



A Room with a View.

JULY 2022



NOTES & NEWS

The Cornhole Craze

The casual game of cornhole has become serious competition. A longtime favorite at tailgating events and backyard parties, this variation of beanbag toss now has players competing in tournaments at local, state, college and national levels. It's even aired on sports channel ESPN, and fans aim to make cornhole an Olympic sport in coming years.

Help Berries Stay Fresh

Summer is peak season for blueberries, blackberries and raspberries. The best way to store fresh berries is in a breathable container on the middle shelf of the refrigerator. Placing them on the top shelf or in the crisper can trap moisture, making the fruit spoil more quickly.

A Little Self-Reflection

July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.

HIGHLIGHTS

No-Bake Protein Bites

These healthy snacks are easy to make and even easier to eat! In a mixing bowl, combine 2/3 cup creamy peanut butter, 1/2 cup chocolate chips, 1 cup old-fashioned oats, 1/2 cup ground flaxseeds, and 2 tablespoons honey. Refrigerate dough for 15 minutes, then roll into balls. Store in the fridge or freezer.

Bedtime Puzzles

Many people read in bed as a way to wind down and avoid screen time, either from a phone, tablet or TV, before going to sleep. If you're not into reading, try working on a crossword, word search or other puzzle. It will have a similar effect as reading a book.

How To Wash a Swimsuit

Keep a swimsuit in great shape all summer long—and for summers to come—by properly washing it every time it's worn. First, soak the suit in cool water for 15 to 30 minutes. Then hand-wash the suit in a sink of cool water with 1 teaspoon of laundry detergent. Gently squeeze water out of the suit and roll it in a towel to remove excess water. Lay flat to dry. If you must wash the swimsuit in a machine, turn the suit inside out and use cold water and the delicate cycle. Avoid putting swimwear in the dryer, as the heat will weaken the stretchy material.

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TRIVIA WHIZ



Yankee Doodle Dandies

This Independence Day, tip your top hat to these shining stars who share a birthday with America.

Nathaniel Hawthorne. His novels and short stories are mainstays of early American literature classes, so it's fitting he was born in 1804 on the nation's day of independence.

Calvin Coolidge. To date, he's the only U.S. president with a July 4 birthday. Born in 1872, he served as the country's 30th president from 1923 to 1929.

Gloria Stuart. Born in 1910, she began her acting career in the 1930s and is best known for her role in 1997's "Titanic," for which she earned a best supporting actress Oscar nomination.

Ann Landers and Abigail Van Buren. Did you know these competing advice columnists were identical twin sisters? They were born Esther and Pauline Friedman in 1918 in Iowa.

Bill Withers. The smooth-voiced singer who gave us hits like "Lean on Me," "Ain't No Sunshine" and "Lovely Day" was born in 1938, and served nine years in the U.S. Navy before beginning his music career.

Andrew Zimmern. Born in 1961 in New York, this celebrity chef has spent years introducing TV audiences to "Bizarre Foods" around the country and the world.

Post Malone. He was born in 1995, and like the nation he shares his birthday with, this bestselling artist's music style has been called a "melting pot" of genres, including rap, hip-hop, pop, country and grunge.

Malia Obama. Did having a patriotic birthday prepare President Barack Obama's oldest daughter for life in the White House? Born in 1998, she turned 16 during her father's second term and learned to drive from the Secret Service.



Safety Tips for Starting a New Workout

Whether you're just getting started on your fitness journey or exploring a new-to-you exercise, treat your body well by following some general safety guidelines.

It's a good idea to check with a doctor before beginning a new fitness routine, especially if you have any injuries or health conditions.

Loose-fitting, lightweight clothing is ideal for exercise. You also need a pair of tennis shoes that fit well and provide support.

Before any activity, even walking, warm up for 5 to 10 minutes with some gentle stretches, such as squats or shoulder rolls, as well as marching in place.

Start slow, especially if it's been a while since you exercised. Maintain an easy pace and keep your workouts short. Gradually increase the length and intensity as you get stronger and more comfortable.

When strength training, good form is key to preventing injury. Practice new exercises with light weights until you're confident with the movements.

At the end of your workout, cool down for 5 to 10 minutes with some easy stretches.

Always listen to your body. Some muscle soreness is normal, but consult a medical professional if you experience intense or persistent pain. It's also OK to skip a workout if you're feeling sick or tired.

Keep Your Cool While Cooking This Summer

When you can't stand the summer heat, stay out of the kitchen—or at least make meal prep as easy-breezy as possible. Here's how:

Limit oven use. As the oven preheats, the kitchen warms up too, and it takes a while to cool down afterward. Choose recipes that don't require an oven. When you do turn it on, take advantage of the hot oven and cook double batches, as well as foods you can use for multiple meals, such as baked potatoes or chicken.

