



*A Room with a View.*

## APRIL 2022



## NOTES & NEWS

### **Wear Your Wellies**

A pair of rubber rain boots are both fashionable and practical during soggy weather. In the United Kingdom and Canada, the boots are affectionately called “wellies,” short for Wellington boots, which were invented in the 1800s by Arthur Wellesley, the first Duke of Wellington. Valued for decades by horse riders, soldiers and outdoor laborers, wellies later became stylish spring wear for all types of people, and now come in a wide variety of colors and patterns.

### **Crowning College Champions**

March Madness comes to an end in April, with the Final Four determining the winner of the NCAA men’s basketball tournament. Around the same time, the Frozen Four takes place, the semifinals and finals of the equivalent tournament for men’s ice hockey.

### **Pave a Positive Path**

“Let us choose for ourselves our path in life, and let us try to strew that path with flowers.” —Emilie du Chatelet

## HIGHLIGHTS

### **Fragrant Forecast**

Loved by many people, there’s actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

### **Get Hooked on a New Book**

If you love to read but find yourself getting too distracted to finish a book, try this trick: When you start a new title, commit to reading 60 pages in one sitting. This gives you enough time to become familiar with the characters and the story’s structure, so instead of setting the book down and forgetting about it, you’ll be hooked.

### **Fitness Flow**

Looking for a new fitness challenge? Just go with the flow. The concept of “movement flow” is growing in popularity as a way to practice mindfulness while building strength and coordination. Instead of doing one type of stretch or exercise at a time, stringing them together in a series of fluid motions requires concentration and lots of practice, helping you become more balanced, flexible and graceful. Trainers recommend mastering basic movements, like squats, rolls and lunges, before you begin combining them into a flowing routine.

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# TRIVIA WHIZ



## Branch Out With These Facts About Trees

Many of us have spent time sitting in the shade of a tree, climbing its branches or simply admiring its beauty. Did you know these tremendous facts about trees?

- The world is home to around 3 trillion trees. Each year, about 5 billion new trees are either planted or sprout naturally.
- A lush, green tree is a symbol of a healthy environment. Trees help the Earth by filtering the air, releasing oxygen, improving water quality, cooling the planet, and providing shelter and food for wildlife.
- Determining a tree's age by counting the rings in the trunk is called dendrochronology. The rings can also indicate years when natural disasters, like a volcano, occurred.
- Besides many fruits and nuts, other foods that come from trees include chocolate, cinnamon, coffee and tea.
- If you're lost, trees can point you in the right direction. Moss typically grows on the north side of a tree. Peeling bark is more often found on the south side.
- Scientists have discovered that trees of different species can communicate and share nutrients with each other, mostly through an underground network of fungi and bacteria nicknamed "the wood wide web."
- This year is the 150th anniversary of the first Arbor Day, which was held in Nebraska on April 10, 1872. Over 1 million trees were planted on that day.

**"The true meaning of life is to plant trees, under whose shade you do not expect to sit."**

**—Nelson Henderson**



## Quick Fixes To Reduce Stress

Stress is a normal experience, but it can be so overwhelming that it stops us in our tracks. When this happens, regain control of your situation with some quick relaxation methods.

One of the first things you can do is take some slow, deep breaths. Breathe in through your nose, hold for a few seconds, then release your breath. Repeating this pattern a few times slows your heart rate and helps you feel calmer.

## Meals From Pantry Staples

When you've run out of dinner ideas, check your cupboards, fridge and freezer. There are lots of filling meals you can make with staples such as pasta, beans and canned or frozen vegetables. Get started with these suggestions:

*Spaghetti carbonara.* Take a break from red sauce and try this easy Italian pasta. The sauce is made with just eggs and Parmesan cheese, and crumbled bacon gives the dish extra oomph. Make it even heartier by adding cooked chicken.

*Black bean soup.* In a large pot, simmer two cans of black beans, a can of diced tomatoes, and a cup of chicken or vegetable broth. That's it! Top with any garnishes you have on hand, such as shredded cheese, sour cream, green onions or cilantro.

*Fried rice.* A standard fried rice combines peas, carrots and onions, but any veggies you have will work.

