

# summer fun guide 2018



**fun** starts here!

- Stop Making These Grilling Mistakes
- Teaching Kids to Swim
- Fun Ways to Stay Cool
- *and more!*

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# DID YOU KNOW?

## ICE CREAM TRUCK HISTORY



**O**n a sweltering day, few things bring relief as immediately as a favorite frozen treat. The United States leads the world in ice cream consumption, with an average of 26 liters per person consumed per year.

Ice cream has been around for quite some time, and it is believed ancient Greeks ate a crude form of the dessert as early as the 5th century B.C. While ice cream parlors, dessert shops and supermarket freezers are popular places to sample favorite flavors, ice

cream also can be purchased from ice cream trucks.

The tinkling of the ice cream truck music box and the sight of that dessert haven on wheels is enough to send any child (and many adults) into sensory overload. Some of the early precursors to the modern day ice cream truck were ice and ice cream sandwich carts that gained popularity in the late nineteenth and early twentieth centuries.

Confectioner and visionary Harry Burt was instrumental in developing the ice cream truck. Burt invented ice cream novelties that could be enjoyed on a stick, including the Good Humor bar.

Burt wanted an easy way to deliver the treat into the hands of hungry kids, so he commissioned refrigerator trucks and hired drivers who looked pristine and safe to deliver the treats to neighborhood children. To entice the youngsters outside, the drivers rang a bell so kids would investigate the noise. Eventually the bell and standard routes helped families know when to expect the ice cream man.

Many ice cream truck businesses are independently-owned seasonal businesses. The trucks are seen when the first warm days arrive, and many can still be seen patrolling neighborhood streets into late fall.

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# FUN WAYS TO



**S**ummertime heat can affect energy levels and take their toll as heat waves overstay their welcome. Days upon days of rising mercury require enterprising individuals to find ways to stay cool.

Summer heat and humidity can be both daunting and dangerous. People who are unable to cool down and stay hydrated run the risk of heat stroke. Symptoms of heat stroke include a body temperature of 104 F or higher and feelings of confusion. The Mayo Clinic notes that heat stroke also may cause slurred speech, irritability and even seizures. Heat stroke is often identifiable by an absence of sweat, a rapid pulse and headache.

Staying cool should be a top priority when temperatures become extremely hot. Fortunately, there are fun ways to stay cool and beat the summer heat.

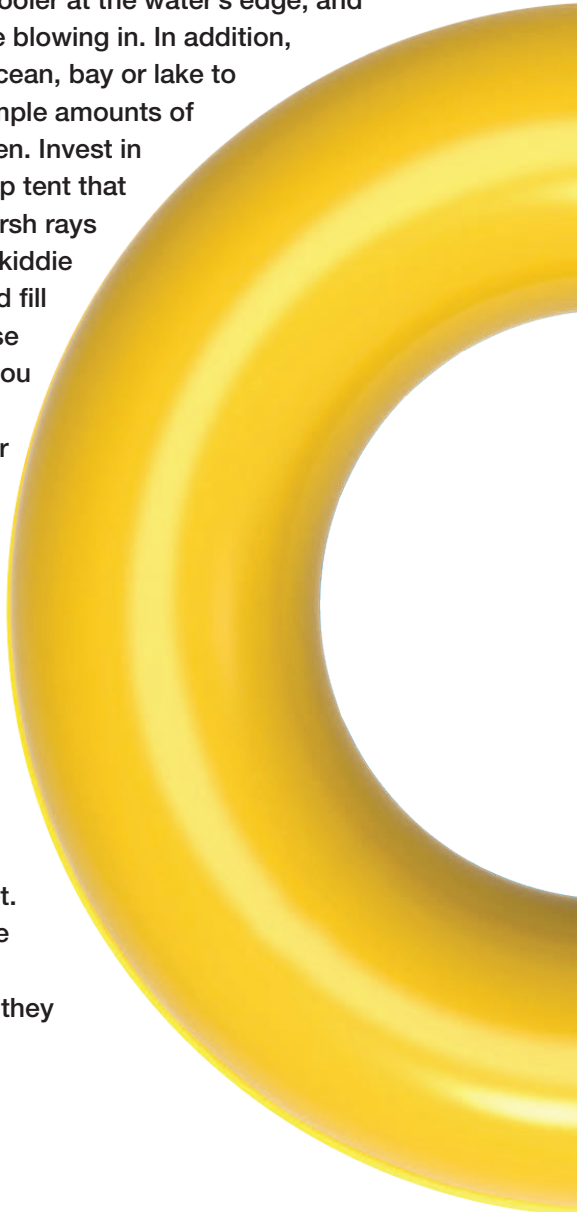
## **Visit the beach**

Head to the seaside for a day of enjoyment on the coast.

