

Getting Enough Water during the Hot Summer Months

By Ana Goins-Ramirez-Diaz

It gets very hot outside during the summer months. Sometimes temperatures can reach over 90°F. In hot weather, our bodies lose a lot of water. When we do not have enough water, we can fall ill with serious heat-related conditions. These conditions are heat stroke, heat rash, heat exhaustion, and heat cramps. They are very dangerous for adults over 60, young children, and people who spend a lot of time outdoors. To reduce our risk of getting sick, we need to make sure we drink enough water. Drinking water will replace the water we have lost and keep us healthy.

Our bodies need water to work well. So, we need to replace the 10 cups of water our bodies lose every day. We must drink water throughout the day. Be sure to drink water even if you do not feel thirsty. If you wait to drink water until you are thirsty, you are waiting too long. By this time, your body has already lost a lot of water. To replace the water our bodies have lost, drink water or other healthy fluids. Look for drinks that do not have alcohol in them. You should also look for drinks with lower amounts of sugar and salt in them. Healthy liquids should have less than 1 gram of sugar per ounce. They should also have no more than 200 mg of salt per serving.

People of different ages need different amounts of

fluid. The American Dietetic Association created guides for how much fluid people of different ages need. All adults need at least 8 cups of liquid every day. Children over eight also need to drink at least 8 cups of fluid every day. Children between one and seven need 4 or 5 cups of liquid daily. You will need more water if you plan to be outdoors on a hot day. You lose water more quickly when you exercise. Plan to drink more water on the days you exercise. Be sure to drink water in small amounts throughout the day, not all at once. Drinking too much water, too fast can cause serious problems.

Water is the best drink for your body. You can add more flavor to your glass of water by adding mint leaves, cucumber or fruit slices. This will add flavor to your water without adding sugar or calories. Other great options are low-salt soups, 100% fruit juices, and low-fat milk. Sherbets, ices or yogurt can also provide water. Limit the amount of these liquids you drink. They hydrate your body but also provide many calories. At least half of your daily fluid needs should come from water. Water will

keep you hydrated without adding extra calories, sugar or salt to your diet.

Many fruits and vegetables provide your body with water. The water you get from fruits and vegetables count toward the amount of fluid you need every day. Fruits such as strawberries, watermelon, and tomatoes are good sources of water. The chart below lists many fruits and vegetables that can provide your body with water.

Drinking enough water during the summer and the rest of the year is easy to do! Eat your fruits and vegetables and of course, drink water too! Have a safe and hydrated summer!

This material was produced by the California Department of Public Health's Network for a Healthy California, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

- Cantaloupes • Honeydew Melons • Apples
- Papayas • Pineapples • Pears
- Peaches • Oranges • Grapes
- Blueberries
- Lettuce • Zucchini • Spinach
- Beans • Sweet Potatoes • Carrots
- Pumpkins • Squash • Corn
- Cucumbers

Singing the Praises of Youth Choirs

By Ann Meier Baker

Most children, when asked what they want to be when they grow up, will tell you of their dreams to become a football player, a rock star, a doctor, a pilot – even President of the United States. I have yet to hear a child tell me, “I want to sing in chorus.”

And yet when you look at the biography of many successful athletes, singers, doctors, and other professionals – including Beyonce, Brad Pitt, football great Terry Bradshaw, attorney Alan Dershowitz, and yes, even our current president — you’ll find that one thing they have in common is that as children they all sang in a school or community choir.

A new study commissioned by my organization, Chorus America, confirms what many have long suspected: children who sing in a chorus are more likely to do well academically and develop critical social skills.

The Chorus Impact Study also found that adult choral singers exhibit increased civic involvement, volunteerism, philanthropy, and support of other art forms, when compared with non-singers.

