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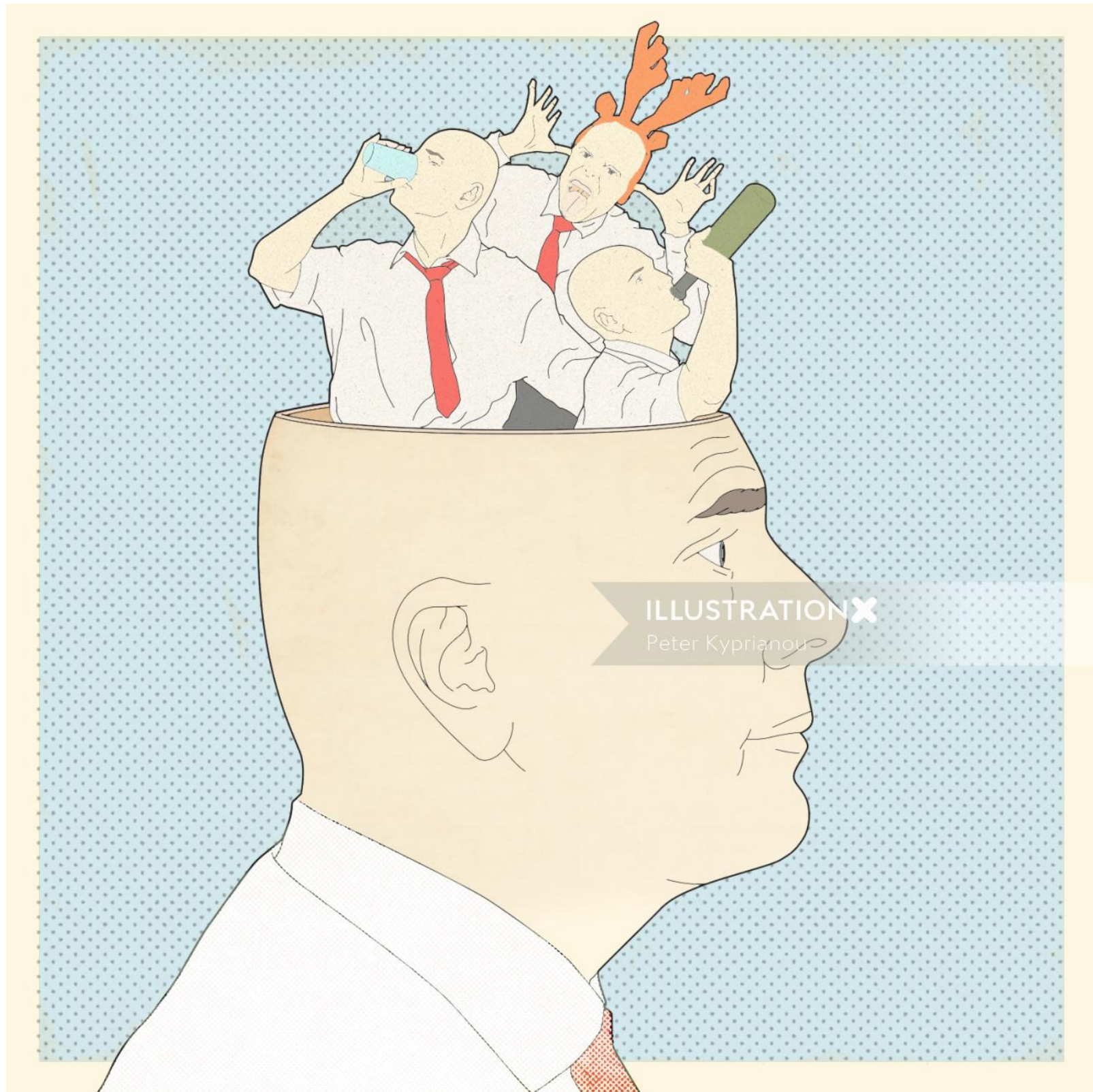
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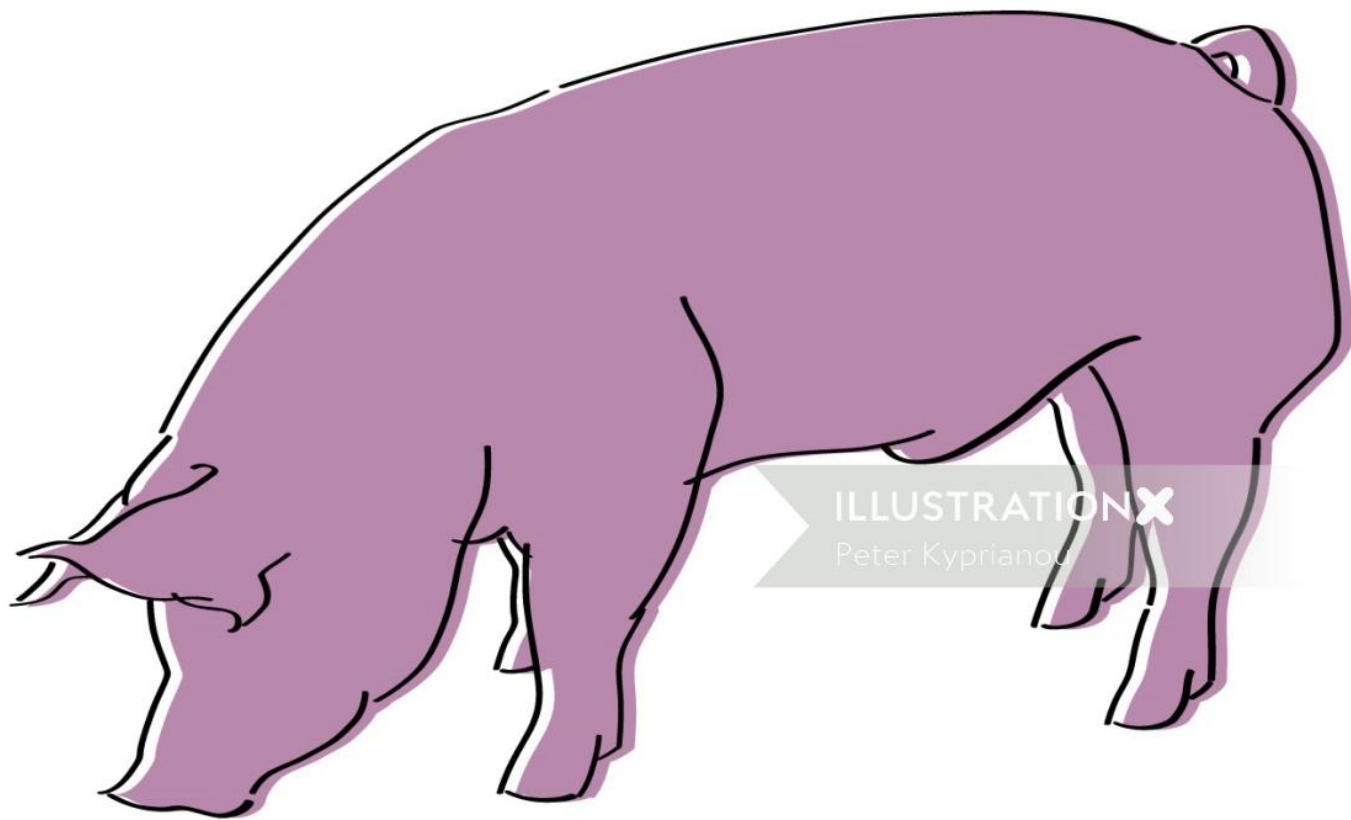
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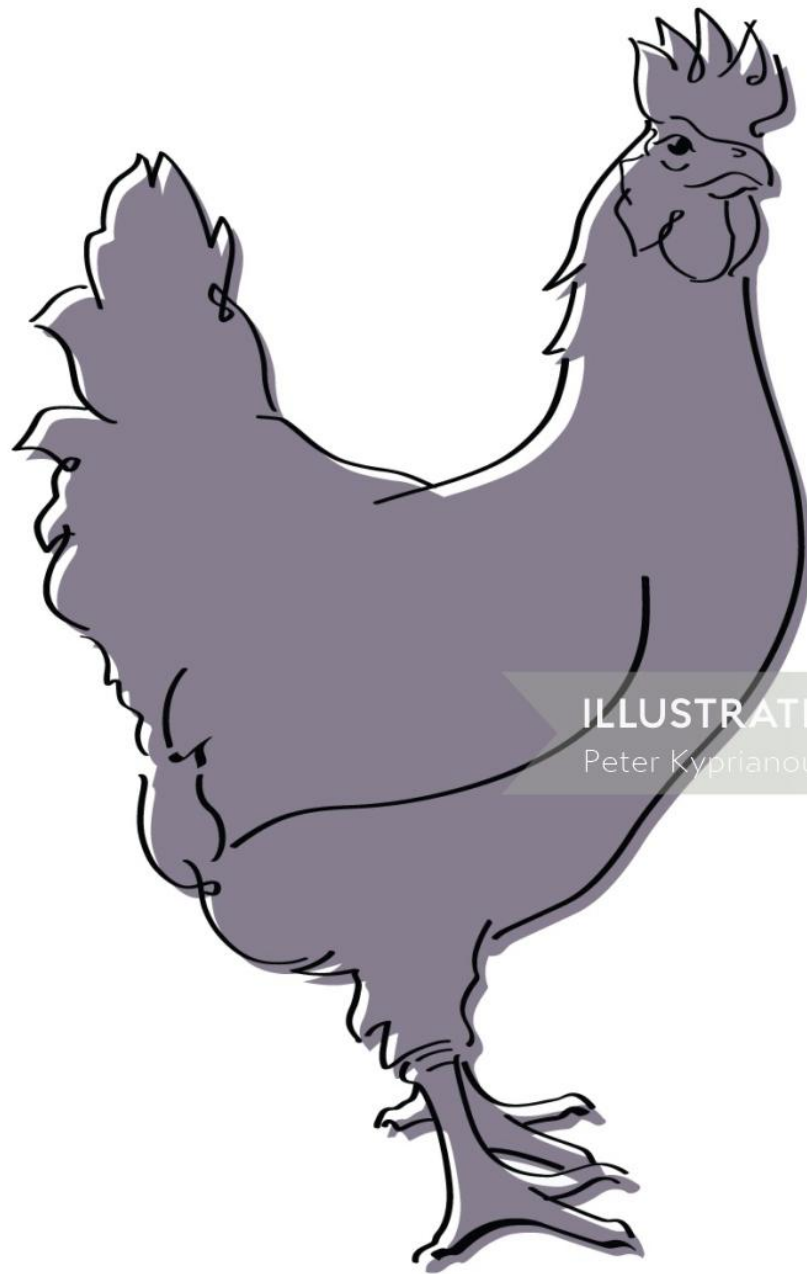
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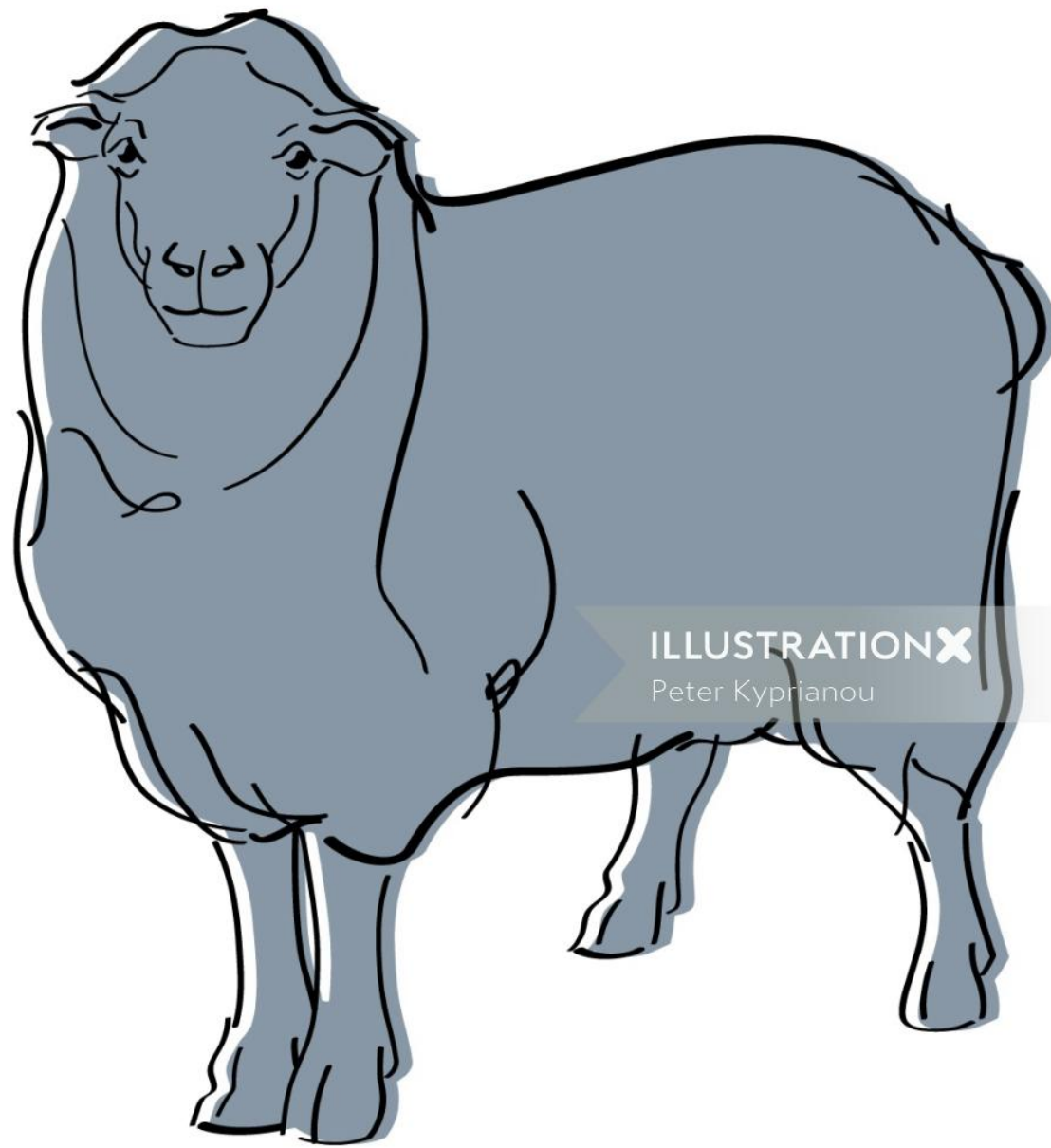
