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June 2012

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Firework Safety for Summer

The Fourth of July is just around the corner, and for many Americans fireworks are an integral part of the celebration. June is Firework Safety Month and the perfect time to brush up in preparation for Independence Day.



According to the Consumer Product Safety Commission, hospitals treat 200 firework-related injuries daily during the months surrounding the Fourth of July. Follow these tips to make sure you and your loved ones have a safe and enjoyable holiday:

- Never allow young children to play with or ignite any type of firework—even sparklers burn at temperatures around 2,000 degrees.
- Always have an adult supervise the use of fireworks.
- Be sure that any fireworks you purchase are intended for use by the general public. Some

fireworks are made strictly for professional use and could cause serious injury or even death.

- Don't carry fireworks in a pocket, purse or backpack, as a single spark could cause them to ignite.
- Never attempt to re-light or pick up any firework that has not ignited properly—it may still be dangerous.
- Light fireworks one at a time to prevent confusion and accidents.
- Have a bucket of water or garden hose on hand in case of an emergency and to douse fireworks before discarding them.
- Keep unused fireworks away from the lighting area to prevent a spark from accidentally igniting them.
- Many parts of the country prohibit the use of fireworks. Make sure they are legal in your area before buying or using them. If your area is experiencing a drought, fireworks may be temporarily banned.

Whether you're watching your community's firework display, or setting them off in your own back yard, put safety first!

Buying Organic: The Dirty Dozen

Want to go organic but not sure if it's worth the extra cost? For some types of produce, it almost certainly is. According to data from the U. S. Department of Agriculture (USDA), some types of produce are more susceptible to pesticides than others. The USDA found that some fruits and veggies without a tough, protective skin often contained residue from pesticides.

The "Dirty Dozen" are the 12 types of produce most likely to contain pesticides. To avoid chemicals, consider going organic when purchasing these fruits and vegetables:

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|-----------------|-------------------------|
| 1. Apples | 7. Grapes |
| 2. Celery | 8. Sweet Bell Peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines | 12. Kale/Collard Greens |

DID YOU KNOW

While most non-organic produce contain some amount of pesticide residue, a few types are fairly resistant. Onions, sweet corn, pineapples, avocados, asparagus and sweet peas have been found to have very small amounts of residue.



Outdoor Exercise: Getting the Right Gear

Transitioning from running indoors to outside? Prepare yourself for the outdoor elements by investing in the following three key pieces of equipment:

1. **New shoes** – If your running shoes are worn out from a winter of running on the treadmill, look into ditching the old ones in favor of a new, water-resistant pair. After you spend some time running on the hard asphalt and through puddles, your feet will thank you.
2. **A running pack** – If you plan on running long distances, make sure you get a light-weight running backpack or fanny pack. These packs can store a water bottle for a run in the sun, or rain gear in case the weather turns.
3. **Rain gear** – If you don't have any already, consider

picking up packable, water-resistant pants and jacket. That way you won't have to call off your run on account of rain.



Save on Seasonal Style

In need of a wardrobe refresh but don't want to pay full price? Check out the following tips to discover how to dress for the summer season without breaking the bank.

- Buy your summer clothes nine months early. By shopping the sale racks at the end of summer you'll be able to save significant amounts on a new summer wardrobe. Store the clothes with the tags intact and be sure to save the receipt, that way if you go up or down a size you can get back what you paid for them.
- Summer is garage sale season and the perfect time to find a few gently-used items. Remember to negotiate with the owner; they may be willing to offer a reduced price if you are purchasing more than one item.
- Going to a consignment shop or second-hand store may be well worth the trip. The prices are almost always rock-bottom and are better organized than garage sales.
- Check out the lots of summer clothing on www.ebay.com. Often times you can find large quantities of seasonal clothing in a single size for a small price.
- If you have growing children in your family, organize a clothing swap with your friends, family or in your neighborhood. Everyone can trade out their kids' outgrown clothes for larger sizes. You get rid of unneeded clothing and get a brand new wardrobe for your child—for free!

Fresh Summer Gazpacho

Keep your cool with this refreshing chilled soup! Gazpacho originated in the south of Spain and is typically served during the warm months to help people beat the heat—perfect for the first day of summer.

3 medium tomatoes, peeled and chopped
½ cup cucumber, seeded and chopped
½ cup green pepper, chopped
2 green onions, sliced
2 cups low-sodium vegetable juice cocktail
1 tbsp. lemon juice
½ tsp. basil, dried
¼ tsp. hot pepper sauce
1 clove garlic, minced

Combine all ingredients, except for ¼ cup of cucumber, in a large bowl, mixing them thoroughly. Cover and store in refrigerator for several hours, until completely chilled. When ready to serve, garnish with the remaining chopped cucumber.

Yield: 4 servings. Each serving provides 53 calories, less than 1g total fat, less than 1g saturated fat, 12g carbohydrates, 41mg sodium and 2g fiber.

Source: www.nhlbi.nih.gov

