

PHILOPTOCHOS CORNER

St. Nicholas Greek Orthodox Church
3109 Scio Church Road
Ann Arbor, Michigan 48103

July/August 2016

SUMMER NEWS BRIEFS

REMINDER—THE EDUCATION PROJECT FOR WASHTENAW COUNTY YOUTH

The Education Project serves children and youth who lack a fixed, adequate, regular night-time residence. It primarily serves preschool and school-age youth including teens living without a parent or guardian.

Place your purchased items in the bins located outside the social hall. Students need the following donations:

School Supplies

- Backpacks
- Markers
- Colored pencils
- Pencil sharpeners, small scissors
- Spiral notebooks, pocket folders
- Index cards
- Post-it Notes
- Ziplock bags, small tissue packs
- Travel size toothbrushes, toothpaste, shampoo/conditioner, and deodorant

Clothing

- New socks
- New underwear
- New hats, gloves, and mittens

Please keep our local youth in mind because they are deserving of the best that our Ann Arbor Philoptochos can offer and provide for them. Thank you to Elaine Karam for coordinating this project.



RECIPE OF THE MONTH



Watermelon and Feta Salad

So easy to prepare this cool summer salad!

Add blueberries for a "Red, White, and Blue" special patriotic touch!

- Watermelon chunks
- Feta cheese, crumbled
- Blueberries (optional)

Toss watermelon with the feta, sprinkle some on top.



*"Be kind and truthful
and your life will be
fruitful!"*

MORE AMAZING USES FOR OLIVE OIL —OTHER THAN FOR BAKING!

- **Unstick a zipper**—Apply a drop of olive oil to a cotton swab. Rub it on the teeth avoiding the fabric. The zipper should go up and down easily!
- **Unstick a ring**—Rub some olive oil on a ring that's stuck. It should slide off easily now!
- **Repair cracked heels**—Exfoliate rough heels with a pumice stone and then apply olive oil to your feet. Lock in the moisturizing treatment by wearing cotton socks while you sleep
- **Moisturize skin**—Apply a small amount of olive oil to nail beds to soften cuticles
- **Quiet a squeaky door**—Lubricate and silence sticky door hinges by dabbing some oil onto a cloth. Wipe the top of the hinges so the oil goes down the sides



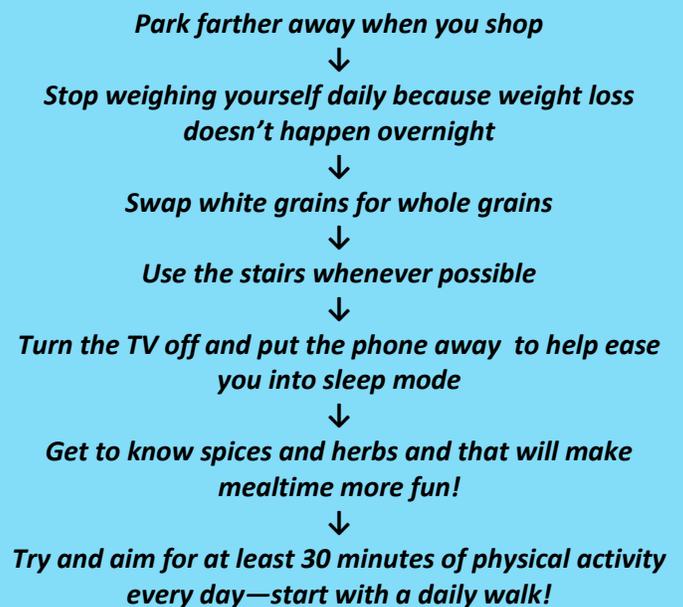
SUMMER SAFETY TIPS

- **Avoid the heat**—Only two hours a day in an air-conditioned space can significantly reduce the risk of heat-related illness
- **Dress for the heat**—Wear loose-fitting, light-colored clothes that reflects heat/sunlight
- **Drink FOR the heat**—Drink plenty of water and natural juices even if you're not thirsty
- **Do not drink IN the heat**—Avoid caffeinated beverages (coffee/tea/colas and alcohol); these drinks can result in dehydration
- **Eat for the heat**—Eat small meals more often
- **Slow down**—Reduce, eliminate, or reschedule strenuous activities such as running, biking, lawn care, and gardening when it heats up



EASY CHANGES TO JUMP-START YOUR HEALTH

Embarking on a new fitness program can seem like, "Oh, it takes too much time!", but that's not necessarily true. You don't need to make huge, disruptive changes to your lifestyle. Let's start with these small changes that can add up to big health gains:



**WATCH FOR "WALKING AS EXERCISE"
IN OUR SEPTEMBER ISSUE!**