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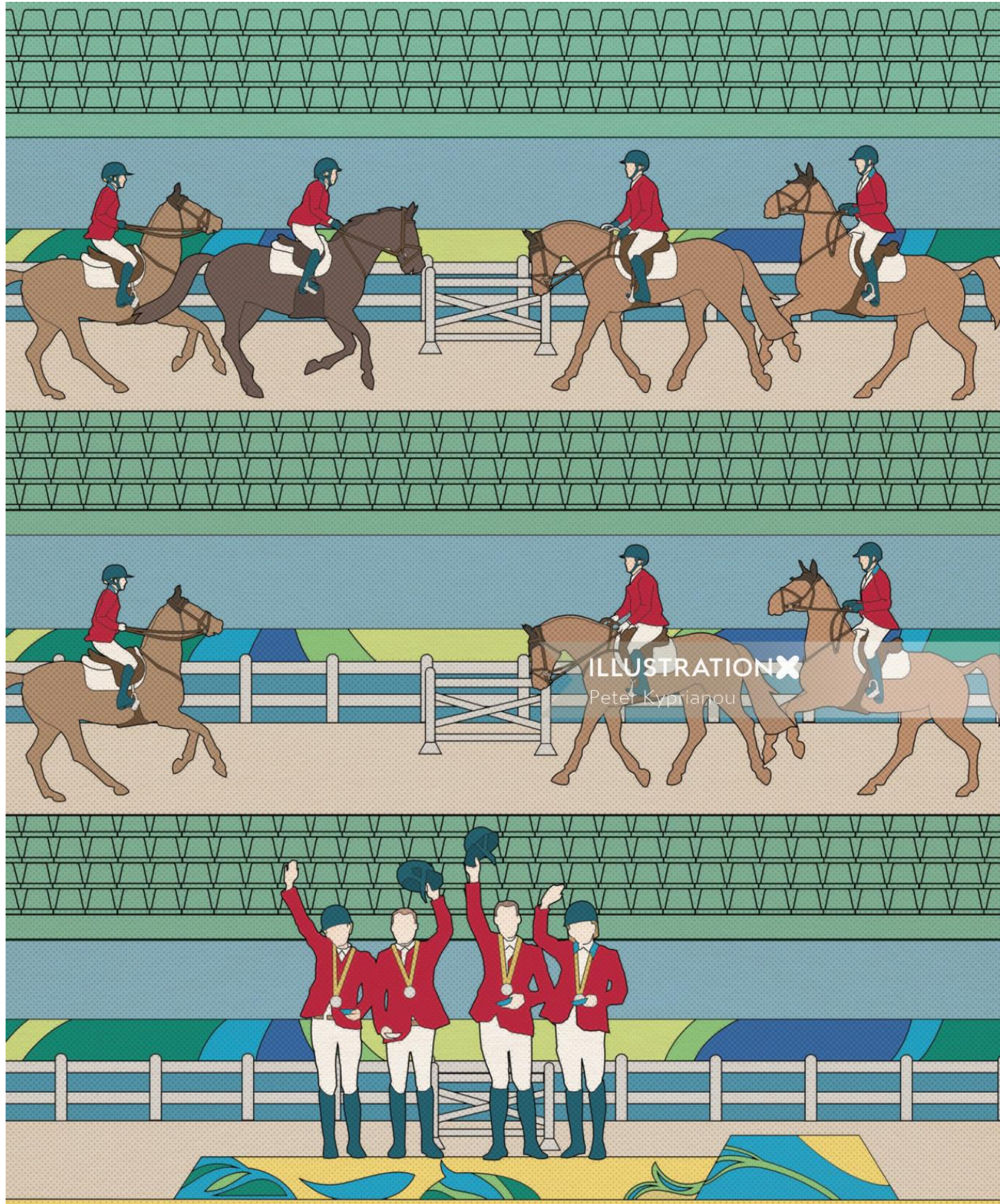
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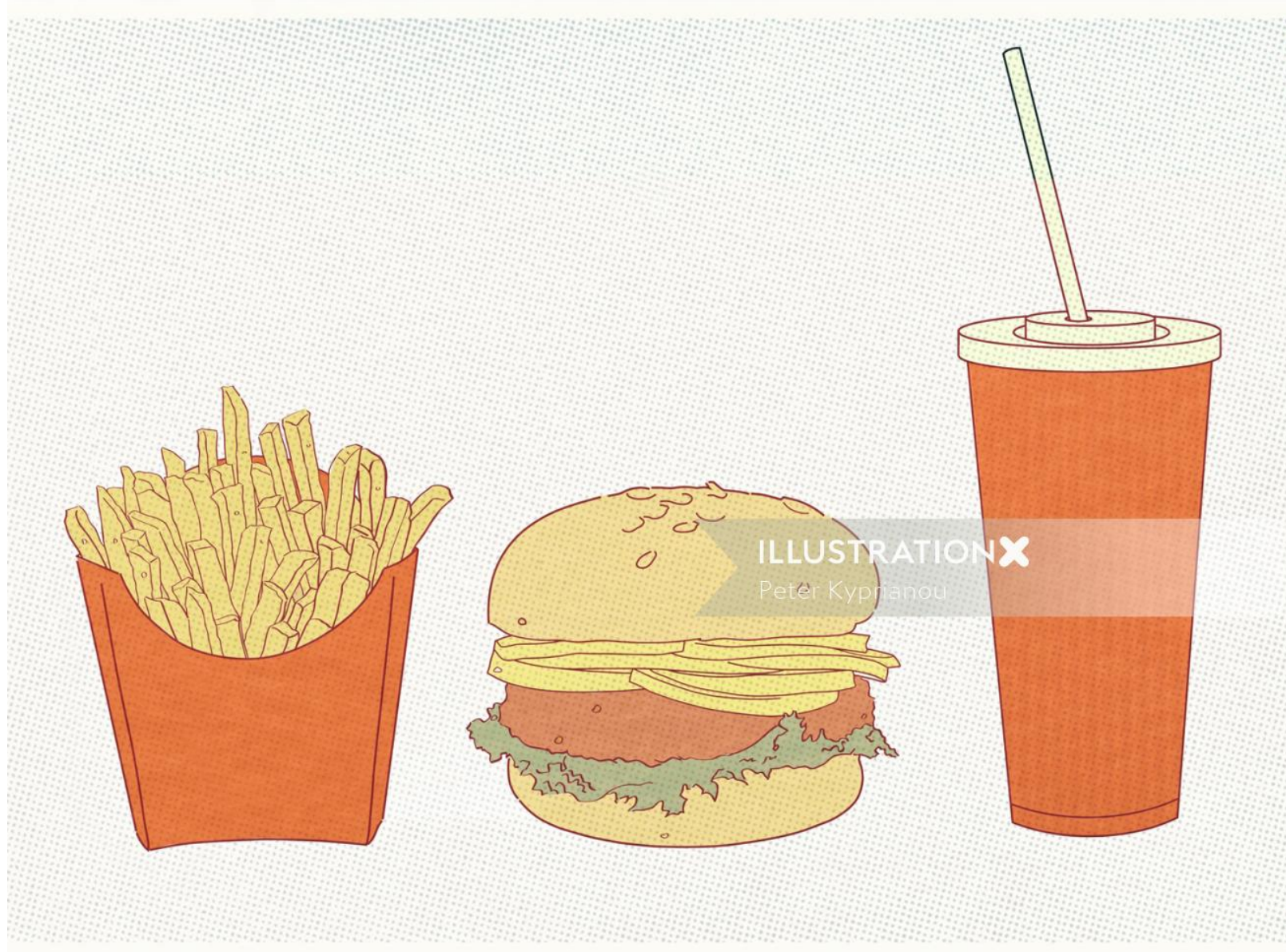
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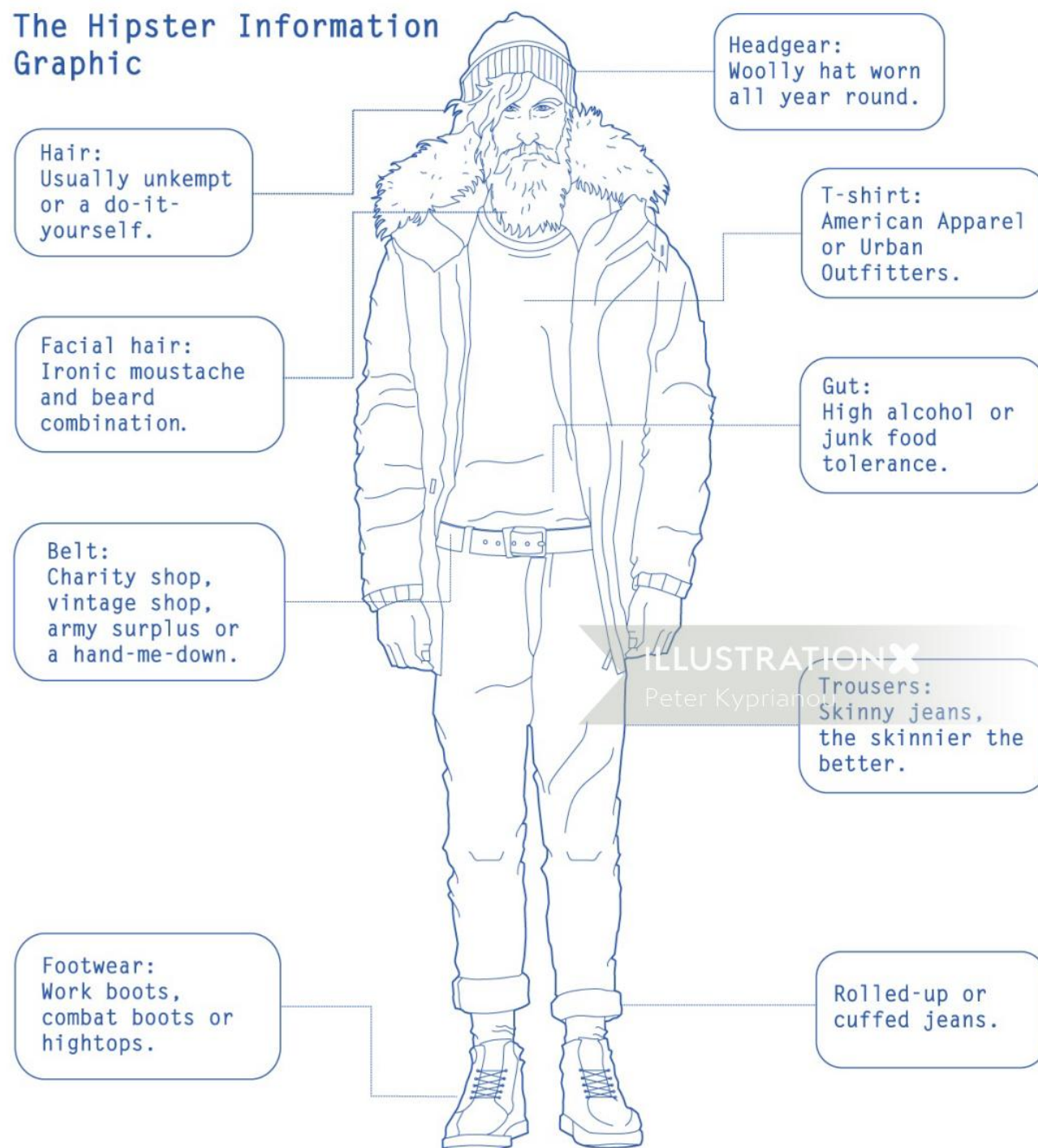
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## The Hipster Information Graphic

