

**JUNE  
2018**

A young boy traveled with his father from stable to stable and ranch to ranch training horses. This meant his school career was constantly interrupted. When he was a senior, a teacher asked him to write about what he wanted to be when he was out of school. He knew immediately and wrote a seven page paper about his goal to own a horse ranch. He included a drawing of buildings, stables and even a detailed house plan. Two days later, he got his paper back with the letter "F" on it. After class he asked his teacher why he had received such a grade. The teacher told him his dream was unrealistic for him. He had no money, no resources and came from a wandering family. She gave him the option of redoing the paper with a more realistic attitude. The boy went home and asked his father what he should do. His father told him that he would need to make the decision of how to handle it on his own. After a few days, the boy took the same paper back to his teacher. No changes were made and he said, "I will keep the "F" and I will keep my dream." He now owns a 4,000 square foot house in the middle of a 200 acre horse ranch. He still has his school paper, it is framed and hanging over the fireplace. This is a good reminder that, "You have to follow your heart, never give up, move on with determination and persistence and never let anyone take your dreams away."

### THINGS DADS TEACH US

- That life is about learning, and seeking the truth.
- That it is important to be loyal, honest, generous and patient.
- That independence comes with responsibility.
- That we can do anything if we put our mind to it.
- That what we do with our time is a reflection of who we are.
- That we should give back to our family, country and community.
- That we should be passionate about life.
- That while "it's nice to be important, it's more important to be nice."
- That "I love you" means more when you show it than when you say it.
- That we should be grateful for our blessings.
- That it is important to be a good listener.
- That it is ok to have fun.
- That we need to balance humility with confidence.
- That we need to be optimistic in the face of adversity.
- That no matter how often we fumble, he always has our back.
- That even if we are far apart in distance, laughter will always keep us close.

### Take Steps to Stay Safe Around Water

*American Red Cross*

Swimming is the most popular summer activity. One of the best things you can do to help your family stay safe is to enroll in age-appropriate swim lessons. Along with swim lessons follow these tips when around water: **1.** Swim in designated areas supervised by lifeguards. **2.** Always swim with a buddy; do not allow anyone to swim alone. **3.** Never leave a young child unattended near water and do not trust a child's life to another child. **4.** Teach children to ask permission to go near water. **5.** Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets but do not rely on life jackets alone. **6.** Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability. **7.** Do not let anyone play around drains and suction fittings. **8.** Even if you do not plan on swimming, be cautious around natural bodies of water. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous. **9.** If you go boating, wear a life jacket! Most boating fatalities occur from drowning. **10.** Know what to do in an emergency. If a child is missing, check the water first. Seconds count in preventing death or disability.

### BIKE SAFETY

*National Safety Council*

Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of safety cannot be overstated. Be safe by following these rules:

- ❖ Wear a helmet. ***Wearing a helmet reduces the risk of head injury by an estimated 60% and brain injury by 58%.*** Helmets must meet federal safety standards and should fit securely.
- ❖ Know the traffic laws; cyclists follow the same rules as motorists.
- ❖ Know your bike's capabilities.
- ❖ ***Ride single-file in the direction of traffic,*** and watch for opening car doors and other hazards.
- ❖ Use hand signals when turning, use extra care at intersections and never hitch onto cars.
- ❖ Before entering traffic look both ways and over your shoulder.
- ❖ ***Wear bright clothing and ride during the day.*** If riding at night, ***wear reflective clothing*** and make sure the bike is equipped with reflectors on the rear, front, pedals and spokes.
- ❖ A horn/bell, a rear-view mirror and a headlight, are recommended.

***Be Safe & Enjoy the Summer***

*"Life is like riding a bicycle. In order to keep your balance, you must keep moving." -Albert Einstein*

### Individual, Family & Community Preparedness

*Division of Homeland Security*

- 1. Have an emergency plan.** *Develop, maintain and practice a written plan. Consider how your plan correlates with school, your work place and neighborhood plans.*
- 2. Get an emergency kit.** *Get and maintain a portable 72-hour emergency kit containing items designed to support each individual with vital health and personal items.*
- 3. Have emergency food.** *Inventory what you have and build around it. Choose foods your family will eat, have a long shelf life, and are easy to prepare. Date everything.*
- 4. Prepare to shelter-in-place.** *Identify, outfit and prepare an area of your home for a "shelter-in-place". Be prepared for extended periods of electrical power failure.*
- 5. Know your home** *Know the infrastructure of your home and how to operate electric circuits, natural gas controls, water main valves, outside air vents, etc.*
- 6. Equip your car.** *Start with a blanket, a flashlight, high-energy snack bars, water, a collapsible shovel, a first aid kit, jumper cables, and extra clothing. Keep the gas tank ½ full.*
- 7. Plan for pets** *Most emergency shelters do not welcome pets.*