



FUN FAMILY ACTIVITIES JULY '12

JULY 16 – AUGUST 3

JBLN Baseball Camp Fun and Fundamentals

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T-Ball and Coach Pitch - Where kids ages 5-8 learn, practice and refine their skills in a happy and safe environment.

9:00 a.m. — 12:00 p.m.

JBLN "Field of Dreams", St. Andrew's School

Cost: \$100 p/child, p/week

Children should bring their gloves, snack and water.



Let's Get Soaking Wet!

Fun and Fit Family Guide. Swimming Pool and Beach Safety.
www.webMD.com

Healthy Snacks on the Go

www.webMD.com

Frozen Yogurt Pops

To handle the hunger of a soccer team, plan ahead with frozen yogurt-fruit pops. In a blender, mix seasonal berries with low-fat yogurt and a little milk. Pour the mixture into ice pop mold trays and freeze.

Frozen Grapes

When you're heading to the swimming pool, you need to plan refreshments for those inevitable swim breaks. For a sweet treat, skip the ice cream. Instead, bring along a cooler with an ice pack and a big bag of frozen red seedless grapes.

Roasted Chickpeas

Need a new snack to munch on at the office? Roasted chickpeas are a surprisingly delicious, protein-rich alternative to hitting the vending machine. To make them, simply preheat the oven to 400 degrees. Rinse, drain, and blot dry a 15.5-ounce can of chickpeas. Toss with a tablespoon of olive oil, sprinkle with salt, spread chickpeas on a baking sheet, and bake for 20 to 30 minutes, or until golden and crispy.

Parmesan Pita Chips

Sometimes, nothing but a crispy chip will do. At your next picnic, pair these savory, homemade pita chips with sandwiches. Preheat oven to 350 degrees. Cut 4 whole wheat pitas into wedges and toss with 1 1/2 tablespoons of olive oil. Place on a baking sheet, sprinkle with 1/4 cup grated Parmesan cheese, and bake for 8 to 12 minutes, or until light golden brown.

Whole Grain Cereal

When you're headed to a play date at the park, cereal is an easy snack to pack. Take resealable plastic bags filled with your child's favorite. But make sure it's a cereal made with whole grains, says dietitian Blake. Even a frosted shredded wheat cereal works. Although it's glazed with a bit of sugar, it's got a lot more fiber and nutrition than your average cracker or cookie.



Slather on SPF

When you're outdoors in the water, wear a broad-spectrum, water-resistant sunscreen. You should apply at least 1 ounce -- enough to fill a shot glass -- over your whole body, including your feet, nose, ears, and lips. Don't wait until you get to the beach or pool. Apply it 30 minutes before going outside. The higher the SPF on broad-spectrum sunscreens -- up to SPF 50 -- the better they protect against UVA and UVB rays. Reapply every two hours.

Cover Makes a Difference

Shade matters. It can help protect against sunburns and heat stroke. The sun's UV rays are strongest between 10 a.m. and 4 p.m., even if it's hazy outside. Seek protection with beach umbrellas, wide-brimmed hats, sunglasses, and long-sleeved shirts and pants. In general, clothing made of dark, tightly woven fabric best protects the skin from the sun. If you can see through it, then UV radiation can penetrate it.

Drink Lots of Water

One stylish water bottle isn't enough, unless you refill it over and over. According to the Institute of Medicine, most adults need an estimated 11-15 cups of water or other fluids a day to stay fully hydrated, more if you're physically active or exposed to hot conditions. That's almost a gallon per person. Sports drinks are great after a sweaty game of beach volleyball. Otherwise, water works.

Don't Drink Alcohol Around Water

Alcohol and swimming don't mix. Drinking can impair your judgment and encourage dangerous behavior. Alcohol also speeds up the dehydration process. The sweating, vomiting, and diarrhea that can go hand-in-hand with too much drinking can result in even further dehydration.

Continued Overleaf >>



Asparagus Risotto with Leeks

www.webMD.com

This risotto is vegan -- no butter, no cheese. That being said, it's far away from no taste. This smooth, creamy dish is absolutely delightful no matter what time of year.