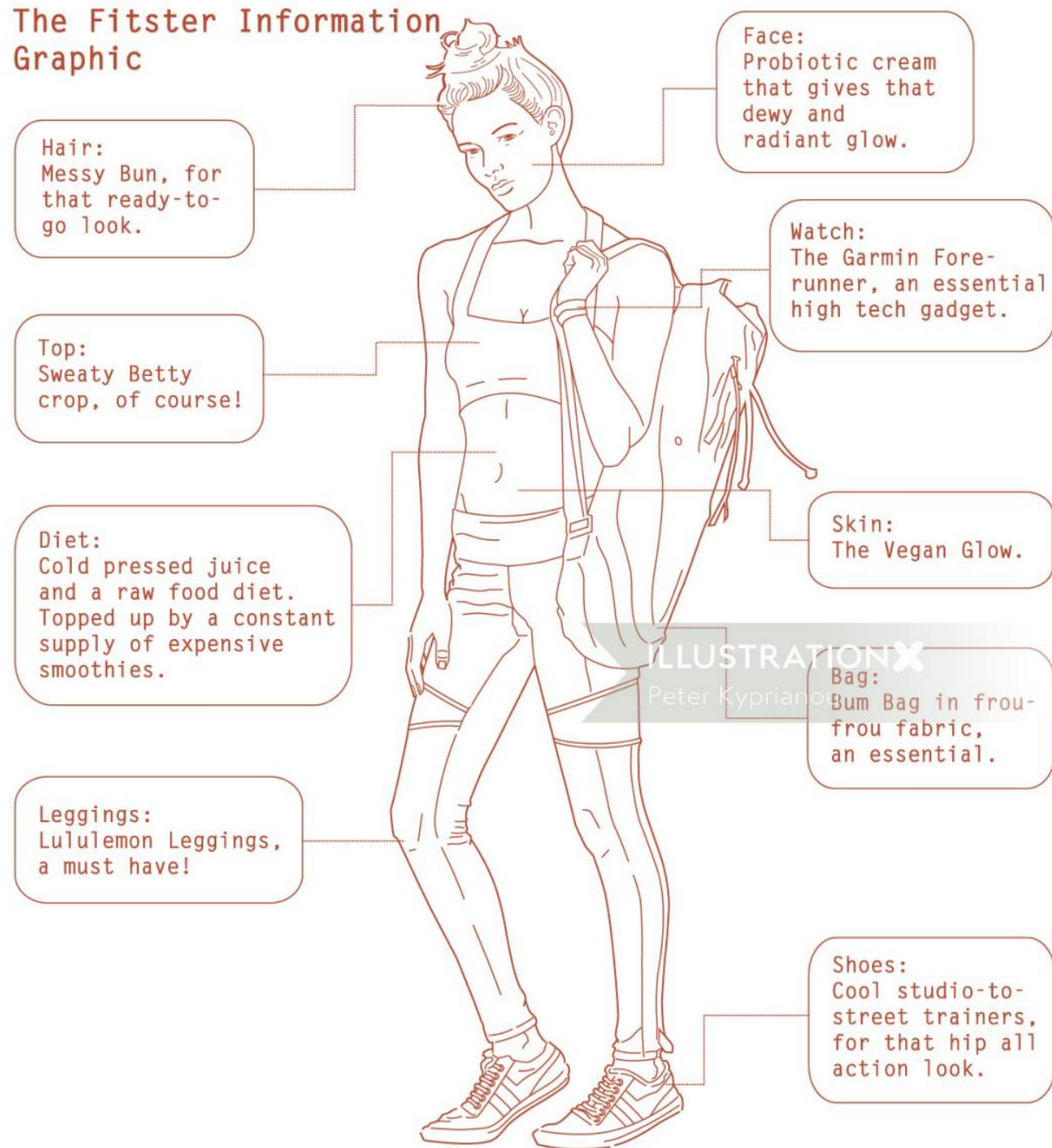




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## The Fitster Information Graphic



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**SECURITY**

**RIP CURRENTS.**  
These powerful, narrow channels of fast-moving water are capable of moving at speeds of up to eight feet per second. Not only can they move faster than an Olympic swimmer, but these coastal currents reportedly claim the lives of 100 people per year according to the National Oceanic and Atmospheric Association (NOAA). In fact, 80 percent of rescues done by ocean lifeguards involve rip currents. The NOAA recommends anyone caught in a current to avoid fighting the current and instead swim parallel to the shore and back to land at an angle.

