

# Sutter Wellness



H2O + SUN = FUN!!

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**HAPPY BIRTHDAY  
AMERICA!!**

“This nation will remain the land of the free only so long as it is the home of the brave.”

~Elmer Davis

## Splash Into Safety this Summer!

Alice Williams-Root, PHN  
Maternal, Child and Adolescent Health Program

Today is the First Day of Summer, as I'm writing this article and it is definitely warming up! As we get ready to enjoy our long summer days, it's time to remember some important water safety tips, this month focusing on the youngest members of our family. I think we've all heard the water safety messages, but how seriously do we take them? I'm guessing that at least 80% of those reading this article could already quote the main points, but do our actions match our knowledge? In a survey of parents by Safe Kids (<http://www.safekids.org>) in 2004, they found that “*Parents are overconfident about their children's safety and abilities around water*”. Although drowning is the second leading cause of injury-related death for children ages 1 to 14, more than half (55 percent) of parents say that they do not worry much or at all about their child drowning. In the summer, between May and August, drowning deaths increase by almost 90% over the rest of the year. So before we head out to have some splashing fun, let's get ready for safety too.

Did you know that our local Yuba City Parks and Recreation is having Little Swimmers Tot Time every Friday from now through August 27<sup>th</sup>? You and your child or grandchild can get wet and have fun for only \$3 per child. There are also many other recreation activities available locally. If you aren't able to attend these, of course you can have your own fun splash times with a wading pool or sprinkler for your family toddler. What are



the safety musts for toddler water safety?

- Ⓢ ARMS length, CONSTANT supervision- It only takes 2 minutes for a child to drown, and with small children, drowning is usually silent. Never leave an infant or toddler alone in the bathtub.
- Ⓢ Keep the toilet lid down (maybe we can even get the guys to leave the seat down!) in the bathroom.
- Ⓢ Children can drown in less than 2 inches of water! Since they're “top heavy” and their head is large in proportion to their body, they can tip over and drown in a 5 gallon bucket, fish pond, drainage ditch or shallow wading pool! Do a safety check of your house and yard to prevent accidents. If you're like me, and a fairly new grandparent, it's been a while since you did a safety survey of your home for small children.
- Ⓢ Be sure to empty the wading pool when you're not using it so your toddler won't have any opportunity to get in unattended! This is also an important hygiene issue, and in addition, helps prevent West Nile Virus due to mosquito breeding!

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## S-P-F

### What does that really mean?

- It literally stands for **Sun Protection Factor**
- An SPF of 30 does not provide twice the protection as one that has an SPF of 15.
- A sunscreen with an SPF of 15 provides protection against 93% of UVB rays, while one with an SPF of 30 provides 97% protection.
- A sunscreen with an SPF of 2 only provides 50% protection, so be sure to use a sunscreen with an SPF of at least 15-30.
- Many experts question whether using a sunscreen with an SPF above 30 provides much more protection since you are already blocking 97% of UVB rays.

- Teach children water safety rules and have caregivers learn infant and child CPR (cardiopulmonary resuscitation). Children are ready for swim lessons at about age 4.

Did you know that in a national study of drowning related incidents, a parent or caregiver claimed to be supervising the child in nearly 9 out of 10 incidents? Most of us are aware of how texting and cell phone use contribute to distracted driving, what about in these cases? Make sure you have a “designated watcher” who has eyes on the child ALL the time. Even though you should have a phone handy in case of emergency, don’t let it take you away from constant supervision. This isn’t the time to read a book or get distracted by conversations either. If you take turns being the “watcher” every few minutes, everyone can have a chance to relax without getting too tired. You can download a designated “Water Watcher” card from a link off this web page at <http://www.safekids.org/safety-basics/safety-spotlight/pool-water-safety> and also find other important safety tips. And then take the time to splash, play and have fun with your little one! It’s good for both of you!



