

DALLAM AND HARTLEY FAMILY AND CONSUMER SCIENCE

Independence Day

July 2014

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Here are some interesting facts about the 4th of July.

- The oldest, continuous Independence Day celebration in the U.S. if the 4th of July parade in Bristol, Rhode Island: it began in 1785.
- The “Star Spangled Banner” was written by Francis Scott Key during the War of 1812 and not decreed the official national anthem of the U.S. until 1931
- Three U.S. Presidents, John Adams, Thomas Jefferson and James Monroe, died on July 4th: Adams and Jefferson, both died with hours of each other in 1826, on the 50th anniversary of the Declaration, while Monroe died in 1831.
- In July 1776, the estimated number of people in the

newly independent nation was 2.5 million. As of July 4, 2013 there was about 316 million.

- John Adams and Thomas Jefferson are responsible for the bald eagle as the national bird: Benjamin Franklin wanted it to be the turkey.
- The average age of the signers was 45. Benjamin Franklin was the oldest at 70 and Thomas Lunch, Jr and Edward Rutledge were both 26 years old. Thomas Jefferson was the lead author at 33 years old.
- A salute of one gun for each state in the United States, called the “salute to the union”, is fired on Independence Day at noon by any capable military base. The 1st major celebra-

tion was held in Philadelphia in 1777.

- An estimated 150 million hot bogs will be consumed on July 4th.
- In 1854, the words “under God” were added to the Pledge of Allegiance.
- To avoid cracking it, the Liberty Bell has not been rung since 1846. To mark the quintessential day, every 4th of July it is symbolically tapped 13 times.
- In 1870 Congress made Independence Day an official unpaid holiday, in 1938 it was changed to a paid federal holiday.

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Dehydration

Dehydration is the loss of water and salts essential for normal body function. It occurs when the body loses more fluid than it takes in. This condition can result from illness, a hot, dry climate; prolonged exposure to sun or high temperatures, and not drinking enough water.

- **Age and dehydration:** Adults over the age of 60 who drink water only when they are thirsty probably get only about 90% of the fluid need. Dehydration in children usually results from losing large amounts of fluid and not drinking enough water to replace the loss.
- **Causes:** Strenuous activity, seating, high fever and prolonged vomiting or diarrhea are common causes of dehydration.
- **Symptoms:** Increased thirst, dry mouth, swollen tongue, weakness, palpitations, confusion, fainting, decrease urine output, headache, and cracked lips, are all symptoms of dehydration.

Here are some good signs that you are dehydrated.

- **You have a headache:** your body is constantly losing fluid, so this means you're also losing essential salts like sodium and potassium. The salt loss actually changes the chemical makeup of your blood. Your brain is super sensitive to the change and it is the sensitivity that triggers a headache.
- **Your urine is extra yellow:** The reason this happens is that your urine is over-concentrated with waste.
- **You're constipated:** Water helps move waste through your colon and out of your body.

Ways to prevent dehydration.

- Plan ahead and take extra water to all outdoor events and work where increases sweating, activity and heat stress will increase fluid loss.
- Ensure that older people and infants have adequate drinking water or fluids available.
- Wear light-colored and loose fitting clothing if you must be outdoors when it is hot outside.
- Avoid exposure during high index days.

Ways to Stay Hydrated

- Drink water—water is the best way to rehydrate your body.
- Sodas, iced tea, coffee, and other drinks that contain caffeine are second best to water.
- Many fruits and other foods contain water.

Examples include: Hamburger, meat, chicken breast, soup, stew, broth, Jell-O, grapefruit, grapes, watermelon, fruit juice, sports drinks, flavored waters, and smoothies.

How Much Water Do You Really Need

The Institute of Medicine gets general guidelines for total water intake.

- It recommends that women consume a total of 91 ounces (2.7 liters) from all food and beverages combined.
- For men, it recommends about 125 ounces a day (3.7 liters).
- Depending on your diet 25% of the water you consume comes from your food.
- You can always go to the 8–8 ounce glasses a day.

An easy way to gauge how well-hydrated we are is simply to look at your urine. It should be fairly clear, and if it is very dark yellow, that is a sign that you may need to drink more water.

Ways to Make Water Taste Better

- **Add a cinnamon stick**, not only does it flavor your water, but cinnamon can help lower blood sugar and cholesterol.
- **Add a Splash of Fruit Juice**, pouring just a touch of 100% fruit juice can add flavor without piling on a ton of sugar.
- **Buy a water infuser**, spiking water with some fruit is another simple way to upgrade taste.
- **Steep herbs**, adding leaves like mint, or crushed basil can add flavor. Steep leaves in the water overnight and add a squeeze of lemon or lime in the morning.
- **Add flavored ice cubed**, freeze coffee, water and pomegranate arils, or pureed raspberries and pineapple.

**HERE ARE SOME FUN TREATS TO
ENJOY THIS SUMMER!!!**

American Flag Fruit Cookie (Pizza)

Ingredient List:

- ◆ 1 package sugar cookie dough
- ◆ 1/2 cup sugar
- ◆ 1 package cream cheese
- ◆ 2 tsp Vanilla extract
- ◆ 1 package blueberries
- ◆ 1 package raspberries or strawberries
- ◆ parchment / cooking paper



Directions:

1. First, sit your cream cheese on the counter so it can begin to soften. Next, lay out a sheet of the parchment paper on the counter and roll/flatten the sugar cookie dough out into a rectangular pattern. Get it as flat as you can.
2. Using a pizza cutter and spatula (to pull the extra dough away), cut the shape into a rectangle or wavy pattern. Remove the excess, you can use it for the cookie-cutter stars, if you would like. Slide the dough (still on the paper) onto a cookie sheet and cook according to the sugar cookie package. Leave on the cookie sheet to cool.
3. Add the cream cheese, sugar and vanilla together in a bowl. Beat/mix the mixture until it is light and fluffy, 2-3 minutes. Once the

cookie has cooled, ice the entire surface of the cookie with the cream cheese mix. You may have to recut the cookie and stars once it is out of the oven as the cookie expands while cooking.

4. Using the blueberries, begin adding to the top of the iced cookie. If you are using a wavy pattern, you may want to begin at the bottom with the raspberries—follow the wave with a few lines of raspberries and then add the blueberries about half way up. If you made little star cookies, add them on top of the blueberries. Cover gently with a second sheet of parchment paper and cool in fridge for at least an hour.
5. Once cooled, serve and enjoy!

Note: do not leave out for more than an hour, as it has dairy on it.

Vanilla Cake Batter Milkshake

Ingredients:

- 2/3 cup low-fat milk
 - 1 rounded tablespoon sugar-free instant vanilla pudding mix.
 - 1/2 cup light, no-sugar-added vanilla ice cream
 - 2/3 cup crushed ice.
2. Add crushed ice and blend on high until the ice cream is completely incorporated and the shake is thick and creamy.



Directions:

1. Place all ingredients, except the ice, in a blender. Blend to mix.

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**If you have any topics that you would like to have published, please contact me or email me.



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Family Traditions

Family Traditions will meet at the Extension Office to make Refrigerator Pickles.

The time and date are to be announced.

Watch out for more information in upcoming newsletters.

Donations

We will be using half-pint and pint size jars for our refrigerator pickles.

If you have any jars you would like to donate, you can just bring them by the Extension Office any time between 9-5, Monday—Friday.

XIT Arts and Craft Show

TEEA will be hosting the 78th Annual Arts and Craft Show. If you would like to have a booth you can come by the Extension Office to fill out a registration form. We will be accepting registrations until July 25 at 12:00 (noon).

If you have any questions please call 244-4434.