

Tips will help young athletes cope with the summer heat

Reduce your and your child's risk of getting COVID-19 when playing close-contact or indoor sports. Be vaccinated if 12 years or older. Play outdoors. Wear a mask when indoors and stay 6 feet apart when possible. Wash your hands often and eat healthy.



KATHY KOLASA

activity. Not only will this help your child get in shape for pre-season, but it will also make sure their bodies

them hydrated and help them eat three servings of vegetables and two of fruit every day.

If it is hot, make sure your children are wearing appropriate clothing for the activity. Light-colored and sweat-wicking clothes are best to wear during the hot and humid days. Consider getting them UV-blocking sunglasses to protect their eyes from the sun. And don't forget sunscreen! Be sure to choose a water-proof sunscreen with at least a SPF of 30 to protect their skin from sunburn. If they are exercising for long periods of time, make sure they reapply sunscreen regularly.

Even with all the right preparation, extreme heat and humidity can still be dangerous to young athletes. If your child or teen begins to feel dizzy or nauseous, have them take a short break and sip some water or a sports drink. Watch for the early signs of heat exhaustion, including clumsiness, stumbling, headache, nausea, vomiting, dizziness, confusion, muscle cramps, dark urine, or cool, moist skin.

Heat stroke is the most serious heat-related illness. It happens when the body loses its ability to regulate its temperature, so the body keeps getting hotter and hotter. Heat stroke has more serious symptoms including a rapid and weak pulse, seizures, and unconsciousness. If you see a child with these signs, call 911 immediately and cool them down by moving them to a shady or air-conditioned location and wetting their skin.

We all enjoy playing sports outside. With a little preparation, we can make sure that our children have a fun and safe time at summer practice.

will be adapted to the summer heat.

Staying hydrated during and after exercise can help reduce the risk of heat-related illness, improve your child or teen's performance during practice and speed up their recovery. If your child is exercising heavily for more than 60 minutes, a sports drink like Gatorade or Powerade can be used to help replace electrolytes lost through sweat. The sugar in these sports drinks helps the body quickly pull in more water, so it can rehydrate you faster than drinking water alone. But be careful — the large amount of sugar in these beverages isn't good for kids unless they have been sweating for at least an hour.

That advice comes from pediatricians like Dr. David Collier at the ECU Pediatric Healthy Weight Research and Treatment Center and sports medicine physicians, alike. Another easy way to increase hydration is through fresh fruits and vegetables that are naturally filled with water. Did you know melons like watermelon and cantaloupe are made up of more than 90 percent water? Other healthy snacks that kids like are celery and peanut butter, fresh strawberries, orange slices, grapes, cucumber and hummus and carrots and ranch dressing. Pack them in little baggies and send them with the kids to practice. It will keep

What are some ways to keep my child well-hydrated while they are playing sports or going to camps? — BK, Greenville

Ayikes, where has summer gone? Catherine Romaine, a Brody third year medical student who has worked in research with Dr. Megan Ferderber at ECU Sports Medicine jumped at the chance to answer your question. I think the advice she has is not only great for kids but adults as well. Here is what she wants you to know.

Preseason practices are just around the corner for local student-athletes. While this is an exciting time of the year for young athletes, it can also pose risks as it is the most hot and humid time of the year. With proper planning, you and your child and teen can reduce the risk of having muscle cramps, heat exhaustion and heat stroke. Here are a few tips that you can use to help make sure your child has a happy and healthy time playing outside.

If your child is going to start preseason practice during the summer, the experts recommend they start training outdoors about a week or two before practice starts. This will help their bodies get used to the heat and humidity over time. Start easy and slowly build the intensity and length of

A garden-fresh dinner

Summer's sultry heat invites fresh, simple meals with garden vegetables that require limited effort to prepare. This tomato tart is a light and easy dinner for a warm night that takes advantage of the season's kaleidoscope of cherry tomatoes falling in our gardens and showcased in our markets.

Its presentation is as unpretentious as could be, giving the sweet and juicy tomatoes center stage, nestled on a bed of airy puff pastry dusted with nutty cheese and plucked garden herbs.

With so few ingredients, do not skimp on their quality. This is the moment to use the freshest tomatoes available. Sprinkle that fancy sea salt you have stashed in your cabinet for special occasions. Choose a nutty aged Gruyere and splurge on Parmigiano-Reggiano cheese, if you can.

