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# The Stall Street Journal

## Swimming Safety Tips

Summer is a special time for having fun in the water, yet drowning is a leading cause of unintentional death. Each year more than 1,000 children under the age of 14 drown. Another 16,000 are rushed to hospitals for near-drowning. Children ages 4 and under are at the greatest risk. Many adults do not realize that a child can drown in as little as one inch of water. Most drowning occurs at home or in residential pools. Drowning is many times called the “silent killer” as you might not hear a cry for help or the sound of a splash to alert you that a child is in trouble.



- Never leave a child alone in or near a swimming pool even just to answer the telephone.
- Learn first aid and CPR, especially infant CPR.
- Use door and pool alarms and automatic pool covers for extra protection.
- Teach every child how to swim. Get professional training, but never rely solely on the swimming lessons to protect a child from drowning.

For more information visit [www.nts.com](http://www.nts.com)

## How Much Should We Drink?

The European Food Safety Authority (EFSA) recommends an intake of 2.5 litres of water for men and 2.0 litres of water for women per day, via food and drink consumption [3] Of this, they suggest that 70–80% of the daily water intake should come from drinks, and the remaining 20–30% should come from food.



Source: [naturallyhydrationcouncil.org](http://naturallyhydrationcouncil.org)

## UV Protection

There are three types of UV radiation. UV-C is absorbed by the ozone layer and does not present any threat. However, UV-A and UV-B radiation can have long- and short-term negative effects on the eyes and vision.

To provide adequate protection for your eyes, sunglasses should:



- block out 99 to 100 percent of both UV-A and UV-B radiation;
- screen out 75 to 90 percent of visible light;
- have lenses that are perfectly matched in color and free of distortion and imperfection; and
- have lenses that are gray for proper color recognition.

Source: [aoa.org](http://aoa.org)

## Fruit-Tart Flag

### Directions

Fill premade miniature tart shells or phyllo cups with sweet mascarpone cream (recipe below), then arrange on a tray and top with blueberries and halved strawberry slices to create stars and stripes.



Mascarpone Cream:

Beat an 8-ounce container of mascarpone cheese and 3 tablespoons confectioners' sugar with a mixer until smooth. Gently fold in 1/2 cup freshly whipped cream.

Source: [Foodnetwork.com](http://Foodnetwork.com)



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