These findings for both children and adults make the case for keeping chorus programs alive in our public schools and communities. But unfortunately, chorus programs are all too often the first to go and the last to be restored in school budgets. What educators and parents may not know is that by cutting these programs they are missing an opportunity for bolstering student achievement and engagement in their schools. Among the key findings of our study:

Children who participate in a chorus get significantly better grades than children who have never sung in a choir. More than 80 percent of educators surveyed—across multiple academic disciplines—agree with parents that choir participation can enhance numerous aspects of a child’s social development and academic success.

Ninety percent of educators believe singing in a choir can keep some students engaged in school who might otherwise be lost—this is particularly true of the 94 percent of educators who describe the ethnicity of their schools as diverse.

Even in these tough times, choral singing

should be a recession-proof school activity. It’s one of the most accessible art forms available, with fewer economic, cultural, and educational barriers than those posed by other activities. Not everyone can play a violin, dance in toe shoes, or act in a Shakespeare drama — and not everyone can afford instruments or lessons — but most everyone can carry a tune. It’s something that can be done throughout a lifetime, and done well, without a great deal of formal training or expensive equipment.

That’s not to say that choruses should be supported at the expense of other school activities. The arts and sports are often pitted as rivals for scarce resources, but the fact is, children who sing in choruses are significantly more likely to be sports participants as well: 64 percent of kids currently in choirs regularly participate in one or more sports either in or out of school. The same is true of other activities: 55 percent of current children choristers also participate in one or more other activities; only 33 percent of children who don’t sing are doing the same.

Clearly choruses are not the only extracurricular activity most of these children are participating in, yet our study found that parents definitively date their child’s improvements in a variety of areas to their joining a choral group. That, and the breadth of benefits described by both parents and educators, argues for a unique “chorus effect,” one that isn’t simply replicated by participation in other extracurriculars.

What can you do to support choral programs? If your school or community lacks a program, start one using our Parent Guide: Advocating for the Choral Arts in Your Child’s School, available online at www.chorusamerica.org. If your school’s existing programs are at risk, download Chorus America’s Chorus Impact Study to help make the case for continued funding. And if your school already has a thriving chorus program, then help to support it and sing its praises all you can! Not every chorister becomes a Beyonce or a Justin Timberlake or President of the United States — but the evidence shows that singing in a chorus gets you off to a really good start.

Baker is the president and CEO of Chorus America.

Caza de ofertas para el regreso a clases

Por Jason Alderman

Como veteranos en las compras para el regreso a clase, mi esposa y yo hemos aprendido nuestros trucos de cómo ahorrar dinero, adicionado a métodos para reducir los ataques y nervios de punta que vienen con esto. Si usted es nuevo en este ritual paterno de iniciación o si sencillamente está buscando nuevas estrategias, continúe leyendo.

Primeramente, formule un presupuesto realista. Calcule lo que usted puede gastar con relación a la escuela sin arruinar su presupuesto total familiar. Encontrar ofertas no le va a ayudar si del resultado final usted termina pagando intereses sobre los saldos pendientes de pago.

Haga una lista total de compras. Prepare para un año escolar nuevo implica mucho más que solamente comprar una nueva mochila y unas cuantas prendas. Considere estos gastos y estrategias:

- Esparza las compras de ropa nueva a lo largo del año para evitar un crecimiento repentino.

- Muchas escuelas publican listas de papelería que los padres deben comprar, desde lápices, papel hasta calculadoras. Comparta su sobre inventario de artículos con otras familias o vayan juntos por descuentos por volúmenes.

- Si sus hijos participan en deportes, agrupaciones u otras actividades extracurriculares, investigue el compromiso financiero para la adquisición de uniformes, cuotas, viajes de campo, etc. (Primero trate de rentar ese saxofón hasta que usted esté seguro de que su hijo continuará con él).

- Tome en cuenta cargos por transportación pública o transporte escolar, si fuera el caso. Si usted está en un acuerdo de transporte compartido, calcule su parte de gasolina.