Temperatures tend to be cooler at the water's edge, and there may be a nice breeze blowing in. In addition, you have water from the ocean, bay or lake to refresh you. Always use ample amounts of sunscreen and reapply often. Invest in a beach umbrella or pop-up tent that can shield you from the harsh rays of the sun. Bring a folding kiddie pool for young children and fill it up with ocean water close to your beach blanket so you can keep a close eye on youngsters as they do their best to stay cool.

## **Get wet in creative ways**

Water balloon fights can be fun, and there are many additional and clever ways to get wet and cool off. If you have a trampoline, set a sprinkler or hose to mist and let the kids jump while getting wet. Jumping, in turn, will cause extra splashing. Give little kids a regular spray bottle they





# STAY COOL

can use to spray plants, outdoor furniture, toys and even themselves. They'll have a good time and stay cool in the process.

## **Transform your backyard into a waterpark**

An old tarp coated with a little dish soap and water can make an impromptu water slide. Set up an obstacle course outdoors where kids must run through sprinklers, jump through hoops and dive into the pool. The more variety you can create, the more likely kids will forget the heat and have fun.

## **Set up an ice-cream making adventure**

Invest in an ice cream maker and spend a particularly hot day making your own flavors. When the ice cream is set, create a fixings bar with sprinkles and toppings.

## **Take a trip to the movies**

Movie theaters often set their air conditioning systems to arctic levels, which can be just what the doctor ordered on a steamy day. Plan an excursion to the movies, taking advantage of matinee prices where available.

## **Visit an indoor ice rink**

What better way to stay cool than to spend an afternoon ice skating? Channel winter temperatures during the heart of the summer heat. Remember to dress warmly as it will be cold indoors, and have a change of clothes ready when it's time to head back into the summer heat.



## **UMHB Summer Camps**

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# TEACHING KIDS

# TO SWIM

**S**wimming is a popular activity once temperatures heat up. Millions of people flock to beaches to dip their toes in the water, and scores more spend afternoons exploring the depths of backyard pools.

Upon being introduced to the water, younger children may be somewhat apprehensive, as swimming in pools or oceans can be intimidating to youngsters. Parents should exercise extreme caution when teaching kids to swim, as the Centers for Disease Control and Prevention notes that more than one in five fatal drowning victims are children under the age of 14. The following are some tips for parents as they start to develop a plan to teach their kids to swim.

## **Wait until the child is developmentally ready**

The American Association of Pediatrics

recommends that parents wait until after a child's fourth birthday to teach them how to swim. This is when children have developed enough to understand commands and have the motor skills required for swimming. At this point, parents can register children for swimming lessons with trained instructors.

## **Introduce playing in the water early on**

Parents should make sure their children grow accustomed to playing in the water. Many kids start to like the water around the time they become toddlers, when bathing

introduces them to splashing and bobbing toys. Use these opportunities to take your child into the water, so he or she acclimates to feeling the water on his or her body and face. Kids can sit with adults on pool steps or retrieve toys from within reach. An adult always should be nearby.

## **Wait before submerging kids**

The American Red Cross says to wait until a child is around age three before submerging him or her under the water. Young kids can swallow a lot of water, which can be dangerous. Sputtering water also may turn a child off to swimming completely.

## **Begin in calm water**

The open ocean can be daunting, even to adults. So it might be better to begin swimming lessons in a calm body of water, such as a lake or pool.

## **Invest in formal swimming lessons**

Parental perceptions and anxieties may interfere with parents' abilities to properly teach their children how to swim. Therefore, hire third-party professional instructors to teach kids to swim. The Red Cross can put you in touch with certified swimming instructors who also are knowledgeable in first aid.

As children become more confident in the water, they can practice swimming strokes and submerging themselves for underwater swimming.