**MAN-OF-WAR FISH.**  
Not to be confused with a common jellyfish, these venomous marine creatures are found all around the waters in Gulf of Mexico. Also referred to as a bluebottle or floating terror, the Portuguese man-of-war is iridescently blue, and can reach up to 180 feet in length. The stings from these creatures can be very painful, so it's best to clear the water if any are present. Always shuffle your feet when walking in water to frighten these and other creatures away, but if you get stung, get away from the creature immediately (they can deliver multiple stings), remove the slimy deposits with salt water and sand, and rub the sting with a paste created by mixing unseasoned meat tenderizer and rubbing alcohol.

**SUNBURNS.**  
Nothing can ruin a beach vacation worse than a bad sunburn. Sunburns can even occur during overcast days, so make sure to wear a broad-spectrum sunscreen of no less than 30 SPF. It's also important to find a brand that blocks both UVA and UVB rays. And apply liberally, at least one full ounce. According to the American Academy of Dermatology (AAD), most beachgoers only apply 25 to 50 percent of the recommended amount, so make sure to lather up and reapply every two hours.

**DEHYDRATION.**  
When you're surrounded by so much water and activity, it can be easy to forget to drink water while at the beach. Dehydration can sneak up on you and make it difficult for blood and tissues to function properly. Bring a cooler filled with water — not sugary drinks — to ward off dehydration, and make sure to drink up throughout the day, even before any signs of thirst.

**BEACH DEBRIS.**  
This junky wash-up can consist of anything from cigarette butts and aluminum cans to medical needles and broken glass. These items aren't only an unattractive intrusion on an otherwise pristine plot of beach, but they're also a hazard for anyone walking the shore. Wearing water shoes or thick sandals while at the beach can help, but it's also a good idea to bring a trash bag and clear out your area before you settle into your section of the sand.

## Into the Swim of Things

STAY SAFE AT THE BEACH WITH THESE TIPS  
BY KRISTY ALPERT

Swimming in the sun-kissed waters that wash onto the shores of Texas is a summer rite of passage for anyone looking to get immersed into the Lone Star way of life. But with more than 360 miles of shoreline ranging from secluded backwaters and sandy shores to ominous marshes, a day at the beach in Texas doesn't come without a few risks. From rip currents and man-of-war fish to sunburns and beach debris, there are a few hazards lurking beneath the surf that can put a damper on a seaside summer vacation. Keep your summer safe and sunny with these safety reminders.

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30 TEXAS HERITAGE FOR LIVING

TEXAS FARM BUREAU INSURANCE

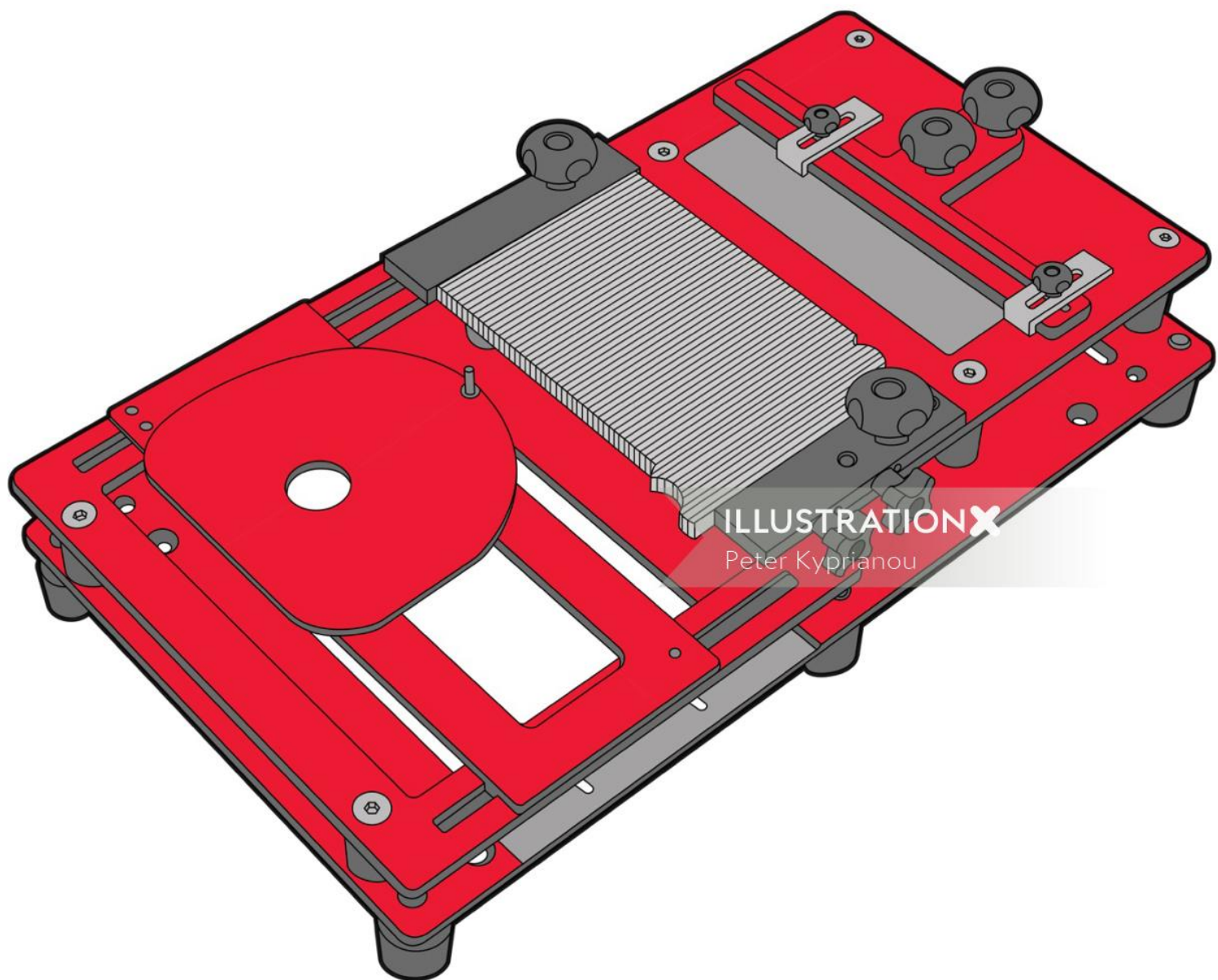
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TEXAS HERITAGE FOR LIVING 31