As for the pastry, it is here that I digress from homemade pastry and admit that I rely on a high-quality store-bought puff pastry, an otherwise time-consuming affair to make. After all, we're talking minimal effort here on a steamy summer night. Fortunately, frozen puff dough is available in most supermarkets.

While the pastry is not cheap, I see it as a break-even when considering the cost of the ingredients and time to layer and roll my own. However, if you do have the time and inclination, I've provided my go-to recipe for quick puff pastry from Rose Levy Beranbaum, the diva of pastry, pies and cakes.

Cherry tomato tart

- Active time:** 15 minutes
- Total time:** 40 minutes, plus draining time
- Yield:** Serves 4 to 6 as a light meal or 6 to 8 as a side dish
- 1 ¼ to 1 ½ pounds cherry tomatoes, multicolored if possible, halved lengthwise
- Sea salt
- 1 (9-by-13-inch) sheet frozen puff-pastry dough, thawed in the refrigerator
- ¼ cup finely grated Parmesan or Parmigiano-Reggiano cheese
- ¼ cup finely grated Gruyere cheese
- 1 teaspoon chopped fresh thyme, plus more for garnish
- 1 teaspoon chopped fresh oregano
- Freshly ground black pepper
- Extra-virgin olive oil
- Place the tomatoes in a colander set over a bowl and season with ½ teaspoon salt. Let stand at room temperature for 30 minutes to allow some of the juices to drain, stirring once or twice.
- Preheat the oven to 400 degrees.
- Line a baking sheet with parchment paper. Unroll the pastry for one large tart (or unroll and cut the dough into smaller serving squares or circles for individual servings).
- Score a ¼-inch border around the edges of the dough without piercing the bottom. Prick the dough all over with a fork, leaving the border unmarked. Transfer



LYNDA BALSLEV/TASTEFOOD

Cherry tomato tart.

to the oven and bake until the pastry begins to turn golden, 10 to 12 minutes. Remove from the oven. If part of the dough has puffed up, gently deflate it.

Sprinkle the Parmesan, Gruyere, thyme and oregano evenly over the pastry, leaving the border clear. Arrange the tomatoes, cut sides up, over the pastry and season with freshly ground black pepper.

Return the tart to the oven and bake until the tomatoes begin to shrivel and the tart is golden brown and firm at the edges, 12 to 15 minutes more.

Remove and cool for 5 to 10 minutes. If desired, drizzle with a little olive oil and season with additional salt. Garnish with additional thyme leaves.

Rose Levy Beranbaum's quick puff pastry

- Active time:** 30 minutes
- Total time:** 30 minutes, plus chilling time
- Yield:** Makes enough for 1 tart
- 1 ½ cups (6.4 ounces) all-purpose flour
- ¾ cup (3 ounces) cake flour
- 1 ¼ cups (2 ½ sticks) cold butter, cut into ½-inch cubes
- ¾ teaspoon salt
- ⅓ cup ice water
- 1 tablespoon cold fresh lemon juice
- Cover and freeze the all-purpose flour, cake flour and butter for 30 minutes.
- Combine the all-purpose flour, cake flour and salt in the bowl of a food processor and pulse once or twice to combine.
- Add half of the frozen butter pieces and pulse until the butter is pea-sized. Add the remaining butter and pulse until pea-sized. Slowly add the water and lemon juice and pulse until the dough begins to clump together (it will be shaggy).
- Transfer the dough to a work surface dusted with all-purpose flour and roll into an 8-by-12-inch rectangle. Fold the dough in half from the short side (it will be very crumbly) and roll again to form an 8-by-12-inch rectangle. Fold in half again, then cover with plastic wrap and freeze for 30 minutes.
- Remove the dough from the freezer and roll the dough again into a rectangle. Fold into thirds, like a letter for an envelope. Roll once more and fold again into thirds. Roll out again and fold one more time. Cover and chill until use for up to 2 days (or freeze for up to one year).

Sponsored Content

La Ribera Mexican Restaurant offers world of flavor

BY CHRISTINA RUOTOLO
Hot Dish

Every day of the week in my opinion is a great day to eat Mexican. Most of us can't wait for Taco Tuesdays so we can affordably indulge in delicious chicken, beef or steak tacos and mounds of crispy chips and salsa. It's the perfect meal to enjoy with friends and to help you unwind after a long workday. Last year, it was estimated that Americans ate 4.5 billion tacos with over 650,000 eaten on Taco Tuesday. That's a lot of tacos. But why do we eat so many? The taco is one of those versatile dishes. Add your favorite proteins, your favorite toppings, roll it up in a corn or flour tortilla and voila — portable happiness. And with prices as low as \$1 per taco, it won't break the bank.

