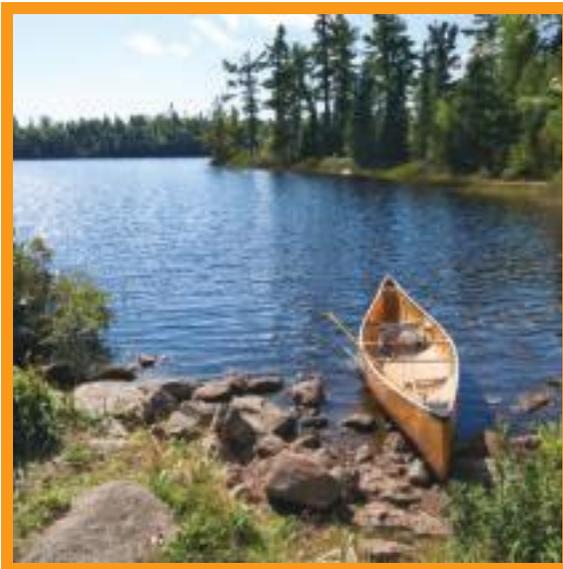




*A Room with a View.*

## JUNE 2022



## NOTES & NEWS

### **Hello, Yellow!**

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the feel-good hormone, at the sight of yellow. The color's light waves are believed to stimulate the brain, increasing alertness and boosting mood.

### **Mineral vs. Chemical Sunscreen**

There's a lot of talk nowadays about the better sunscreen for your skin—mineral or chemical? Here are the basic differences: Mineral sunscreen sits on the surface of your skin and blocks harmful UV rays. It tends to leave behind a white residue and may not be water-resistant. Chemical sunscreen gets absorbed into the skin, where the ingredients filter out UV rays rather than block them. These formulas go on more smoothly and won't wash off as quickly, but can be irritating to sensitive skin. Dermatologists say either type of sunscreen is effective, so it comes down to which one you're more likely to use.

## HIGHLIGHTS

### **Girls Got Game**

In June 1997, a summertime tradition was born with the tipoff of the first game in the Women's National Basketball Association. Fresh off a gold-medal victory in the 1996 Summer Olympics, players Sheryl Swoopes, Lisa Leslie and Rebecca Lobo were among the talented women signed to the eight teams in the newly formed league.

### **A Flavor That Rocks**

Rich chocolate ice cream studded with almonds and a sticky river of marshmallows—that's the recipe for one of America's favorite ice cream flavors, rocky road. While origin stories for the sweet treat vary, food historians agree that the concoction was invented in the 1920s and was the first ice cream sold with mix-ins, rather than a plain flavor with toppings added separately. The name is said to represent the bumpy texture created by the nuts as well as the "rocky road" of life that many folks were traveling down during the Great Depression.

### **Reach for the Dish Soap**

Liquid dish soap isn't just for plates, cups, cookware and utensils. Use its grease-fighting power to pretreat stains on clothing. It also works wonders as a bathroom cleaner. Mix equal parts white vinegar and dish soap to remove soap scum and hard water stains.

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# TRIVIA WHIZ



## A Sticky Summertime Treat

As the clouds float above the crowds at a carnival or ballgame, down below are people of all ages happily enjoying the fluffy, melt-in-your-mouth confection known as cotton candy. Spin through these fun facts about the sticky stuff:

- Made of pure sugar, cotton candy isn't great for your teeth ... yet it was invented by a dentist! Dr. William Morrison co-created a sugar-spinning machine with candymaker John C. Wharton in 1897. They called their confection "fairy floss."
- In many countries, it's still called fairy floss or candy floss. In the Netherlands, they say sugar spider, and the French call it papa's beard.
- Each fine thread of cotton candy is thinner than a human hair. The strands are made by melting sugar and forcing it through a screen of tiny holes. Modern machines spin the sugar strands thousands of revolutions per minute.
- The treat was first introduced to a wide audience at the St. Louis World's Fair in 1904, where it sold for 25 cents a box.
- In the U.S., cotton candy is usually one of two artificially created flavors: blue raspberry and pink vanilla.
- An amusement park in Turkey holds the world record for making the longest spool of cotton candy. It took 6 hours and 70 staff members to make the confection, which measured over 4,500 feet long.
- Have you tried Cotton Candy grapes? A hybrid of two other grape varieties, the fruit's natural sweetness is compared to the flavor of cotton candy.

## Road Trip Tips

Whether a weekend getaway or a leisurely vacation, a road trip paves the way for adventure. A little prep work will help your trip go smoothly so you can relax and enjoy the ride.

