



Between Friends

AUGUST 2009



BEAT THE HEAT!

This type of year it is not uncommon to see the Las Vegas Valley reach triple digits. It is important to know that if your body does not cool properly you could suffer from a heat-related illness. The following are a few tips to help protect you:

- ❖ **Drink lots of water** – drink at least six to eight glasses of water per day. Try and avoid caffeine and alcohol. You should always have water handy in case you start to feel thirsty. Thirst is one of the first signs of dehydration. 
- ❖ **Stay indoors** – if you don't have to go outside than stay inside.
- ❖ **Dress cool** – try and wear lightweight clothing. If going outside try and wear a hat or use an umbrella. Always wear sunscreen.
- ❖ **Relax** – during the hot summer months you should rest and take it easy whenever possible. If you are outside stop and rest in a shady area for a while.
- ❖ **Heat illness symptoms** – discomfort, excessive sweating, headache, dizzy, fatigue, cramping, loss of coordination, blurry vision, confusion, fainting, seizures. If you suspect heat illness you should call 911 immediately. 

Summer Smoothie

Keep your blenders buzzing with some cool summer fruit sensations.

Tropical Berry Smoothie

- 1 cup frozen blueberries
- 1 cup frozen mango
- 1 frozen banana
- 1 cup plain yogurt
- 8 ounces juice (apple, orange, pineapple, cranberry)



Blend until smooth. Serves two.

Remember when making smoothies you can substitute different fruits and flavors to make the perfect smoothie. Some exotic ingredients are avocado, peanut butter, mint, tofu, nuts, and oatmeal.



Back To School



The first day back to school for Clark County School District is August 24. It is time to prepare yourself and your kids for the school year. Here are a few tips to getting ready.

- Try and read **ALL** information that is provided to you by the school district. This should include school rules, attendance policy, and discipline procedures.
- Make sure you review all dress codes before buying school clothes.
- Start practicing bedtime and wake-up schedules. Don't wait till school starts.
- Get all school supplies in advance.
- Set realistic goals with your child for the school year. Create a reward system for getting good grades.
- Try to get you child involved with athletics or with school activities. The more time they spend doing these things the more likely they are to stay out of trouble.
- Find out how to contact your child's school including, teachers, counselors, and administrators.

Clark County School District contact info
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