



UNDERSTAND TEXTING BASICS

If you send text messages to family members or friends, keep these tips in mind when writing them.

- 1. Get permission.** Check with an adult to be sure it's OK if you send someone a text. They can help you decide what to say and whether it's a good time of day to send it.
- 2. Keep it light.** It's best to use text messages to say a quick hello or tell your friend something funny. If you have a more serious topic to talk about, try to call or meet in person instead. Text messages can be easily misunderstood because your friend can't see your facial expressions or hear your tone of voice.
- 3. Add some emojis.** It's fun to add heart-eyed cats and praise-hands emojis to your messages to help emphasize how you feel about what you're writing. Just be sure to add only a few. Too many can be overwhelming to the person reading the text or difficult for some people to understand.



MOSTLY WATER
Cucumbers are 95% water—about the same percentage as iceberg lettuce.

Make a cool cucumber dip

Ingredients

- 1 cup Greek yogurt
- ½ cup sour cream
- 1 Tablespoon mayonnaise
- ¼ teaspoon garlic powder
- Pinch onion powder
- ½ teaspoon kosher salt
- Black pepper
- 4 teaspoons fresh lemon juice
- ½ cup shredded cucumber
- 1 Tablespoon chopped fresh dill, plus more for garnish
- Cut vegetables and/or crackers, for serving

Instructions

1. In a small bowl, stir together the yogurt, sour cream, and mayonnaise. Add the garlic powder, onion powder, salt, pepper, lemon juice, cucumber, and dill. Stir everything together until the mixture is well blended.
2. Transfer the dip to a serving bowl and top with a few small pieces of dill. Keep refrigerated until ready to serve with your favorite vegetables or crackers.

Helpful tips

- To grate the cucumber, grip it firmly on one end, then scrape the opposite end against a grater. Be sure to keep your fingers and knuckles away from the holes on the grater—they're sharp!
- After you've made the recipe, taste it and see if there is anything you would change. Does it need more salt? Would you like it to taste a little more like cucumber or sour cream? If so, add more!



ECO TIP OF THE WEEK REUSE PLASTIC WATER BOTTLES

Americans use billions of plastic water bottles every year, most of which are never recycled. Instead, bottles end up in landfills or the ocean, where they can hurt or kill wildlife. To help the planet, try switching to a reusable bottle or refilling a disposable one you already have. Just wash out the bottle (it's important to do this between each use to keep bacteria from growing) and fill it up with tap water. There is generally little to no difference in the safety or quality of tap water compared to bottled water. But if you want to, you can talk to your parents about getting a filter to make your tap water even better.

Drink up to keep hydrated.