## THE SUN & SUNSCREEN



### Know the Facts!!

- The American Academy of Dermatology recommends that, regardless of skin type, a broad-spectrum (protects against UVA and UVB rays), water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 should be used year-round.
- The United States Department of Health and Human Services has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sun lamps, as a known carcinogen (cancer-causing substance).
- Don’t reserve the use of sunscreen only for sunny days. Even on a cloudy day, up to 80 percent of the sun’s ultraviolet rays can pass through the clouds. In addition, sand reflects 25 percent of the sun’s rays and snow reflects 80 percent of the sun’s ray. Sunscreens should be applied to dry skin 15 to 30 minutes BEFORE going outdoors. Sunscreens should be reapplied approximately every two hours or after swimming or perspiring heavily. Even so-called “water-resistant” sunscreens may lose their effectiveness after 40 minutes in the water.
- Unless indicated by an expiration date, the FDA requires that all sunscreens be stable and at their original strength for at least three years. You can use the sunscreen that you bought last summer, but keep in mind that if you are using the appropriate amount, a bottle of sunscreen should not last very long. About 1 ounce of sunscreen, enough to fill a shot glass, is considered to be the amount needed to cover the exposed areas of the body properly.
- Sun exposure is the **most preventable risk factor** for skin cancer, including melanoma.

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## Safety on the Waterways

Sgt. Chad Niswonger  
Sutter County Sheriff Boat Patrol

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Each year, millions of boaters visit California's waterways seeking an enjoyable outdoor recreational experience. The beaches along the Feather and Sacramento Rivers are no different and on any given day, they are packed with swimmers and bathers.

Please keep the waterways safe this year for everyone to enjoy and have a good time. If you are on the water in a boat or personal watercraft (PWC - jet ski or wave runner), remember some of the following rules. Most accidents involving PWCs are caused from inexperienced riders who have borrowed or rented the vessel. Also, alcohol is a factor in 24 percent of all fatal motorboat accidents in California.

If you own a boat or PWC, many insurance companies offer discounts to those who complete an approved Boating Safety course. If you are interested in obtaining information for one of these courses, please see the link to the California Department of Boating and Waterways below.

### **RECKLESS OR NEGLIGANT OPERATION OF A VESSEL:**

Speed is limited by law for certain conditions and areas. The maximum speed for a vessel within 100 feet of a bather (but not a water skier) and within 200 feet of a bathing beach, swimming float, diving platform or life line, passenger landing being used, or landing where boats are tied up is five miles per hour.

A safe speed should be maintained at all times so that: a) action can be taken to avoid collision and b) the boat can stop within a distance appropriate to the prevailing circumstances and conditions.

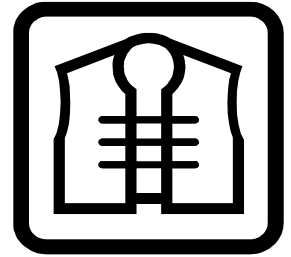
Riding on the bow (front), gunwale (side), or transom (back) of a vessel which is under way and not protected by railing or other reasonable deterrent to falling overboard is obviously dangerous and considered illegal.

Although alcohol is not illegal to have onboard a vessel, it is illegal for a person 21 years of age or older to operate any vessel, water skis or similar device who has .08% or more, by weight, of alcohol in their blood.

Alcohol was one of the major factors in a deadly accident involving a young child who was swimming at Mosquito Beach (Yuba City) and was struck and killed by a subject speeding on a PWC near the beach. Please remember to keep alcohol consumption to a minimum if operating any vessel or water skiing, tubing, etc.

### **PERSONAL FLOATATION DEVICES (LIFE JACKETS):**

Vessels less than 16 feet in length, and all canoes and kayaks, regardless of length, must carry one Type I, II, III, or V Coast Guard-approved life jacket for each person on board. They must be readily accessible and of an appropriate size for the intended wearer. Vessels 16 feet and over are also required to have the above life jackets and a Type IV Coast Guard-approved throwable flotation device. These are normally the square cushions people use to sit on. The throwable device must be immediately accessible to the driver when underway. Please remember, all flotation devices must be clearly stamped stating the device is Coast Guard approved. Some competition ski vests, boat cushions, and fishing vests are mistakenly purchased believing they can act as an approved flotation device when in fact they are not Coast Guard approved.



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## Healthy Recipe of the Month



### Cool as a cucumber... salad!

To be "cool as a cucumber" add them to your menus during the warm summer months when they are in season. Although slicing cucumbers are available year round, they are at their best from May through July. In addition to being a cool treat in the summer, cucumbers offer several health benefits. The flesh of cucumbers is primarily composed of water but also contains ascorbic acid (Vitamin C) and caffeic acid, both of which help soothe skin irritations and reduce swelling. Cucumbers' hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium. Try the following recipe while cucumbers are in season to enjoy a cool treat for your belly and health!