INGREDIENTS

Bundle of thin asparagus, 16-20 spears
 4 cups fresh hot water or very light broth
 2-3 teaspoons olive oil
 2 inches or so of a leek, diced fine
 1 cup raw Arborio rice
 1/2 cup white wine
 Sea salt, to taste
 2 tablespoons chopped fresh Italian parsley

INSTRUCTIONS

Wash and slice the asparagus, cutting on the diagonal about 3 inches down from the tip. Pour a scant amount of water into a skillet and quickly blanch the asparagus. When it turns bright green, remove it from the pan, and rinse with very cold water to keep it from cooking longer. Set aside.

To make the risotto, heat the water or light broth in a separate sauce pan, and keep it warm. In a heavy medium saucepan, heat the olive oil on medium heat, and sauté the diced leek for a minute. Add the uncooked Arborio rice and stir well, until the rice is coated. Stir and cook for about 3-5 minutes. Add the white wine and stir until most of the wine is cooked off.

Pour in 1 cup of the hot water or broth and bring to a simmer. Reduce heat and simmer uncovered, stirring frequently for 7-8 minutes. When most of the liquid is absorbed, add the remaining cups of hot water or broth 1 cup at a time, stirring and simmering until each cup of liquid is absorbed before adding the next one.

(The whole process should take about 20-25 minutes; 22 minutes is a goal for al dente; if you cook risotto too long or with too much liquid it may become gummy.)

When the final cup of liquid is absorbed, gently add in the blanched asparagus, cover, and set aside for a few moments before serving. Risotto likes to rest a bit.

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Have a First Aid Kit

A small first aid kit can prevent minor mishaps from spoiling your day. Take aloe gel for sunburn relief, triple-antibiotic ointment, pain relievers, waterproof bandages plus alcohol pads for scrapes, hydrocortisone cream for insect bites, tweezers for boardwalk splinters, ear drops for swimmer's ear, vinegar for jelly fish stings, motion sickness pills for boat rides, hand sanitizer, insect repellent, and a chemical cold pack for swelling.

Plan for Your Health Needs

People with health concerns should take special care when traveling, even on day trips. If you take medicines, bring enough to cover your stay. Some drugs can increase sensitivity to sunlight. Some may be affected by high temperatures. Consider obtaining a doctor's letter explaining your health needs.

Heat-Friendly Snacks

Pack an insulated cooler with a cold source such as ice or frozen water bottles. Take easy-to-carry foods like fresh fruit, celery sticks, trail mix, or pretzels. Chill any cooked foods before you pack them in the cooler. And take a separate cooler for drinks so you only open the food cooler when necessary. Avoid glass bottles since most places don't allow them. If the temperature is above 90 degrees, don't let food sit out more than an hour.

Beach Recreation

If you're traveling to the beach, take games and toys like a bucket and shovel to keep your crew entertained. Even if they're water-wise, youngsters still need constant supervision -- whether they're swimming or sitting in the sun too long.

A Really Good Read

Looking for a beach or poolside read? Your favorite book source, such as your local library, may offer a list of beach reads, or your child's school may have a summer reading program. Or you can find reading sites online and look for recommendations from other booklovers.

Rip Currents Are Dangerous

Rip currents, mistakenly called undertows, can occur at any beach with breaking waves, including lake shores. Swimming in waves can be harder than in a pool -- it's easier to get cold and tired while swimming in surf. Be aware of the daily water conditions. If you get caught in a rip current, don't fight it. Remain calm. Swim or float parallel to shore. Once out of the current, swim toward shore.

Protect Your Beach

Leave the beach as pristine as you found it. Don't disturb wildlife and plants -- you're visiting their home. Use walkovers when crossing sensitive dunes. Throw away trash in public trash bins, and recycle items when you can. Cut the rings off plastic six-pack holders. Sea creatures like turtles and birds can get tangled in them or mistake them for food and they can die. And please, use public restrooms, not the ocean.