Put tabletop appliances to work. A microwave, toaster oven, slow cooker and multicooker all use less energy than an oven or stovetop, and foods will still come out tasting great. Bonus: There's often less cleanup involved with these options!

Take shortcuts. You can let someone else do the cooking for you and still have a partially homemade

meal. For example, a rotisserie chicken can be used for several recipes or served as is with a simple side dish.

Chill out. When possible, opt for cold, no-cook foods such as sandwiches and wraps, green salads and pasta salads, hearty dips, cold soups and smoothies.

Eat in season. Take advantage of the peak growing season and plan meals around fresh produce. A snack board featuring raw fruits and veggies is easy to throw together and requires no cooking.





WIT & WISDOM



Give Boredom the Boot

Boredom can have many causes. Maybe it's too hot to go outside or you've already binge-watched the latest TV shows. Psychologists say boredom is when we crave a satisfying activity, which is why doing something productive, like cleaning, doesn't always cure our blah state of mind. The next time you're feeling bored, consider one of these ways to solve it.

It can be helpful to look at periods of boredom as opportunities to widen your knowledge. A reading challenge can help you explore new genres or brush up on the classics you never got around to reading in school. Similarly, you could work on watching a list of iconic movies.

If you've not hopped on the jigsaw puzzle trend, you may be missing out on a major piece of fun. Sales of puzzles went up by more than 300% within the past two years, as people of all ages rediscovered a familiar pastime that challenges the brain and acts as a meditative activity. You can find puzzles in all sorts of sizes, shapes, designs and difficulty levels.

Doing a kind deed is a way to entertain yourself while also helping others. Pull out some paper or blank cards and write some letters to faraway friends or relatives. Show support for your community by attending some local ball games, or stop by an animal shelter to walk a dog or cuddle a cat.



neMinute Chef

Strawberry Spritzer

Fresh, fruity and fizzy: This delicious drink is all you need to quench your summertime thirst!

Ingredients:

- 1 package (10 ounces) frozen sliced strawberries, thawed
- 2 liters lemon-lime soda or ginger ale, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed

Directions:

Place strawberries in a blender and process until smooth.

Pour blended strawberries into a large pitcher. Stir in soda and pink lemonade.

Serve immediately or chill until ready to serve.

Try these tips:

- Garnish each glass with a slice of lemon or lime, fresh strawberries, or a sprig of mint or basil.
- For a lower-calorie drink, use club soda or seltzer water instead of lemon-lime soda.
- Forgot to defrost the strawberries? Add 1 cup of the soda to the berries before blending.

More recipes at Culinary.net.



"When the weather is hot, keep a cool mind."
—**Ajahn Brahm**

"I find peace where the sun-kissed leaves dance in the melody of the cool breeze that floats through the air."
—**Saim Cheeda**

"Summer is a great time to visit art museums, which offer the refreshing rinse of swimming pools—only instead of cool water, you immerse yourself in art."
—**Jerry Saltz**

"All my life I've always come back to one thing, my need to feel free and the need to feel the breeze."
—**Jess "Chief" Brynjulson**

"If you tiptoe into cold water, you're missing out on the rush of plunging in headfirst."
—**Simone Elkeles**

"What you really want for yourself is always trying to break through, just as a cooling breeze flows through an open window on a hot day. Your part is to open the windows of your mind."
—**Vernon Howard**



"Iced tea is too pure and natural a creation not to have been invented as soon as tea, ice and hot weather crossed paths."
—**John Egerton**

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."
—**Langston Hughes**

"Keep cool, my babies."
—**Conan O'Brien**



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>JULY</h1>					1	2	
3	Independence Day	4	5	6	7	8 	9
10	11	12	13	14	15	16	
17		18	19	20	21	22	23
24/31	25	26	27	28	29	30	

“This Month In History” JULY

1790: The District of Columbia is established as the seat of the U.S. government.

1933: American aviator Wiley Post completes the first solo flight around the world in seven days and 18 hours.

1935: British publishing house Penguin Books releases the first paperbacks, making high-quality literature more affordable and available to the general public.

1955: “The Lawrence Welk Show” premieres on national TV. The bandleader and accordionist hosted a

variety of talented singers and dancers for nearly 30 years.

1971: Koko the gorilla is born at the San Francisco Zoo. Taught sign language at age 1, she gained a vocabulary of 1,000 signs during her lifetime.

1997: At age 16, Martina Hingis of Switzerland becomes the youngest Wimbledon singles champion in 110 years.

2008: NASA’s Phoenix Mars Lander spacecraft confirms the presence of frozen water in the soil of the red planet.

2018: Cardi B is the first female rapper to score two No. 1 hits on Billboard’s Hot 100 singles chart.

2020: NFL quarterback Patrick Mahomes of the Kansas City Chiefs signs the largest contract for an athlete in sports history. The 12-year deal totaled over \$500 million.