



A Room with a View.

JULY 2021



NOTES & NEWS

Hot Deals in July

This month, keep your eye out for markdowns on summer clothing and shoes. Consumer experts say July is one of the few times of the year you can score deals on seasonal items and still have time to use them.

Hydrate for Immunity

You've heard that an apple a day keeps the doctor away, but water is vital to the health of every cell in your body and contributes to a strong immune system. Drinking water helps deliver oxygen to your organs and muscles so they can function at their best.

One-Pot Wonders

When planning meals, search for recipes that use only one pan or skillet. They're perfect for warm-weather days since you'll only need to turn on one burner, preventing your kitchen from getting too hot.

Take It Outside

The first Saturday of each month is National Play Outside Day!

HIGHLIGHTS

Party Like It's 1776

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence. In 1870, Independence Day became a federal holiday. This year, the U.S. celebrates its 245th birthday.

TLC for Feet

When a day on your feet leaves them achy and stiff, treat them to a quick massage. Rolling your foot on a tennis ball or frozen bottle of water can help loosen the connective tissues on the sole. Sit up straight in a chair and put the ball or bottle on the floor. Roll one foot, heel to toe, back and forth over the object, pressing down slightly. Keep rolling for a minute or two, then repeat with the other foot.

Block Clutter

Head off clutter by keeping stuff from stacking up on tables, countertops, dressers and other furniture. Place a framed photo, a small houseplant or other decorative items on those spaces. The objects will physically block the area and be a mental reminder to not mindlessly toss things down on them.

Here's the Scoop

National Ice Cream Day is July 18, and businesses often churn out freebies and specials to celebrate.

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TRIVIA WHIZ

Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

- This year's competition will be the 32nd Summer Games.
- They are set to begin July 23. Closing ceremonies are scheduled for Aug. 8.
- Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.
- On the scene as the official mascot will be Miraitowa, pronounced "miray-towa." The anime-style superhero with catlike features gets its name from the Japanese words for future and eternity.
- Athletes representing about 200 countries will compete in over 30 sports.
- Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan.
- Team USA will wear eco-friendly competition uniforms designed by Nike. The company says it used recycled materials to make the red, white and blue gear.
- As is tradition, the Paralympic Games will follow the Olympics and run Aug. 24–Sept. 5.
- The competition will travel to Paris for the 2024 Games.



Helpful Hacks for Summertime

Stay cool and stress less with a few summer survival tips:

Be prepared for anything by keeping a grab-and-go bag ready. Stock it with items you tend to need, such as sunscreen, a bottle of water, snacks, hand wipes and a pocket first aid kit.

Sanitize pool floats and toys by sponging them down with a mixture of 2 cups of bleach and 1 gallon of water. Rinse and let them air dry.

The next time you plan a picnic or cookout, freeze some wet washcloths. As they thaw, use them as cooling and cleaning wipes for face and hands.

Also, freeze a bunch of grapes for a refreshing, nutritious snack or use them as ice cubes in drinks.

Have too much ripe fruit on hand? Toss it in a blender and make your own slushes or ice pops (see the tips below!) instead of buying them.

To keep ice cream soft and easy

to scoop, put the container inside a zippered plastic bag in the freezer.

Are all these frozen treats giving you brain freeze? Stop it fast by pressing your tongue against the roof of your mouth to heat up the irritated nerves.

A car care fix: When dead bugs and dirt on your vehicle's windshield squash your view, but you can't get to a car wash, use a dryer sheet dampened with water to wipe it clean.

And if you need a quick cooldown in the hot temps, grasp a cold bottle of water. Cooling the hands helps pull heat from the body.



Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.

Ice pops can be fruity, creamy or both. For purely fruity treats, combine fresh fruits with juice and a sweetener, such as a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice.

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.

Store-bought ice pop molds are handy, but all you need are some

wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a 1/4-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.

Remove the frozen pops by dipping the molds into a bowl or sink of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.





WIT & WISDOM



Outdoor Games for a Good Time

Easygoing games and friendly competition make an outdoor gathering even better. Check out these classic activities that all ages will enjoy.

Cornhole. Scoring is simple for this laid-back beanbag toss: one point for landing a bag on the board, and three for making it in. The first to score 21 points wins. Crafting a pair of personalized boards out of plywood can be a fun, budget-friendly project for a family or group of friends.

Ladder golf. This tossing game requires a little more concentration and competition. Players attempt to throw a bola—two golf balls connected by a rope—around the rungs of a ladder to score points and to knock their opponents' bolas to the ground.

Lawn bowling. Take advantage of sunny weather and go bowling outside! All you need are 10 plastic bottles to use as pins and a ball that's easy to roll, such as a basketball or beach ball. Fill the bottles with water or sand, set 'em up and start bowling!

Bocce. An Italian variation of lawn bowling, bocce uses nine balls: four for each team, and one smaller target ball, called the jack. The jack is thrown first, then each team's players try to roll or bounce their balls to land closest to it. If a bocce set isn't available, simply use eight tennis balls and a golf ball, and mark each team's tennis balls with colored tape.



One Minute Chef

Red, White and Blue Watermelon Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon.

Top each parfait with a dollop of whipped cream and a few pieces of the diced melon.

Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.



"I really think a champion is defined not by their wins, but by how they can recover when they fall."

—**Serena Williams**

"Champions are made from something they have deep inside them—a desire, a dream, a vision."

—**Muhammad Ali**

"Hard days are the best because that's where champions are made, so if you push through ... you can get through anything."

—**Gabby Douglas**

"To be a champion you must act like one."

—**Lou Ferrigno**

"True champions aren't always the ones that win, but those with the most guts."

—**Mia Hamm**

"Champions keep playing until they get it right."

—**Billie Jean King**

"A true champion will fight through anything."

—**Floyd Mayweather Jr.**

"The great champions have all come back from defeat."

—**Sam Snead**

"A true champion works hard and never loses sight of her dreams."

—**Dot Richardson**

"A champion is someone who gets up, even when he can't."



—**Jack Dempsey**

"What does it take to be a champion? Desire, dedication, determination, concentration and the will to win."

—**Patty Berg**



July 2021

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

“This Month In History” JULY

1929: The first hotel built at a U.S. airport opens in Oakland, Calif.

1933: Major League Baseball holds its first All-Star Game at Chicago’s Comiskey Park.

1964: President Lyndon B. Johnson signs the Civil Rights Act into law.

1970: “American Top 40” debuts on seven radio stations. Created and hosted by Casey Kasem,

the countdown of the most popular songs in the U.S. is now heard all over the world.

1986: The 100th anniversary of the Statue of Liberty is commemorated with a four-day celebration in New York City.

1994: Crayola introduces a scented version of its crayons, called Magic Scents.

2000: At age 24, Tiger Woods wins the British Open and becomes the youngest golfer to complete a career grand slam in the sport.

2019: Marvel Studios’ superhero blockbuster “Avengers: Endgame” overtakes the 2009 sci-fi epic “Avatar” as the world’s highest-grossing movie of all time. “Avatar” reclaimed the spot in 2021 after it was rereleased in China.