- Entérese de que lo que su escuela cobra por comidas y

ponga en la balanza su conveniencia (y valor nutricional) contra el costo de los alimentos preparados en casa.

- Muchas escuelas exigen prueba de inmunización infantil. Investigue las políticas de su escuela y verifique qué es lo que está cubierto por parte de su seguro, o de lo que usted puede tener acceso sin costo en ferias de la salud o clínicas comunitarias.

Priorice. Una vez que haya finalizado una lista total, priorice cómo gastar el dinero presupuestado. Involucre a sus hijos en este proceso para que ellos aprendan la diferencia entre “debo tener” y “agradable tener”, así como el arte de comprometerse: Si ellos realmente desean esos pantalones de mezclilla de diseñador, juntos pueden encontrar una forma en la que ellos puedan conseguir esa diferencia de precio.

Caza de ofertas. Después de priorizar gastos, comience su investigación. En primer lugar, mire en el armario de los chicos para saber qué es lo que todavía sirve. A continuación:

- Compare sus notas con amigos. Probablemente puedan utilizar sus artículos usados en buen estado y viceversa.

- Cheque las ventas de garaje, tiendas de consignación o de segunda mano y sitios web en línea. Mientras esté ahí, vea que artículos puede usted vender o donar para que haga unos cuantos dólares y espacio libre.

- **Recorte cupones del periódico o en línea.** Muchas tiendas igualarán los precios de los competidores si sus propios artículos no están en rebaja.

- Espere por las liquidaciones de mercancías de otoño para comprar algunos artículos

- Aunque comprar en línea puede ahorrar dinero, tiempo y gasolina, antes de comprar cualquier cosa en línea, considere costos de envío o por devolución que puedan cancelar sus ahorros.

- Conozca el código de vestimenta de su escuela para que no adquiera ropa inadecuada.

Para obtener ayuda en la elaboración de un presupuesto viable, visite el sitio de Visa Inc. de administración de finanzas personales sin costo, Practical Money Skills for Life (Habilidades Prácticas Monetarias para la Vida). Su sección de presupuesto de Regreso a Clases, contiene un calculador de presupuesto interactivo, consejos de compras en línea y muchos más. (<http://www.pmsfl.com/personalfinance/savingspending/budgeting/backtoschool.php>).

En estos tiempos difíciles, asegúrese de que usted tiene un buen plan de batalla antes de entrar al combate en las compras de regreso a clases.

Jason Alderman dirige los programas de educación financiera de Visa. Para inscribirse y recibir un Boletín de Noticias Electrónico financiero personal gratuito mensualmente, vaya a www.practicalmoneyskills.com/newsletter.

Vivienda Justa

No hay opción-
¡ES LA LEY!

-Incapacidad	-Estado
-Raza	Familiar
-Origen Nacional	-Color de Piel
-Religión	-Sexo

O por venganza por una demanda que entabló.

¡Sus derechos de vivienda justa están protegidos!
Para mayor información llamar al Centro Comunitario de Bayside (858)278-0771x3031

This project is funded in whole or in part with Community Development Block Grant (CDBG) Program funds provided by the U.S. Department of Housing and Urban Development (HUD)

La Prensa
San Diego



is on the Web

<http://www.laprensa-sandiego.org>

You're Invited

to provide input on the future of
Brown Field Airport



What:

A community workshop about the Brown Field Airport Master Plan Update. At the workshop community members can:

- Ask questions and provide input directly to project team members
- Learn about elements included in the Master Plan Update

When:

Wednesday, September 2
Come by anytime between 4:30 and 7:30 p.m.

Who:

City of San Diego Airports Division

Why:

The City is seeking community input to ensure Brown Field Airport continues to accommodate regional air transportation needs and the community it serves. The input provided will assist the City in developing long-term plans that will be included in the Brown Field Airport Master Plan Update.

Where:

Otay Mesa Nestor Public Library
3003 Coronado Ave., San Diego, 92154