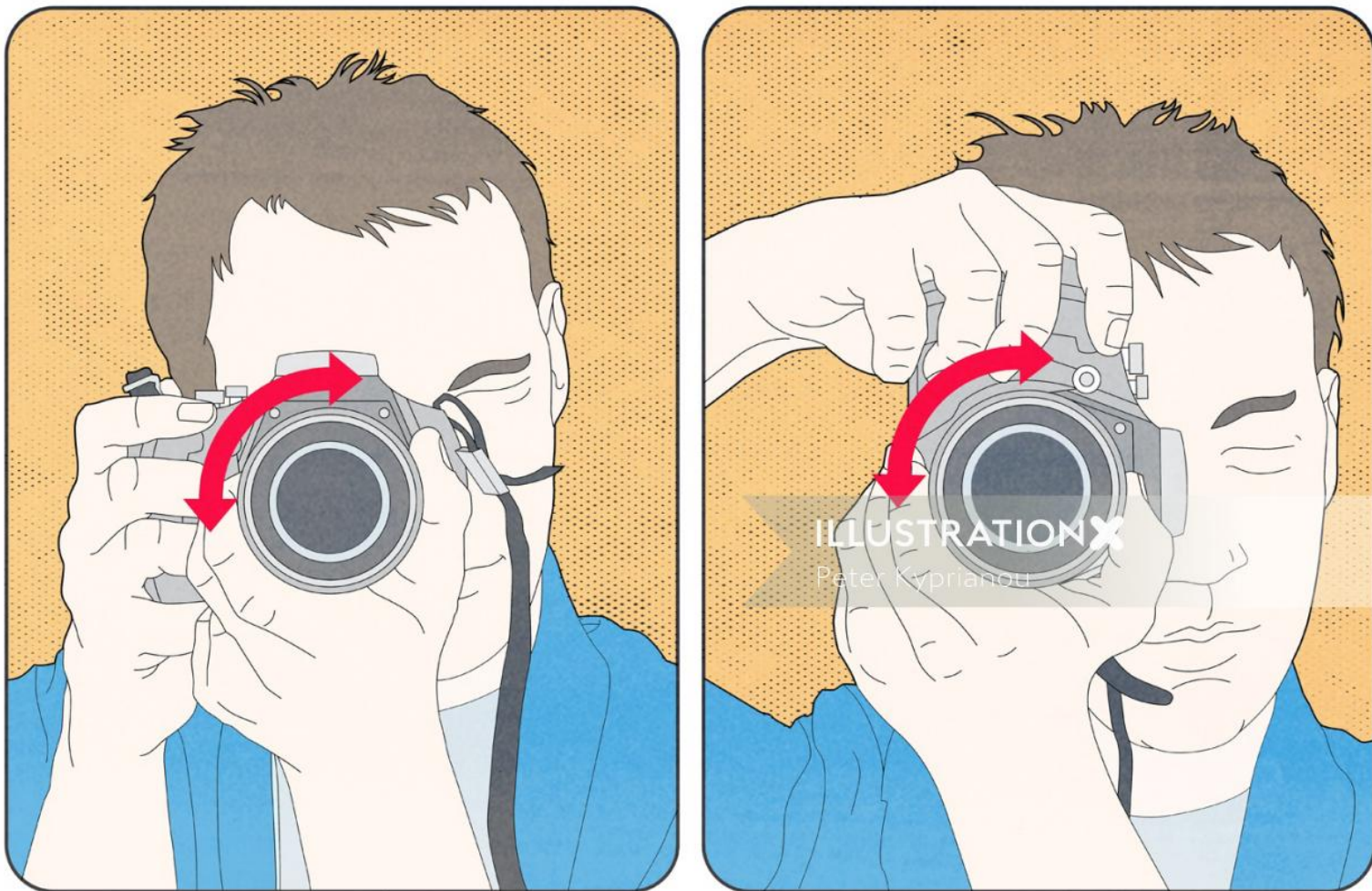
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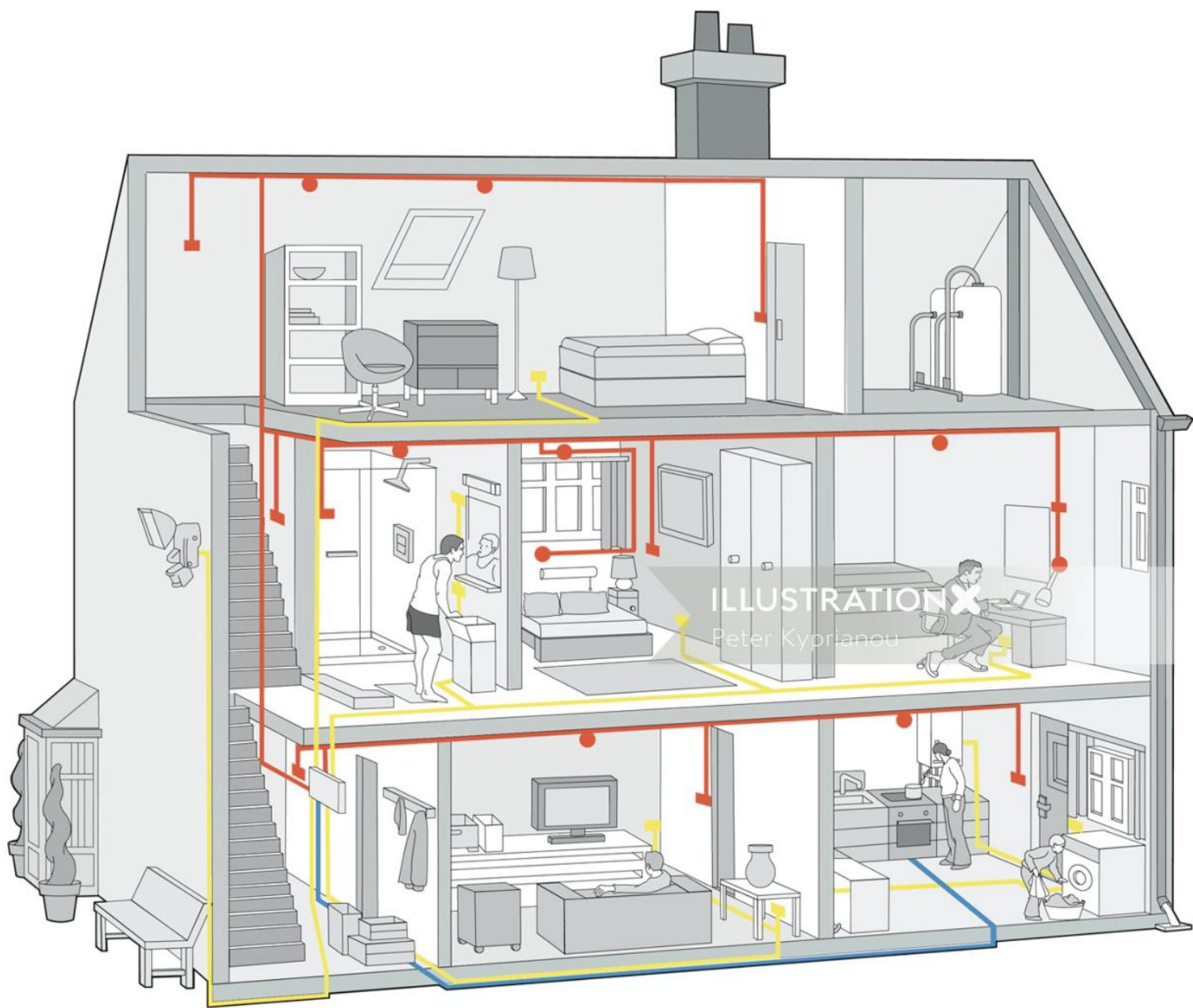
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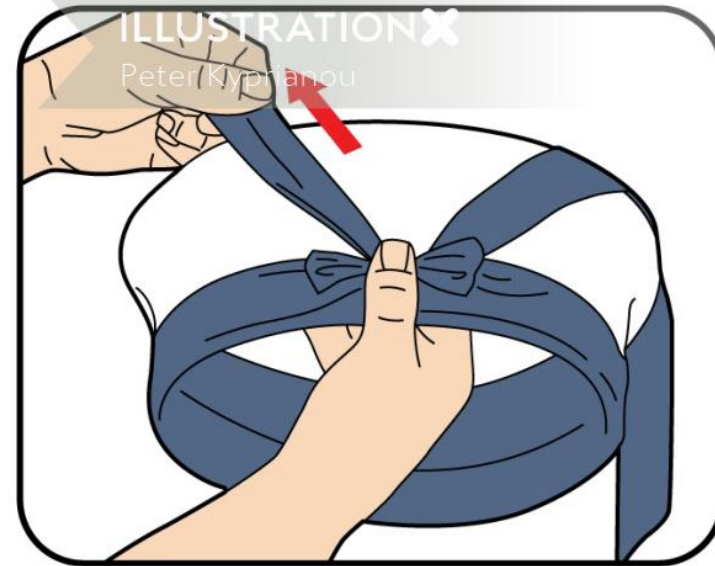
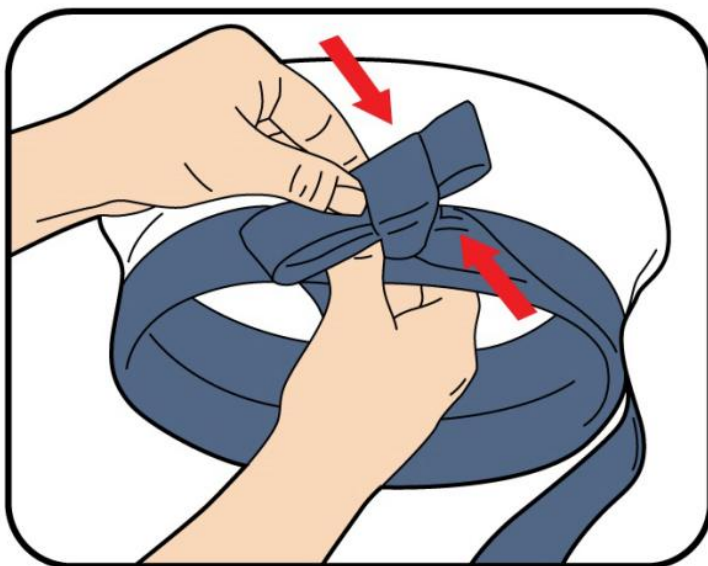
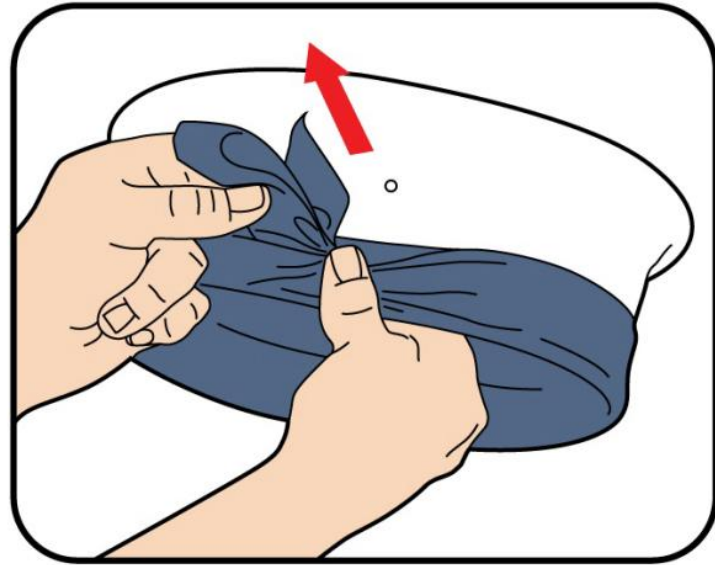
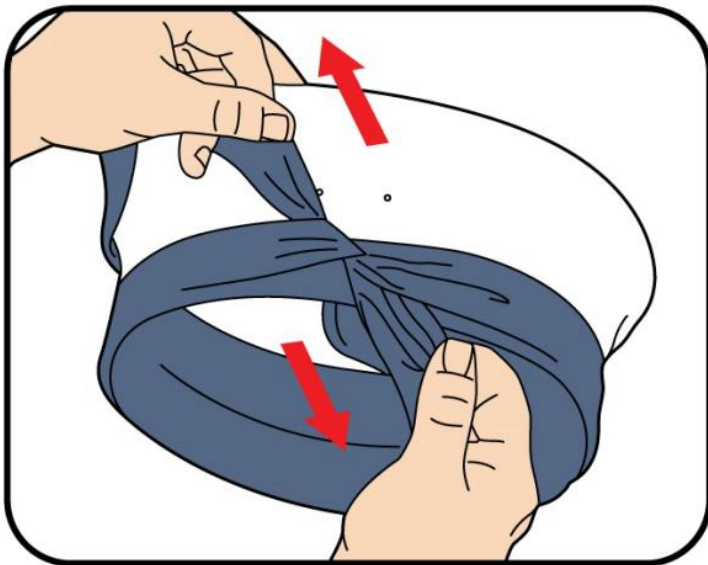
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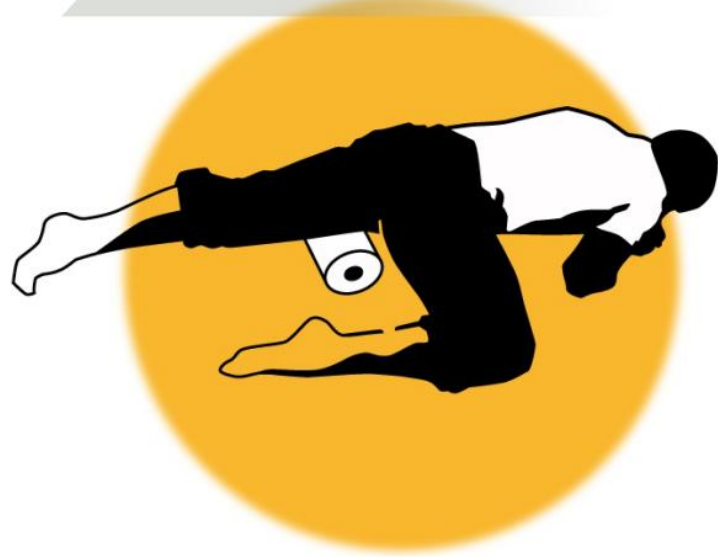


