



Coke County 4-H Camp Report! Last week, ten Coke County 4-Hers attended county 4-H camp in Buffalo Gap, Texas. Coke County 4-H joined up with Fisher, Jones, Sterling, Shackelford and Nolan counties giving the camp a total attendance of around 100 4-Hers from the area. The time at camp consisted of visiting with 4-Hers from other counties, swimming, learning about healthy living and safety, and teamwork. These activities were accompanied by many good times and a 4-H dance. 4-Hers attending from Coke County were Trace and Stephen Oleksiuk, Kaylee Puentez, Kelby Clawson, Autum Ruman, Lexi Sanchez, Kiara Burns, Hunter Jowers and Trace and Jarrett Justiss. The next Coke County 4-H event will be the Coke County swim party at the Robert Lee swimming pool on August 14, 2012. This event will be a membership drive and enrollment meeting, along with fun times to get acquainted with 4-H members from across the county.

adequate flavor unless allowed to ripen on the vine. Fragrance is a better indicator of a good tomato than color. Use your nose and smell the stem end. The stem should retain the garden aroma of the plant itself - if it doesn't, your tomato will lack flavor

15 Ways Keep Cool When It's Hot

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If

you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.

Wear loose-fitting clothing, preferably of a light color.

Cotton clothing will keep you cooler than many synthetics.

Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.

Fans can help circulate air and make you feel cooler even in an air-conditioned house.

Try storing lotions or cosmetic toners in the refrigerator.

Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

Take frequent baths or show-

ers with cool or tepid water.

Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

Some people swear by small, portable, battery-powered fans.

Try this trick : if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.

Avoid caffeine and alcohol as these will promote dehydration.

Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an

added benefit, you won't have to cook next to a hot stove.

If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool.

Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

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