First, plan your route. Pick out major attractions to stop and see, but leave your schedule flexible to allow for scenic detours or traffic delays. In case GPS or phone service gets spotty, it's a good idea to have a paper map or printed directions as a backup.

A clean vehicle will result in a safer and more comfortable ride. Clear out trash, vacuum the floor mats and wash the windows inside and out. Top off the wiper fluid and make sure the tires are filled to the correct pressure.

For some, road trips are all about the snacks! Go ahead and bring your favorite candy and chips, but also pack trail mix, protein bars and fruit to balance out the junk food. Stay hydrated by storing water and other

drinks in a cooler.

Since streaming may not always be available and can also drain your phone battery, download some playlists, podcasts and audiobooks ahead of time.

Experts advise stopping every two hours to stretch your legs and reduce drowsiness. Other safety tips include placing travel alerts on debit and credit cards; only driving during daylight hours; and regularly checking in with someone back home.



## Tune In to These Audiobook Benefits

With millions of audiobooks available online, through mobile apps and at the library, it's easy to see why their popularity is on the rise for both new and longtime readers.

A main reason people turn to audiobooks is so they can do something else while they're listening, saving time and making the task more enjoyable. Listening to a book also gives your eyes a break, which is especially important if you spend a lot of time in front of a computer, TV or phone screen. Allowing your eyes to rest can result in fewer headaches and better sleep.

Listening to a story strengthens memory and critical thinking skills as your brain processes the information that you hear. Since it's sometimes easy to tune out noise, audiobooks challenge you to stay focused. This can increase your attention span

and make you a better listener.

Just like reading a book can make you a better writer and speaker, so can listening to one. You can learn new words—and how to correctly pronounce them—as well as the proper rhythm and flow of language.

For many, audiobooks don't replace traditional reading, but instead offer a different way to enjoy a story. A strong, engaging narrator can reveal further insights and add another layer of entertainment to a book you've already read.





# WIT & WISDOM



## A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

*"Father and Son."* When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

*"Daddy's Hands."* Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

*"I'm Already There."* This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

*"Dance With My Father."* Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.

*"Glory."* Rapper Jay-Z released this celebration of fatherhood in January 2012, just two days after his daughter with pop star Beyonce, Blue Ivy, was born. The song officially credits the baby for contributing her heartbeat, coos and cries to the track, making her the youngest person to have a song on the Billboard charts.

## Chicken Cordon Bleu Kebabs

Serve up fresh flavor with these creative kebabs.

### Kebab Ingredients:

- Nonstick cooking spray
- 2 chicken breasts, cubed
- 1 ham steak, cubed
- 6 bamboo skewers
- 1 tablespoon Dijon mustard
- 1 teaspoon pure maple syrup
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon extra virgin olive oil

### Sauce Ingredients:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon Dijon mustard
- 1 cup shredded Swiss cheese

### Directions:

Preheat oven broiler to 500° F. Line a broiler pan with foil and spray with cooking spray.

Thread chicken and ham pieces onto skewers.

In a small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil. Brush mixture onto skewers.

Broil kebabs about 5 minutes, flip, and cook for 5 more minutes or until chicken is cooked through.

Make dipping sauce: Melt butter in a small saucepan over medium heat. Add flour and whisk constantly for 1 minute. Gradually add milk, whisking constantly. Add mustard and cook 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted.

More recipes at [MilkMeansMore.org](http://MilkMeansMore.org).



"As long as you are being true to yourself, you will always find happiness."

—Amber Riley

"Happiness isn't always the big things. Happiness is actually the little things, the little moments that make up our day."

—Sheryl Sandberg

"It is not how much we have, but how much we enjoy, that makes happiness."

—Charles Spurgeon

"Happiness is within. It has nothing to do with how much applause you get or how many people praise you. Happiness comes when you believe that you have done something truly meaningful."

—Martin Yan

"If you're grateful, you can find happiness in everything."

—Pharrell Williams

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

—Chinese proverb

"One of the secrets of a happy life is continuous small treats."

—Iris Murdoch

"We get to determine our own happily ever after for ourselves."

—Jennifer Aniston

"Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now."

—Roy T. Bennett



## June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>June</i>			1	2	3	4
5	6	7	8	9	10 	11
12	13	14	15	16	17	18
<b>Juneteenth</b> 19	<b>Juneteenth (Observed)</b> 20	21	22	23	24	25
26	27	28	29 	30		

# "This Month In History"

## JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.