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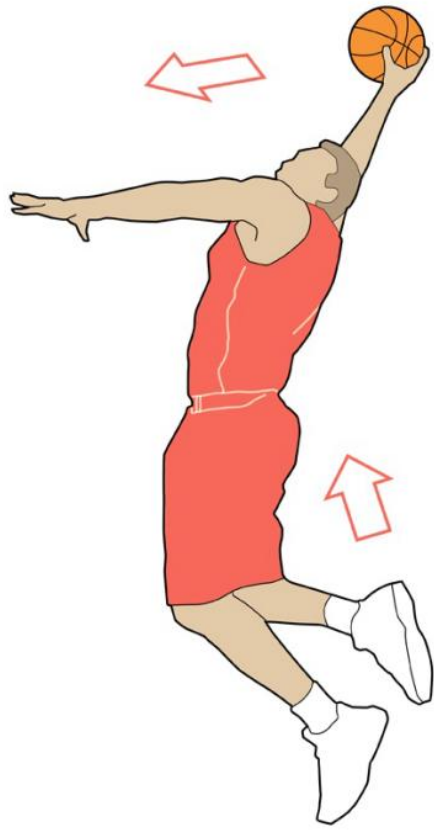
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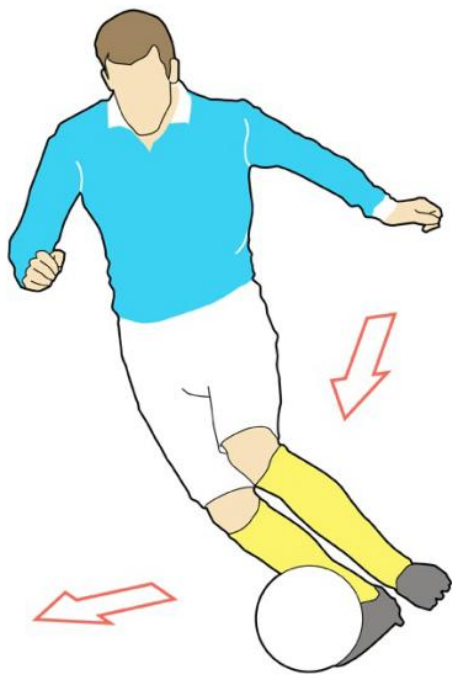


