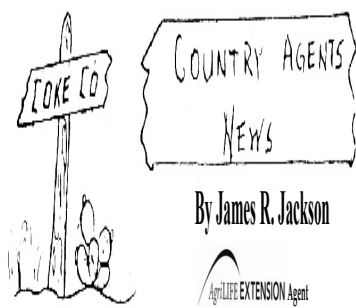




Williams Receives FNB-SC Scholarship! Scot Long, Senior Vice President of First National Bank of Sterling City, presents Jael Williams with a scholarship in the amount of \$4,000. Jael, a 2013 graduate of Bronte High School, is the daughter of Paul and Susan Williams of Bronte. She will begin classes at Texas A&M in College Station in August.



RLHS Field Trip! The Robert Lee High School freshmen class and GT students recently toured the UTPB campus in Odessa and attended the performance of Romeo and Juliet at the Globe Theater in Odessa. Enjoying the field trip were Julia Madrid, Madison Wright, Myrka Rangel, Jaicee Torres, Mason Hill, Hunter Hamrick, Braden Richardson, Sean Dooley, Wade Allen, Karlee Roach, Haley Grantham, Bruce Buddin, Pammy Meeks, Kodi Drennan, Yulissa Peraza, Jaicee Torres, Brady Clawson, Zachary Sanchez, Justice Saucedo, Christopher Hodges, Sandra Flores, Kaleb Torres, Elena Sanchez and Kevin Meek.



The Most Problematic Plant

With the recent rains that Coke County has received, brush mangers should opt to change their spraying routines for the next few weeks.

While soil moisture is essential for spraying prickly pear, it can create heartaches while trying to spray mesquites if it is overabundant.

In the areas of the county that received multiple inches of rain, watch the mesquite trees over the next few weeks and the trees will go from a dark olive green to a bright green color. This color lets us know that the trees are putting on new growth and the flow of carbohydrates is moving up the tree.

When this process occurs, it is difficult for the herbicides to go against the flow of the carbohydrates. As the soil dries out and warms up, the mesquite leaves mature to the point they are able to replenish and the carbohydrate flow is reversed. The tree starts to replenish the carbohydrate reserves in the root system, which takes place when the leaves are mature and fully developed. This is the best time to apply leaf herbicides and

will result in a higher mortality rate due to the herbicides being carried down in the root system of the trees. This occurs when the soil temp reaches 75 degrees. However, for most brush mangers, just look for a uniform dark olive green color. This, in combination with mature leaves, is a good indicator that the soil temp has reached 75 degrees.



by Jan Yanez
Cooperative
Extension Agent

How To Stay Hydrated In Summer

As the summer season arrives in full force in the subcontinent, the best thing you can do to beat the heat is to stay hydrated. Your body depends on water for survival. After all, it makes up more than half of our body weight and every organ in the body needs water to function. Don't wait for symptoms of dehydration like extreme thirst, dry mouth, and headache to act.

Here are few tips to stay hydrated in summer season.

- Don't wait to get thirsty this summer. The fact is that by the time your mouth is

dry, you're well on your way to dehydration. As water is the best natural drink available, guzzle at least 2 liters a day.

- Be sensible about the amount of water you drink. If you are exercising or going out in the hot sun you will need to drink more water.

- In summer we sweat more and lose essential minerals from our bodies. Cucumbers are a cool way to put the potassium back and they also contain ascorbic and caffeic acids, compounds that help us stay hydrated because of their moisture retaining properties.

- Make drinking water a mindless habit. Let it be part of your early morning rou-

tine. Keep a bottle within easy reach while you are relaxing in front of the television or working on the computer. Take regular sips even if you are not feeling thirsty. Drink a glass of water before every meal.

- Eating water-based foods is a great way to supplement your water intake and stay hydrated.

- Eat fruits like watermelon and pineapple rather than drinking the juice. They are cooling and perfect for hot summer days. They have high water content and are rich in minerals. Another perfect fruit for summer months is the apricot as it is good for fluid retention. Honeydew melon, commonly known as musk-

melon cools the body so gorge on it. The vitamin C and minerals present in these fruits are an added benefit.

- Munch on cucumbers and tomatoes. These foods have more than 90% of their weight in water content.

- Fresh citrus fruits such as orange, grapefruits, lemon and lime are excellent as they not only hydrate the body but also provide valuable nutrients.

- Take a break from coffee this summer and sip the benefits of green tea. Enjoy it with lemon, as it will keep the body from retaining water. Herbal iced teas are also great thirst quenchers. Be adventurous and mix and match flavors.

Just Be sure and drink plenty of fluids preferably water and stay Hydrated this Summer.

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