### Cucumber Salad with Black-eyed Peas

#### **Ingredients:**

3 tablespoons extra-virgin olive oil  
 2 tablespoons lemon juice  
 2 teaspoons chopped fresh oregano,  
 or 1 teaspoon dried  
 Freshly ground pepper to taste  
 4 cups peeled and diced cucumbers  
 1 14-ounce can black-eyed peas, rinsed  
 2/3 cup diced red bell pepper  
 1/2 cup crumbled feta cheese  
 1/4 cup slivered red onion  
 2 tablespoons chopped black olives

#### **Directions:**

1) Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat.  
 2) Serve at room temperature or chilled.

#### **Nutritional Information:**

Servings per recipe = 4

#### **Per serving:**

Calories - 160	Total Fat - 10 grams
Protein - 5grams	Carbohydrates - 12 grams
Fiber - 3 grams	

### **"Safety on the Waterways" continued from pg. 3**

#### **SWIMMERS AND BATHERS:**

The Yuba-Sutter area has numerous lakes and river beaches for us to enjoy. If you are going out to the beaches this summer, please keep in mind a couple of safety tips.

- Never swim alone or allow a child to swim unsupervised
- Watch the alcohol consumption. Heat along with alcohol intoxication is a recipe for disaster.
- The rivers have sudden drop offs and hidden hazards. Be careful when swimming and if possible, wear a life jacket.
- Keep hydrated. Dehydration can lead to heat stroke or cramps which can lead to drowning if in the water. Caffeine, salt and alcohol can steal water from your body.

For questions, please contact the Sutter County Sheriff's Department at 822-7307 or you can email Sgt. Chad Niswonger at [cniswonger@co.sutter.ca.us](mailto:cniswonger@co.sutter.ca.us)

Additional educational material is available on-line at [www.dbw.ca.gov](http://www.dbw.ca.gov)

# Summer Fun for Pets, Too!

Nina Cowell, OAHII

Sutter County Animal Control and Shelter

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Summer's here with vacations, swimming, camping, and fun in the sun, but we don't want to forget about our furry and feathered companions this time of the year. We all look forward to the fun of summer so here's some summertime tips to help our pets enjoy this time of the year, too!

1. When making plans for family vacation, make sure to make arrangements for your animals. Dogs and cats need shelter from the heat and sun in the summer as well as in the winter. They need a constant supply of fresh water and food at least once a day. Make sure that you have someone who can check on them daily. Make sure if you leave them in someone's care that they have permission to authorize emergency medical care or to pick them up from the animal control shelter if they get out.

2. At Animal Control, the 4<sup>th</sup> of July is one of our busiest times of the year. Many dogs, cats and other pets are terrorized by the noise and sight of fireworks. Flashing lights, loud booms and shrill whistles may be entertaining for us and traumatizing for animals. Also the occasional thunderstorms and lightning of summer causes more traumatizing noises and flashes for animals.

3. When taking pets with you on vacation make sure you take copies of your dog's license and vaccination certificates with you. Most State and National Parks require copies of these before the animals can enter the parks. They must be leashed at all times on public property. This means anytime when walking them on the levee or city parks, sidewalks, streets and roadways they must be on a leash no longer than 8 ft. The person walking them must be able to control them at all times. Think about this when the kids want to walk the dog - If the child is 50 lbs. and dog is 85 lbs. there could be a problem.

4. Summertime is also the busiest time of the year for fleas, ticks, and mosquitoes. Make sure your pets vaccinations and treatments for pests are current.

Mosquito bites are how heartworms are spread to dogs. So make sure to talk to your veterinarian and keep your dogs current for vaccinations, heart worm preventatives, and flea and tick treatments.

5. Summertime travel can also be a great activity with your pets. Make sure that animals are properly restrained in vehicles. There are great new harnesses and car seats for dogs.

For everyone's general information it is never legal for a dog to be tied in the back of a pickup truck with only one exception, that they are a stock dog going from one livestock site to another.

6. Your pet may love to go for rides but California State Law says it is not legal to leave your dog or cat unattended in a locked car. Even though it is not over 80 degrees it can reach over 100 degrees in a car very quickly even with the windows down slightly. If your dog and animal becomes overheated spray tepid water on the ground not on the animal. Dogs can't sweat except through panting or the pads of their feet. So the water on the ground is where they can walk through it to cool off.

7. Beware of garden and pest products you use in your yard or garden. Some of these products smell very attractive to your pets but can be deadly. Some of the most common are snail bait, rat poison but, products which you never would think of are cocoa mulch and fertilizers, weed spray, and even some foods such as grapes, walnuts, raw potatoes, onions. Check on line, with your veterinarian or local shelter.