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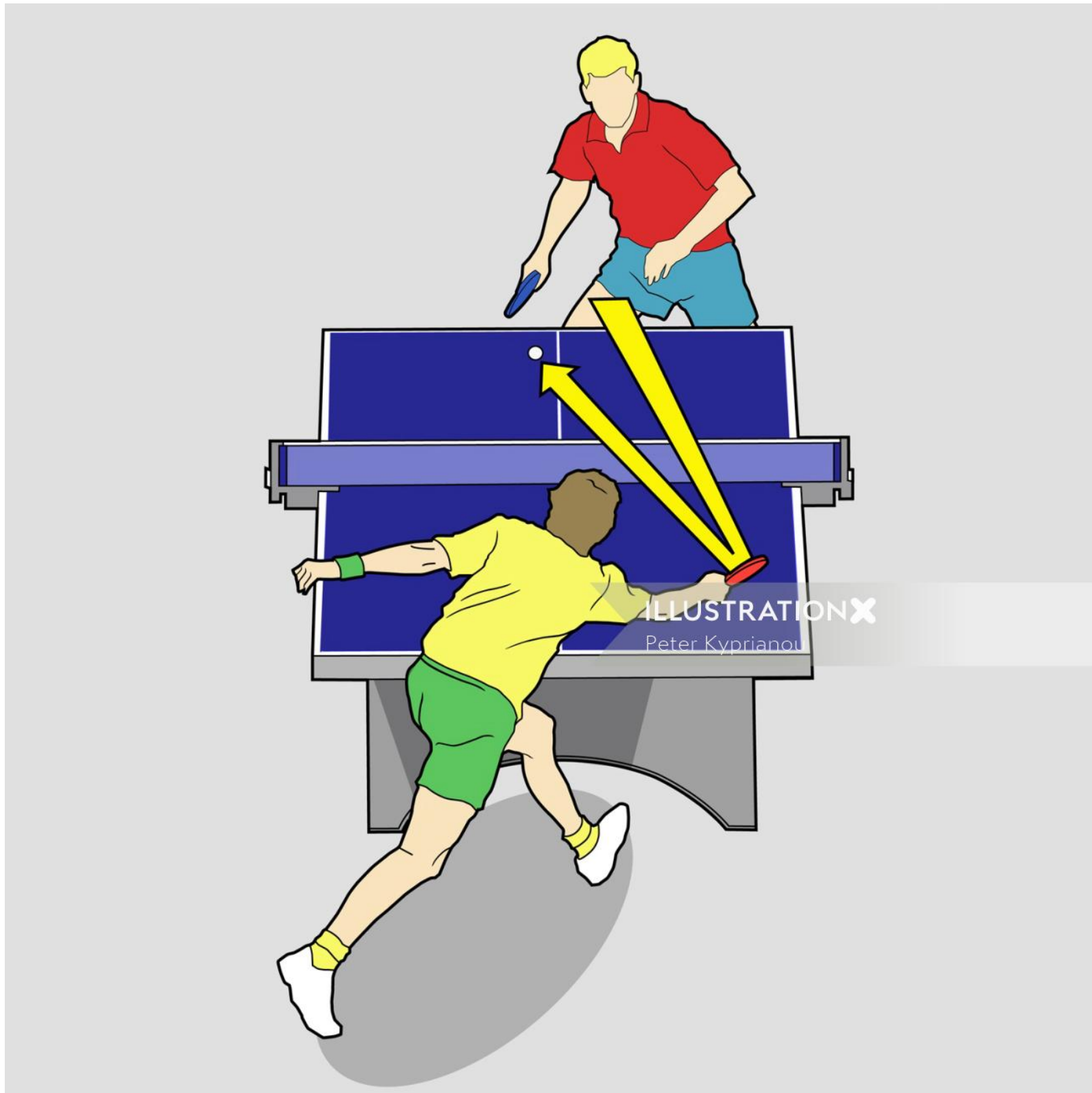
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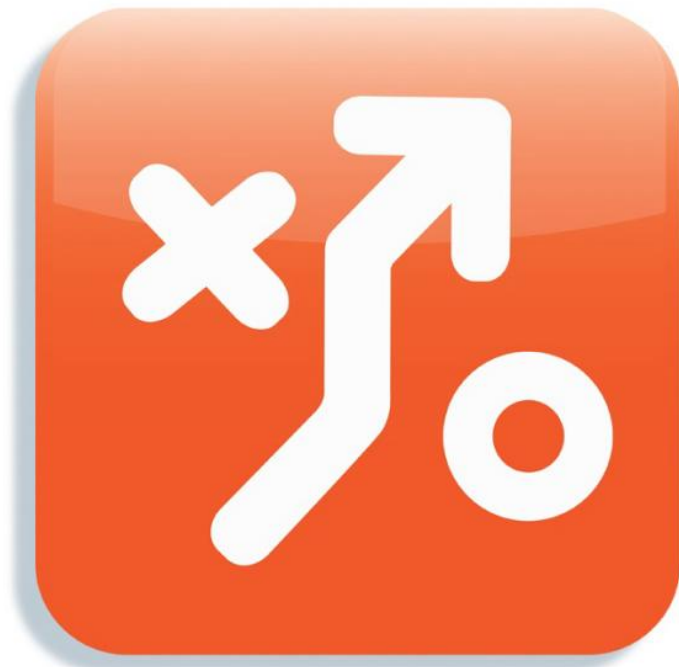
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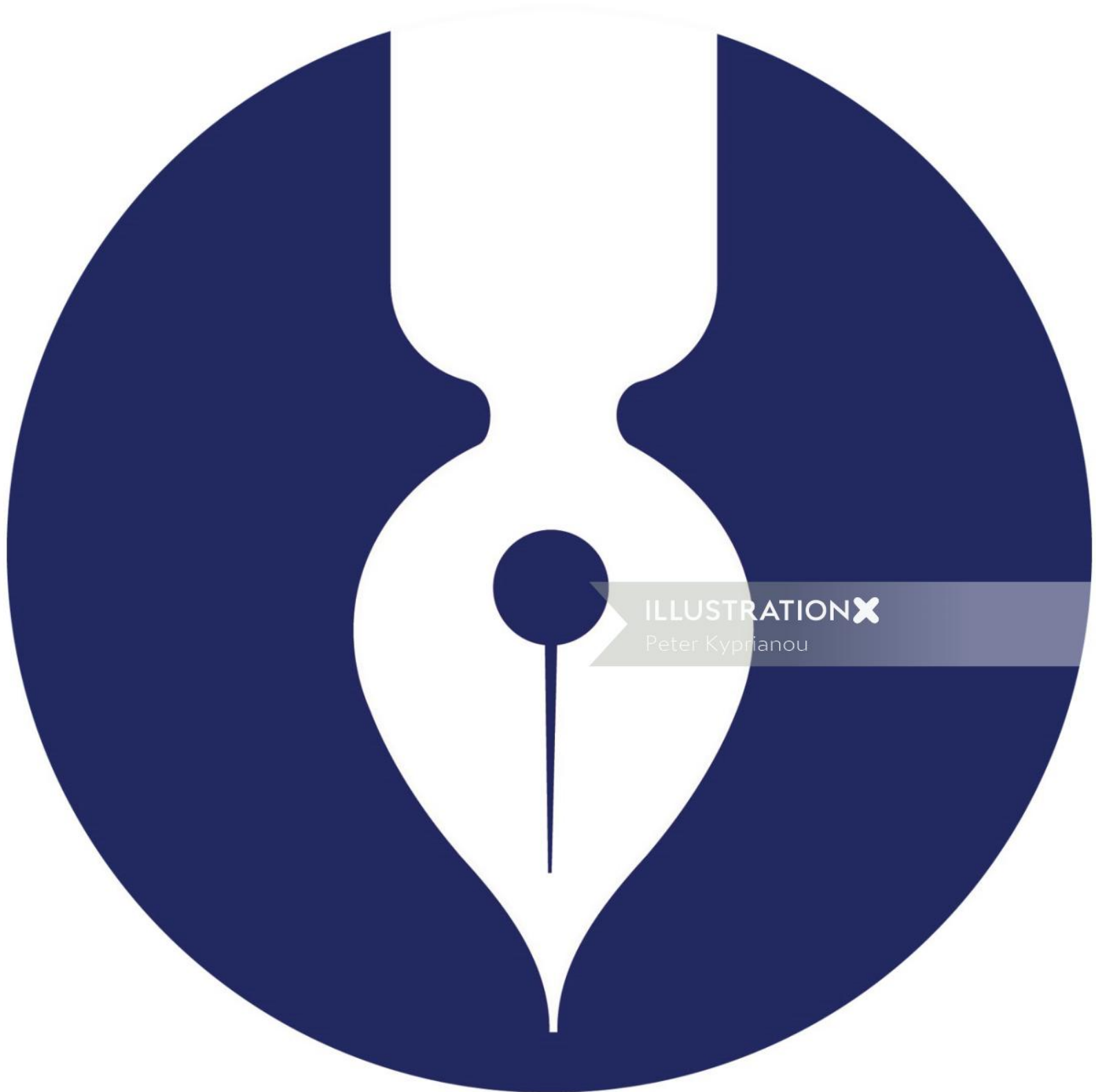
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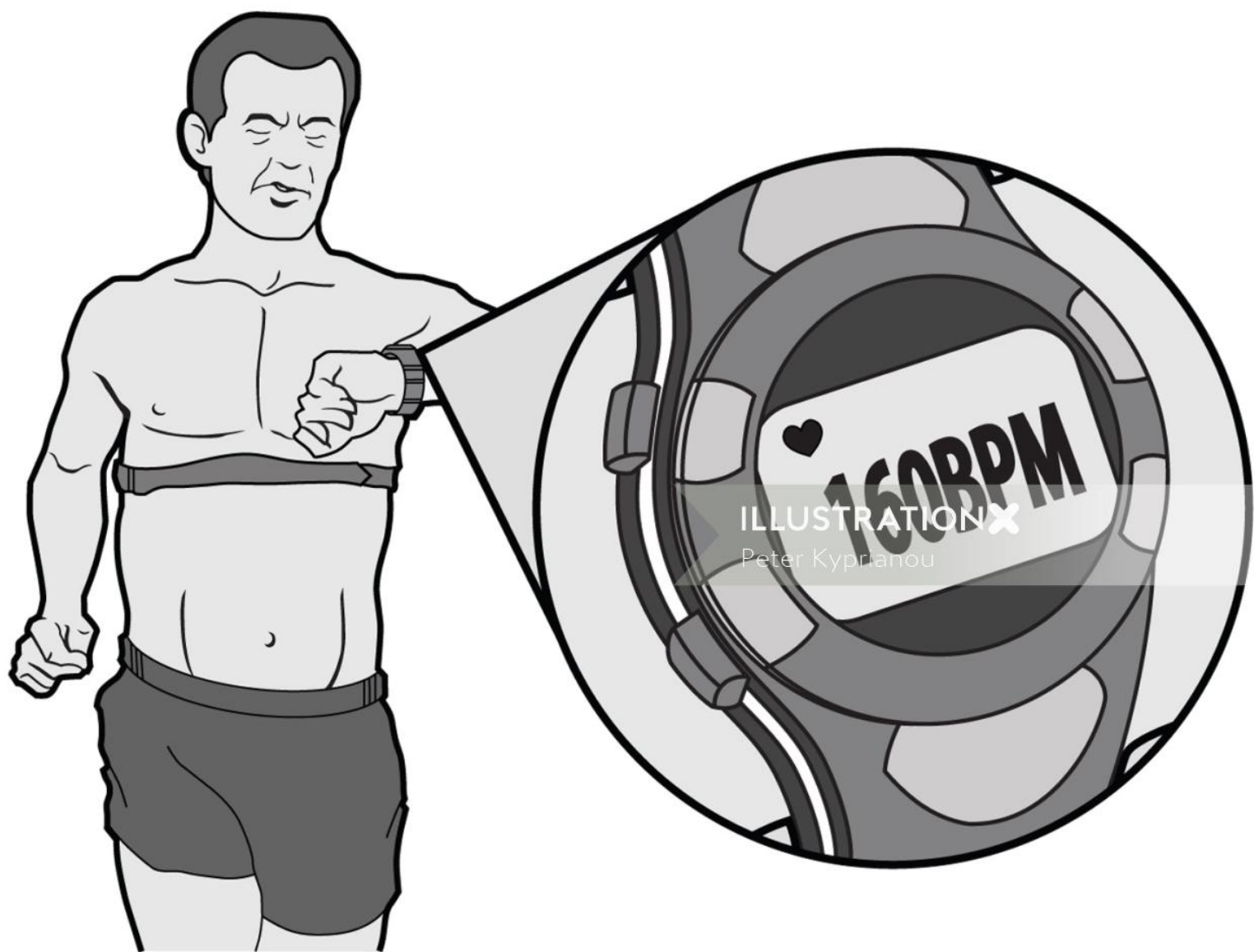
