



Between Friends

JULY 2009 NEWSLETTER

Summer Safety



Now that school's are out and pools are open many people are trying to find ways to beat the heat. Before hitting the pools or lakes it is important to observe some water safety tips in order to keep your family safe.

- Learn how to swim. Enroll yourself and your kids in swimming lessons.
- Always swim with a buddy.
- Children or inexperienced swimmers should use approved flotation devices.
- Protect your skin by using sunscreen.
- Set water safety rules for your family based on ability.
- Learn CPR and insist that caregivers do the same.
- Never leave children unobserved around water.
- Know how to recognize, prevent or respond to emergencies.

Where to take the children this summer?

Clark County Heritage Museum

1830 South Boulder Highway (702) 455-7955
The history of Clark County comes to life as you visit the past.

The Springs Preserve

333 S. Valley View Blvd. (702) 822-7700
180-acre attraction. Desert botanical gardens, Museum, concerts, events, historic site exhibits and walking trails.

Las Vegas Natural History Museum

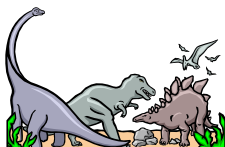
900 N. Las Vegas Blvd. (702) 384-DINO (3466)
Museum exhibits feature animated s, a live shark exhibit and a children's hand-on exploration room.

Lied Discovery Children's Museum

833 N Las Vegas Blvd (702) 382-3445
An interactive children's museum for children of all ages.

Nevada State Museum & Historical Society

700 Twin Lakes Drive (702) 486-5205
Explore the history of Nevada.



Apple Crunch

TOPPING

- 1 cup sugar
- 1 cup unbleached white flour
- 1/2 tsp. cinnamon
- 1 cup dark brown sugar, lightly packed
- 1/2 cup old-fashioned rolled oats
- 8 tbs. unsalted butter, melted and cooled

FILLING

- 6 tart apples, peeled and quartered
- 1 tbs. fresh lemon juice
- 3/4 cup chopped pecans or walnuts
- 2 tbs. sugar

1. Preheat the oven to 400 degrees. Combine the dry ingredients with butter to make a coarse meal.
2. In a glass deep-dish pie plate or baking dish, combine apples, lemon juice, nuts and the remaining sugar. Sprinkle topping over fruit.
3. Bake at 400 degrees for the first 15 minutes, then reduce the heat to 350 degrees and continue baking for 25 minutes or until the top is golden brown.

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