So let's have some Mexican together as I introduce you to La Ribera Mexican Restaurant at 658 E. Arlington Blvd., Greenville, in the Arlington Village Shoppes. They also have a location in Washington, N.C. They have been open since 2011 and are a relaxed eatery providing familiar Mexican dishes along with weekly taco, fajita and enchilada specials. The menu is like the J.C. Penney catalog of Mexican food. There are

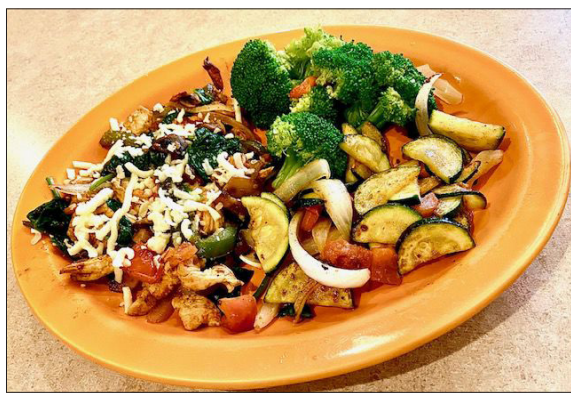


PHOTO BY CHRISTINA RUOTOLO

Pollo adobo.

so many tasty options to choose, from burritos, enchiladas, chimichangas, taco salads, steak dishes and plenty of chicken and shrimp dishes. They also serve vegetarian options like the chile rellenos and quesadillas and nachos.

Manager Hugo Ayala has been heading up the crew at La Ribera since 2014, so he and his staff can help you navigate the menu to find the perfect dish. The ingredients are fresh and vibrant and every dish I have ever been served is like a color wheel of traditional Mexican ingredients from tomatoes, onions, cilantro, pico de gallo, guacamole, yellow rice and enough heavenly cheese sauce to melt away all life's problems. They

offer lunch specials 11 a.m. to 3 p.m. Monday-Friday and specials every day from Mexican inspired dishes on Mexican Monday, Fajitas specials on Thursday and, of course, Taco Tuesday, where tacos are only \$1 for shredded chicken and \$1.25 for beef.

Another about La Ribera that sets them apart from other Mexican restaurants is they do not serve alcohol. The owner is a Baptist pastor in Washington and he wanted to stay true to his faith. Not serving alcohol was a conscious decision and lots of customers love it. I think this is commendable. They do, however serve a variety of Mexican bottled sodas; traditional soda; horchata,

which is cold drink that tastes like rice pudding and is made with milk, vanilla and cinnamon; and delicious sweet tea. And they use those super small ice cubes that many of us are addicted to.

Almost everyone loves the flavor profiles and taste of their fajitas. It's a perfect dish to share with the entire family, allows each person to add-on their favorite toppings and you can mix and match your proteins to create a combination your table guests or family will enjoy. I had the steak, chicken and shrimp fajitas. The meat combo was sautéed with green peppers, onions and tomatoes and is served with two sides and warm flour tortillas. I had the rice and beans for my



sides along with shredded lettuce, pico de gallo and sour cream. Add all this taste to a tortilla, wrap it up and then enjoy! It was delicious, but did I really even need to tell you that? It's a fajita, they always taste good.

Next I tried the New Mexican Feast with grilled chicken, steak and shrimp sautéed with onions and mushrooms, placed over a bed of rice and topped with a white cheese sauce. You had me at cheese sauce with this dish. It smelled divine! This is a hearty and flavorful dish with depth and lots of personality. It feeds your craving for meat and cheese, so it's OK to wear stretchy pants and enjoy every last bite.

The last dish on my Mexican fiesta was La Ribera's most popular dish, the Pollo Adobo, which is grilled chicken strips sautéed with bell peppers, onions, spinach, tomatoes and mushrooms

See RIBERA, B5

La Ribera
Mexican Restaurant

658 E Arlington Blvd, GREENVILLE
M-Sat 11am-9:30pm • (252) 565-8945

lariberamexicanrestaurant.com

MONDAY-FRIDAY SPECIAL

Buy One, Get One Free Lunch

(\$7.99 value. Cannot Be Combined With Any Other Offer)

EVERYDAY SPECIAL

\$7.00 Off 2 Dinners With Purchase of 2 Beverages

(Cannot Be Combined With Any Other Offer)