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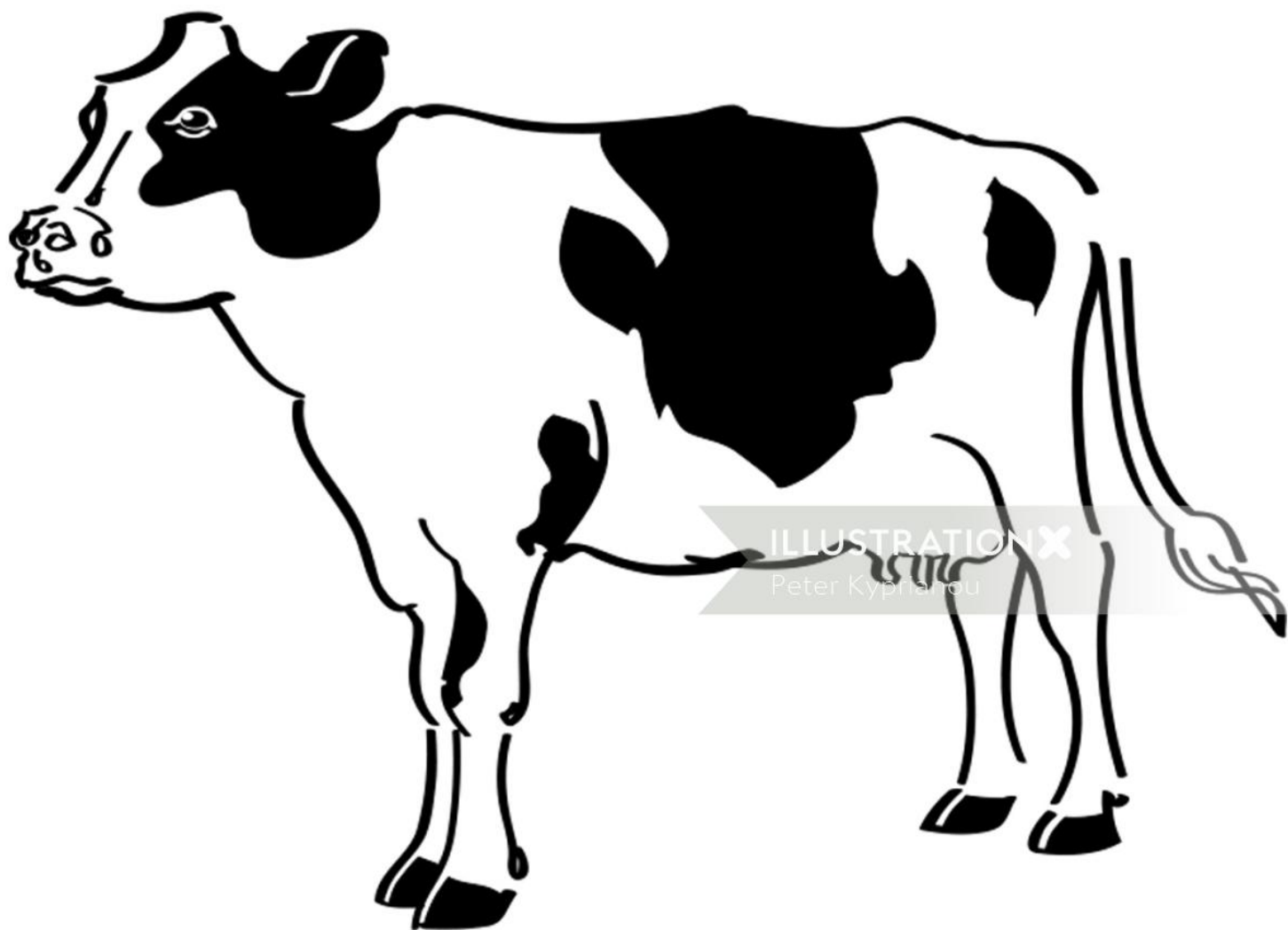
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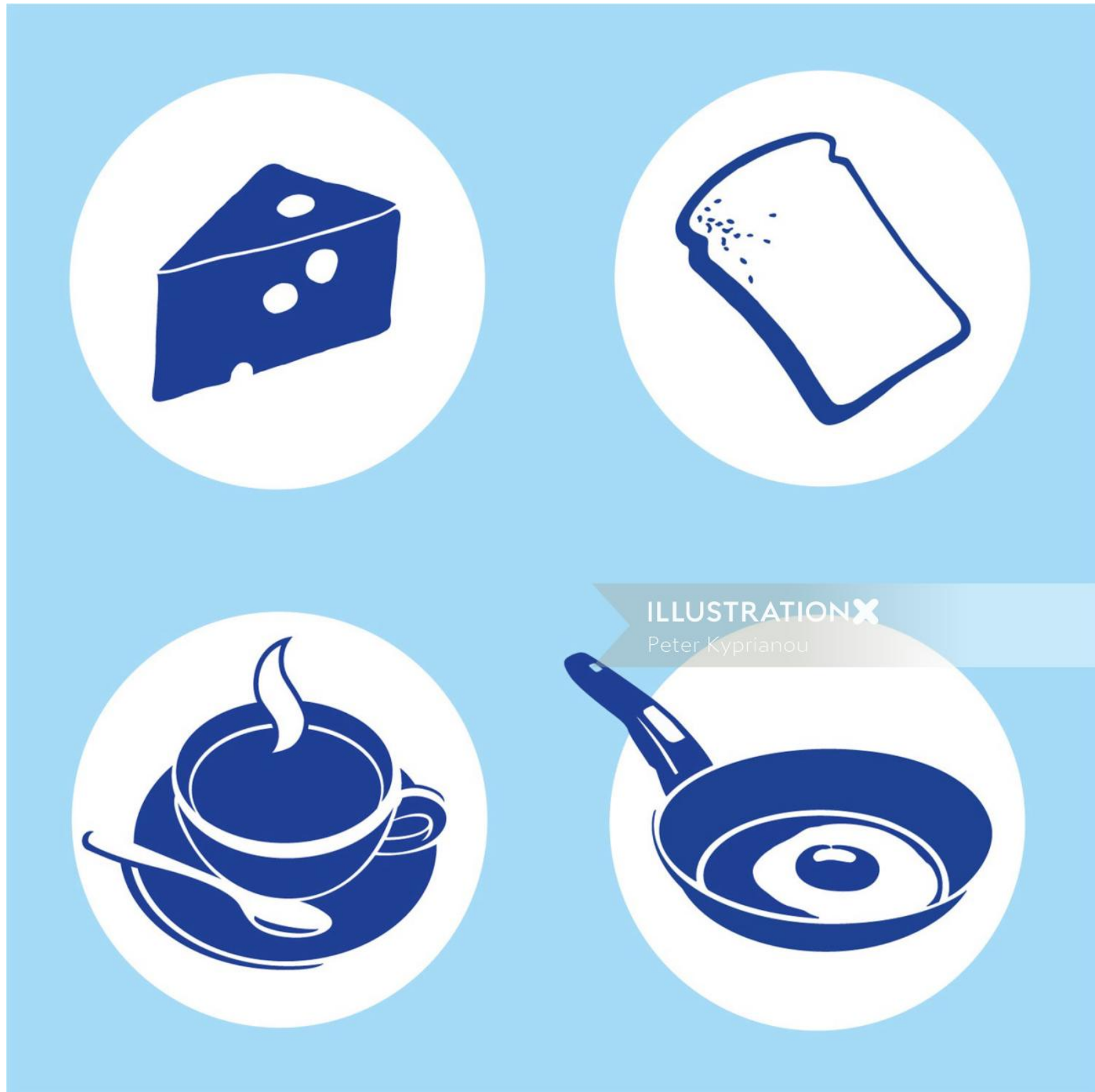
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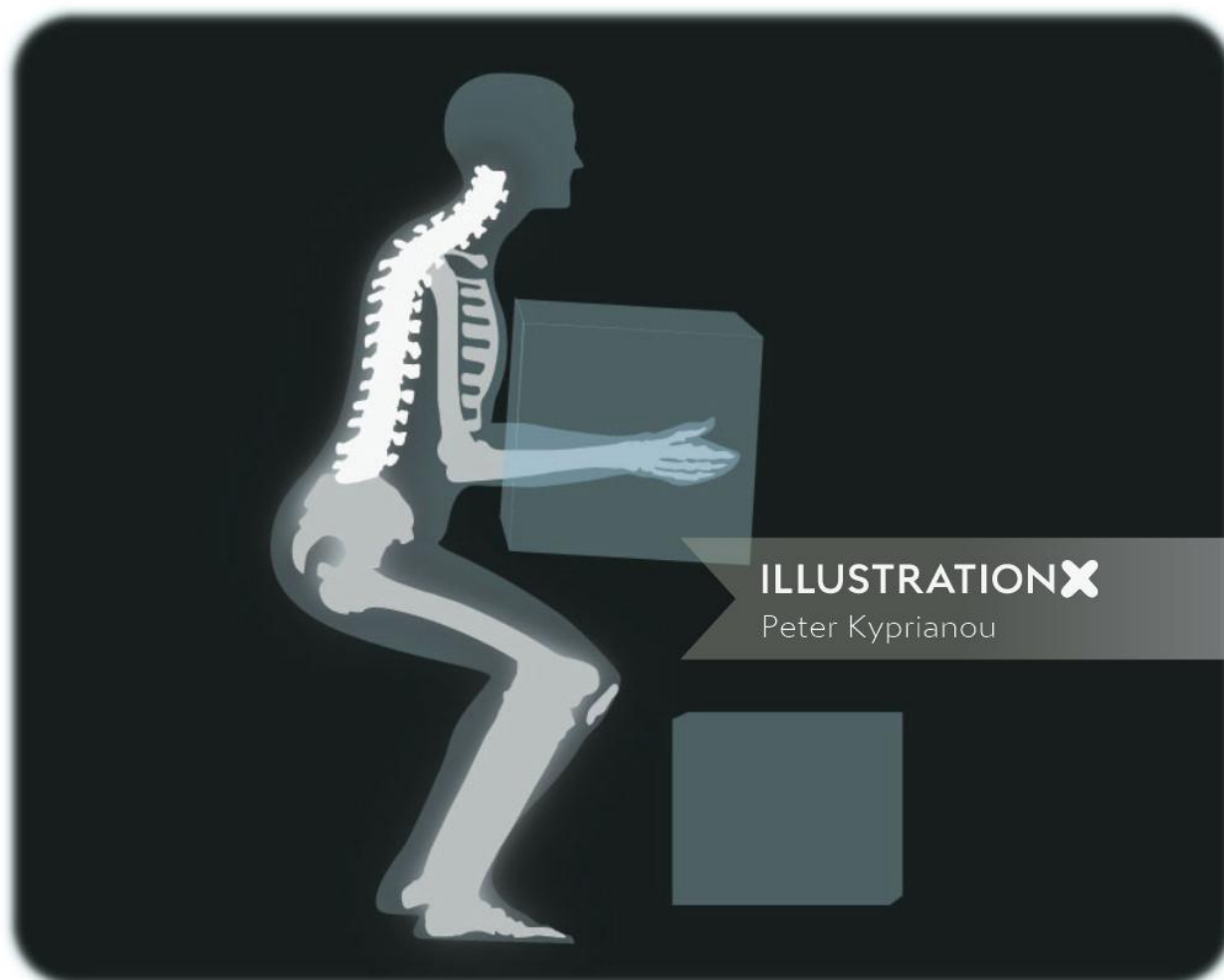
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