

How to...

DID YOU KNOW?

Before refrigerators became common in the 20th century, people stored perishable food in iceboxes.



LEARN THE RULES OF CAPTURE THE FLAG

This classic outdoor game is a fun summer activity to do with friends or neighbors. Here's how to play.

- 1. Get set up.** Gather a group of eight or more players, then split into two equal teams. Give each team a brightly colored flag. Choose an area to play in, such as a backyard or a field in a park, with each team getting half of the area. Each team should also specify a "time-out" area on their side for players who have been tagged.
- 2. Start playing.** Give each team five minutes to hide their flag on their side of the field. Once the game starts, some players can try to find the other team's flag, while others can be in charge of guarding your team's flag. If you get tagged while on the other team's side, you have to go to "time-out" until another member of your team tags you.
- 3. Claim victory.** To win, a team must grab the opposing team's flag and make it back to their side of the field without being tagged.



WARNING!

Ask an adult's permission before using a knife and a blender.

Blend up a sweet slushie

Ingredients

- 1½ cups strawberries
- 2 lemons
- 3 tablespoons fine sugar
- 2 cups ice

Instructions

1. Carefully use a knife to trim the strawberries, cutting off the green tops. Then cut each strawberry in half (or into four pieces if they are large strawberries). Place the strawberries into a blender.
2. Use a peeler to cut a 1-by-3-inch piece of lemon zest off the bright yellow rind of one lemon. Cut both lemons in half.
3. Squeeze the juice from three of the lemon halves into a small bowl. Measure out ¼ cup of the lemon juice and pour it into the blender. Add the strip of lemon zest to the blender.

4. Add the sugar and ice to the blender. Cover and puree until the mixture is fully blended.
5. Evenly divide the slushie between two glasses. Cut 2 slices from the remaining lemon half. Cut a small slit into the edge of each lemon slice and add one to the rim of each glass. Enjoy immediately.

Helpful tip

- To get as much juice as you can from a lemon, first roll it on the counter, gently pushing it down. Then cut in half and squeeze out the juice.



ECO TIP OF THE WEEK BE AN ECO-FRIENDLY PET OWNER

If your family has a pet, you can take steps to care for it in a way that helps the environment. Each time you pick up your dog's waste when out on a walk, for example, you are helping the Earth. That's because waste left behind can pollute streams or lakes if it gets washed away during a rainstorm. When choosing waste bags, reuse bags you have at home or ask an adult if you can purchase biodegradable ones. When buying cat litter, shop for a biodegradable type, which is more eco-friendly than litter made of clay. If you are bringing a pet home soon, ask friends if they have items they no longer need (such as a leash, a fish tank, or a dog bed) so you won't have to buy new ones.



Help the Earth while helping your pet.