These are just a few of the tips and rules you need to know about your pets in the summertime. If you have any questions please call Sutter County Animal Control, (530) 822-7375. Our staff would be very happy to help you. Also if you have time and love to give, we have many animals here at the shelter available for adoption.

## SUTTER COUNTY ANIMAL CONTROL

**NEW OFFICE AND SHELTER HOURS:**  
(as of March 1, 2010)

### Office/Shelter Hours:

**Mon:** 12pm-2pm/12pm-2pm

**Tue:** 9am-4pm/10am-4pm

**Wed:** 9am-7pm/10am-6pm

**Thu:** 9am-4pm/10am-4pm

**Fri:** 9am-4pm/10am-4pm

**Sat:** 9am-4pm/10am-4pm

**CLOSED ON SUNDAYS AND HOLIDAYS**



## BRAIN EXERCISE!!!

***Can you figure this one out???***

**Given the word STANDARD, take away two letters and add three digits to make a logical sequence.**

Email your guesses to [tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us).  
Please put "Brain Exercise-July"  
in the subject line.

**GOOD LUCK!!!**

**June Brain Exercise:**

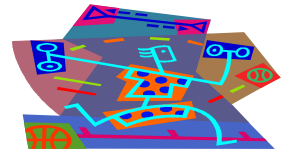
**What is the longest pair of English words that are pronounced exactly the same but share no letter in common?**

**Answer:**

***EWE and YOU***

**Congrats to Polly Morris from FLEET for being the first to guess correctly!**

## **UPCOMING SUTTER WELLNESS EVENTS:**



- **SUTTER COUNTY EMPLOYEE BLOOD DRIVE**  
**THURSDAY, JULY 8<sup>TH</sup>, 10-2 PM – VETS HALL**  
GIVE THE GIFT OF LIFE! IN JUST 45 MINUTES, YOU CAN HELP SAVE A LIFE BY DONATING A PINT OF BLOOD. ALL DONORS WILL RECEIVE A COUPON FOR A FREE PINT OF BASKIN-ROBBINS ICE CREAM.  
  
FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT, PLEASE CONTACT TARA (822-5910 OR [TCRIM@CO.SUTTER.CA.US](mailto:tcrim@co.sutter.ca.us)).
- **HIKING CLUB ACTIVITY – INDEPENDENCE TRAIL, NEVADA COUNTY**  
**SATURDAY, JULY 10<sup>TH</sup>, 9:00 AM – INDEPENDENCE TRAIL, TRAILHEAD**  
JOIN US FOR OF DAY OF HIKING ON THIS BEAUTIFUL MOUNTAIN TRAIL. THE TRAIL FEATURES WATERFALLS, SCENIC VISTAS, AND A GENTLE SWITCHBACK DESCENT TO A LOVELY MOUNTAIN STREAM. THERE ARE RESTROOMS WITH FULL WHEELCHAIR ACCESS AT SEVERAL POINTS ALONG THE TRAIL.  
  
FOR MORE INFORMATION, PLEASE CONTACT TARA (822-5910 OR [TCRIM@CO.SUTTER.CA.US](mailto:tcrim@co.sutter.ca.us)).
- **SHAPE UP SUTTER! MID-POINT**  
**SUNDAY, JULY 18<sup>TH</sup>**  
WE'RE HALF WAY THROUGH OUR 10-WEEK FITNESS CHALLENGE... ONLY 5 MORE WEEKS TO GO! PLEASE SUBMIT ALL MID-POINT TRACKING FORMS TO YOUR TEAM CAPTAIN (INDIVIDUAL TRACKING FORM FOR FIRST 5 WEEKS, AND MID-POINT EVALUATION FORM). CAPTAINS MUST SUBMIT ALL TEAM FORMS (TEAM TRACKING AND MID-POINT EVALS) TO TARA NO LATER THAN WEDNESDAY, JULY 21<sup>ST</sup>.
- **BROWN BAG LUNCH SERIES PRESENTS: "FARMER'S MARKET FRESH!"**  
**TUESDAY, JULY 27<sup>TH</sup>, 12-1 PM – HEALTH DEPARTMENT AUDITORIUM**  
COME SEE WHAT OUR AMAZING YUBA CITY CERTIFIED FARMER'S MARKET HAS TO OFFER. PRESENTATION GIVEN BY: DAN AND CANDY SILVA, FARMER'S MARKET MANAGERS