If you're near a window, look outside and focus on clouds in the sky, a tree or other aspects of nature that you see, even if you're surrounded by buildings. Mental health experts say this is enough to feel the therapeutic effects of the outdoors. Another option is to gaze at a photo of calming scenery.

Many of us hold tension in our neck and shoulders. Sit up straight, stretch your arms and roll your neck from side to side to fix your posture. If possible, get up and take a 5-minute walk to move your body and clear your head.

Create a "happy playlist" that you can turn on during stressful moments. Tapping your toes and singing along releases endorphins that boost your mood.

Hug it out! Whether a friend or family member, research suggests that a 30-second hug can reduce stress levels and lower your blood pressure.

After the produce is cooked, add whisked eggs to the pan and scramble everything together. Stir in cooked rice and soy sauce. Chicken, ham and shrimp are tasty additions.

*Chickpea tikka masala.* This one-pot meal just takes a few canned items—chickpeas, diced tomatoes and coconut milk—and some aromatic spices, including curry powder, cumin and paprika. Serve alongside rice or flatbread for a filling feast.





# WIT & WISDOM



## What's Cooking

### Hummus Deviled Eggs

Enjoy this fresh take on a classic appetizer.

#### Ingredients:

- 6 hard-boiled eggs, peeled
- 1/4 cup hummus
- 1/4 cup shredded cheddar cheese
- 3 tablespoons cooked and crumbled bacon, divided
- 1 teaspoon yellow mustard
- 1 teaspoon salt
- Smoked paprika, for garnish
- Parsley, for garnish

#### Directions:

Cut hard-boiled eggs in half lengthwise. Remove yolks and place in a medium bowl. With a fork, mash yolks into a fine crumble.

Add hummus, cheddar cheese, 2 tablespoons bacon, mustard and salt to the yolks; mix well.

Use a spoon or piping bag to evenly disperse the yolk mixture into halved egg whites. Sprinkle with remaining 1 tablespoon bacon, paprika and parsley.

Serve chilled.

For more recipes, visit [FreshCravings.com](http://FreshCravings.com).



### What on Earth? Eco-Friendly Terms Explained

“Going green” is not a new thing, yet it seems there’s always a new catchphrase or industry term regarding eco-friendly practices. Here’s a quick guide to some common buzzwords:

**Biodegradable.** This means a product will, in most cases, naturally break down over time. Compare this term to compostable, which refers to items that will break down under certain conditions, such as adequate moisture and heat.

**Carbon offsets.** These are ways that companies counteract their energy use and release of carbon dioxide. Examples include planting trees and building wind farms. When shopping online, you can often pay extra for “carbon neutral shipping,” which goes toward carbon offsets.

**Closed-loop system.** Also called circular economy, this is a process used by companies to recycle their products and byproducts into raw materials to use during manufacturing.

**Fair trade.** This label often appears on coffee, chocolate and handmade goods, and is a guarantee that farmers, artists and other workers are paid reasonable wages, use sustainable methods and are treated safely.

**Slow fashion.** As an alternative to fast fashion, which defines clothing made cheaply and quickly in order to keep up with rapidly changing trends, slow fashion focuses on classic items that are made to last, as well as buying secondhand clothing.

“A heart of gold is where the rainbow begins.”  
—**Tammy L. Kubasko**

“The sighting of a rainbow never fails to bring a smile to people’s faces. They signify optimism and positivity: with them comes the sunshine after the rain.”

—**Matthew Williamson**

“Life without dreams is like a rainbow without colors.”

—**Greyson Chance**

“Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty.”

—**Katrina Mayer**

“All the best things in life are free: love, smiles, friends, family, pets and companions, thoughts, sunsets and sunrises and especially rainbows.”

—**Anthony T. Hincks**

“Why would I spend my life chasing rainbows, when I can be still and see them in their full beauty?”

—**Rasheed Ogunlaru**

“Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them.”

—**John Shirley**

“The way I see it, if you want the rainbow, you gotta put up with the rain.”

—**Dolly Parton**

“Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together.”

—**Michael Bassey Johnson**



# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April</i>					1	2
3	4	5	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

## “This Month In History” APRIL

**1860:** The first Pony Express rider leaves St. Joseph, Mo.

**1908:** Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

**1932:** Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

**1956:** Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

**1970:** Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

**1994:** South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

**2010:** Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

**2021:** A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.