs.

"Symptoms of dehydration can run the gamut from thirst and general fatigue, to headaches, nausea, and confusion," says Galier. "Heatstroke symptoms are also headache and confusion, but include delirium and even hallucinations."



What to do.

While mild dehydration can be treated by rehydrating with fluids, heatstroke is more serious. "If you have heatstroke, you need to go to the emergency room so you can have intravenous fluids," says Galier.

"With really bad heatstroke, your kidneys can shut down.



<http://women.webmd.com/features/avoid-summer-health-woes>

The Ultimate Summer Brain Workout

Just like their bodies, kids' brains need exercise to stay in tip-top shape. It's no surprise that during the long, lazy days of summer, many students lose the equivalent of one to two months of reading and math skills. Following are some kid-friendly activities designed to give students the ultimate summer brain workout:

Grades K-3

Take a walk on the natural side. Plan a nature walk to a nearby neighborhood, park or zoo.

Have fun with sidewalk chalk.

Write on. Keep track of your child's adventures this summer by creating a beach towel or t-shirt "journal." All you need is a white beach towel or t-shirt and

fabric markers. Have your child include his or her favorite events of the summer.

Grades 4-6

Plant a mystery garden. Visit a garden supply store and purchase a variety of flower and vegetable seeds. Remove the seeds from their containers and place them in unlabeled bags. It's up to the student to grow the plants and determine their correct seeds!

Become a pen pal. Have your child write letters to a friend who has recently moved or a relative who lives out of town.

Create a cookbook. Look through cookbooks and ask family members and friends to send their favorite recipes. Try a new recipe each week and work to-

gether to read the directions and measure the ingredients.

Grade 7-9

Plan a vacation. Ask your child to use the Internet to learn more about your vacation destination. If you will be traveling out-of-state, research the state flower or bird and interesting tourist attractions.

Become a reporter. Keep track of local and national news by creating a family newspaper.

Track the weather. Make a large calendar or graph to chart the high and low temperatures each day for a month. Consult an Almanac and see if you broke any weather records.

<http://kidsturncentral.com/topics/news/news052307.htm>