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July	25 - 29

\$500 per student

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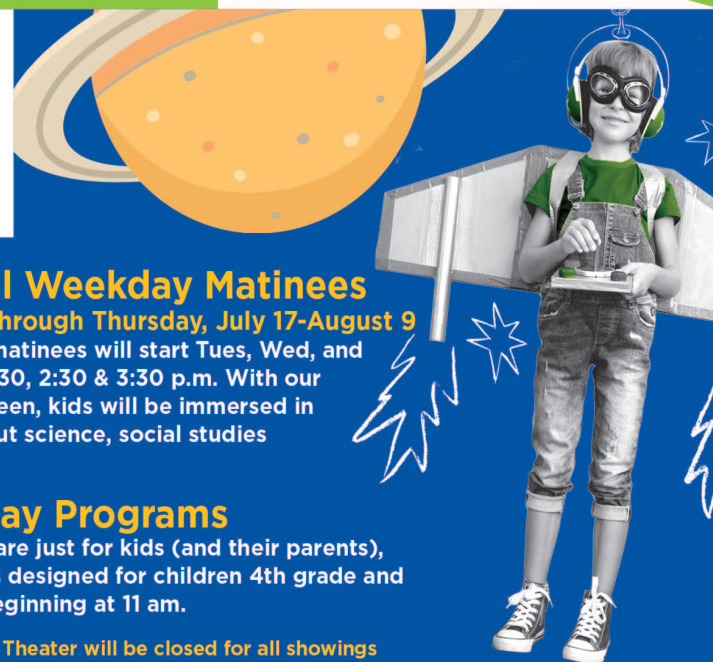
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**8/17 - 8/19**  
[geekfest.ctcd.edu](http://geekfest.ctcd.edu)



# STOP MAKING THESE 8 COMMON GRILLING MISTAKES

**C**ooking food over an open fire imparts all sorts of flavor. Grilling tends to be quicker, less messy and more convenient than cooking in the kitchen particularly during the dog days of summer.

Outdoor grills are seemingly everywhere, including many backyards across the country. That grills are so

commonplace doesn't mean that everyone grilling is employing the right techniques. Becoming the ultimate grillmaster involves understanding the subtleties of grilling and avoiding common mistakes so food can look and taste that much better.



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**1. Not prepping the food:** The French culinary term for preparing to cook is 'mise en place.' This is especially important when grilling, as cooks must deal with faster cooking times than they would otherwise encounter when cooking meals in the stove.

**2. Dirty grill:** Make sure the grill is cleaned before and after each use. Grease can quickly build up on a grill, leading to flare-ups that can cause foods to char. Frequent cleaning also helps grillmasters avoid a tiresome cleaning process at the start of the season.

**3. Forgetting to preheat:** Preheating the grill ensures that foods will cook quickly and as evenly as possible. Otherwise, meats can lose moisture and even stick to cooler grates. Reader's Digest suggests preheating to between 350 F and 450 F depending on the food.

**4. Overreliance on lighter fluid:** The chemical taste of lighter fluid can transfer to foods even when the fluid is used sparingly. Consider using a chimney starter when grilling with charcoal. And avoid repeated pyrotechnics with fluid, or worse, gasoline.

**5. Too much direct heat:** Food should not char on the outside before the inside has a chance to cook. A two-zone fire, according to food experts at Serious Eats, enables grillmasters to cook over high heat to sear and then move the food to a lower temperature to continue to cook evenly.

**6. Playing with food:** Grilling does not require much intervention. Repeatedly flipping and squeezing meat and poultry can cause flavorful juices to leak out. Then you're left with dried-out food. Resist any urges to prod and poke food. And minimize how many times you lift the grill cover to take a peek, as that can cause temperatures to fluctuate. Use a thermometer to determine when food is done. And don't forget that meat will still cook a bit after it's taken off the grill.

**7. Improper seasoning:** Basting food with sugar-laden sauces and marinades too early can cause flare-ups and burning. Quick rubs can help lock in flavor, and then reserve the sauce for the last few minutes of grilling, says cookbook author Dave Martin.

**8. Digging in too soon:** Give meats a chance to rest for between five and 10 minutes to allow the juices to redistribute through the food. This improves flavor and tenderness.

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# KEEPING KIDS SCHOOL

Children in North America will spend, on average, more than 900 hours attending school in a given year. The average school year in the United States lasts 1,016 hours, the equivalent of 42 continuous days. According to the Organization for Economic Cooperation and Development, many developed countries begin their academic years in September and end them in June. Some, like Australia, feature four terms with two-week breaks in between each term. Others go to school for most of the year, with various holiday breaks in between, and then get the bulk of their time off during the summer.

As much time as kids spend in school, there will be times when

they are left to their own devices, and during these times it's easy for them to forget classroom lessons. Sometimes called "summer learning loss" or "summer slide," this forgetfulness sees many students fail to retain all of their lessons over prolonged breaks from school. Studies indicate that students score lower on standardized tests at the end of the summer compared to their performance on the same tests at the beginning of summer. Anywhere from between one to three

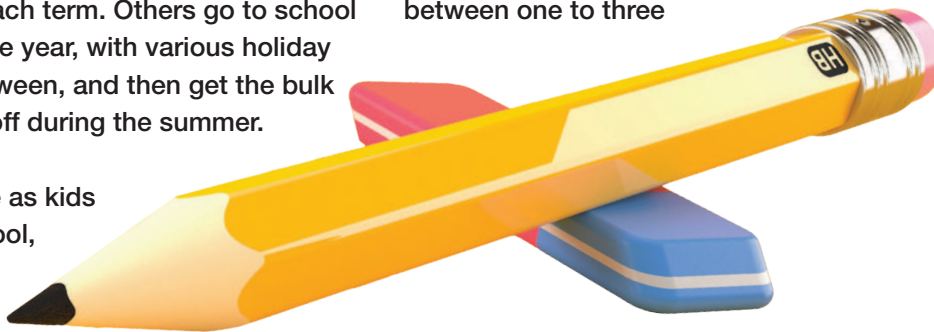
month's worth of educational achievement can dissipate during prolonged breaks from the classroom. To help ensure that those hard-earned lessons are not so easily forgotten, parents can help children remain intellectually engaged in various ways over school breaks.

### Stick to a schedule

Try to maintain a schedule similar to school, with children waking at the same time each day and going to bed at similar hours. This will make it much easier to get back into a routine when a new school year begins.

### Encourage reading

Set aside time for reading each day. All it generally takes is 15 to 30 minutes of reading per day for kids to remember their



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# ENGAGED ON BREAKS

vocabulary lessons and maintain their fluency and comprehension skills. Children may enjoy picking their own books rather than having a required reading list.

### **Keep a math book handy**

On long car trips or rainy days, children can do a few math problems to keep their skills sharp. This will help keep learning loss to a minimum. Math workbooks may be available at bookstores, or parents can look online or ask a teacher for a summer to-do packet.

### **Plan educational trips**

Vacations and day trips can be fun, entertaining and educational all at the same time. Science centers, museums and living history locations can bring to life information learned, even on family vacations.

### **Learn at camp**

Many children attend camp for a portion of their school breaks. Look for camps that do not simply babysit children, but engage them through enrichment activities.

### **Take a class**

Children and families can learn together by exploring new skills. Enroll in something educational and enjoyable, such as a music or dance class, a STEM seminar or something else that engages the mind and body. This gives everyone a chance to learn something new and have a great time together as a family.



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Time:

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For registration information  
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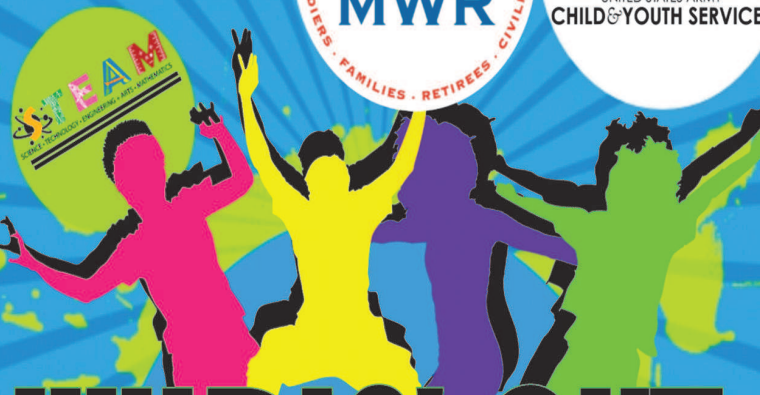
For camp information call  
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Log onto  
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Enrollment  
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