



A Room with a View.

AUGUST 2022



NOTES & NEWS

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Housewares for Less

With summer winding down, now's a good time to shop for accessories and organizational supplies for your home. Products such as lamps, rugs, shelving and storage bins are often included in back-to-school sales, marketed to college students moving into a new dorm, but are suitable for any living space.

Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.

HIGHLIGHTS

Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

Get Your Eyes Checked

Even if you see perfectly fine, it's important to get regular eye exams. Many eye diseases can go unnoticed for a long time, showing no symptoms until vision has already worsened. However, eye doctors can catch problems in the early stages and prescribe treatment to prevent vision loss. How often you should get an exam depends on your age and overall health; for example, people with diabetes and anyone with corrective lenses should go every year. Your eye doctor can advise you on how often you should get your eyes checked.

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TRIVIA WHIZ



Cool Stuff at the Smithsonian

The museums that make up the Smithsonian Institution are home to over 150 million objects, many of which can be viewed online. In addition to American artifacts like the Declaration of Independence and the U.S. flag that inspired the national anthem, viewers can get a glimpse of a wide range of meaningful pieces:

- The institution's most popular attraction is probably the Hope Diamond, the walnut-sized blue gem that weighs 45.52 carats.
- Henry the elephant is a can't-miss exhibit at the National Museum of Natural History: The 11-ton, 13-foot-tall piece of taxidermy has been on display since 1959.
- Along with the 1903 Wright Flyer, the aircraft that made the first successful flight, the Smithsonian also houses Charles Lindbergh's Spirit of St. Louis plane and the Apollo 11 Command Module Columbia from the first moon landing. These popular attractions can be viewed online while the National Air and Space Museum undergoes renovations.
- Presidential relics include the stovepipe hat Abraham Lincoln was wearing the night he was assassinated, the microphone used by Franklin D. Roosevelt during his fireside chats, and the original teddy bear inspired by Theodore Roosevelt.
- Celebrity chef Julia Child donated her home kitchen, including tools and equipment from the beginning of her culinary career in the 1950s, to the institution in 2001.
- Crash test dummies used in real auto safety tests, as well as the "Vince and Larry" dummy costumes from 1980s seatbelt PSAs, are now parked in their permanent home in the Smithsonian's collection.



Soak Up the Last Rays of Summer

Before the sun sets on the season, check a few fun activities off your summer bucket list!

Enjoy little outdoor moments. Take advantage of nice weather by doing everyday activities, such as working on a laptop or reading, in the fresh air.

Eat al fresco. There's something special about eating outside, whether you're sipping a cup of coffee while watching the sunrise, spending your lunch break on a park bench,

or having happy hour on a patio with friends.

Have an adventure. Camping trips are fairly easy to plan and are fun ways to explore state and national parks. Summer is also a great time to find geocaches or visit a flower field for fantastic photo ops.

Turn your eyes to the skies. Whether you're flying a kite, finding hidden shapes in the clouds or checking out the starry, starry nights, summer skies make the perfect backdrop for magical memories.

Savor seasonal eats. Sink your teeth into a BLT with garden-fresh tomatoes, toast marshmallows and make s'mores, squeeze lemons and limes for a refreshing beverage, or whip up some homemade ice cream.

Snap some summer shots. Mother Nature is showing off some of her best landscapes this month, so make plans for a photo shoot starring family and friends.

Function and Style Underfoot

A doormat is the first thing you and others see when arriving at your home, providing both a welcoming sentiment and a way to keep your space clean and safe. Here's how you can choose a rug or mat that works best for you.

The larger the mat, the more space there is to clean off shoes and prevent dirt from coming into your home. For visual appeal, a good rule of thumb is choosing a rug that's at least 80% of the width of the door. It's also important to make sure the door can swing easily over the mat without catching on the surface.

Doormats come in several different types of materials. One of the most durable is coir, made from coconut fibers, which is ideal for outdoor mats and will most easily scrape dirt and mud from shoes. Rubber mats are another good outdoor choice, since they repel water and are easy to clean, but they can

crack after prolonged exposure to colder temperatures. Fabric mats are better for indoor entryways.

The most fun part of choosing a welcome mat is finding one that suits your style. Bold or understated? Friendly or funny? It's up to you! If you like to decorate for the seasons, you could also switch up your doormat design. A popular option is layering one rug over another, with the bottom a neutral color or pattern that will go with many top rugs.





In Service of America's Parks

From purple mountain majesties to lush, fertile swamplands, America is home to more than 400 parks and sites that offer visitors an up-close-and-personal look at stunning wildlife, dazzling flora, unique natural wonders and historic treasures. On Aug. 25, the country celebrates the birthday of the National Park Service, the organization that makes the appreciation of these places possible.

Established in 1916, the NPS consists of over 20,000 employees and close to 300,000 volunteers who work toward the mission to preserve "the natural and cultural resources and values of the National Park System for the enjoyment, education and inspiration of this and future generations."

From a practical standpoint, this work entails rangers who lead tours and help visitors stay safe; crew members who maintain, clean and repair the sites; and archaeologists, historians and ecologists who continue to discover more about America's land and history in order to share it with the world.

Since the opening of Yellowstone, the first national park in the world, other countries have followed America's lead by setting aside natural and cultural sites for preservation. In the U.S., more than 300 million people visit the parks every year.

If you're interested in adding yourself to that number, the National Park Service website (NPS.gov) includes information on the parks and historic sites for every state. Some sites even offer multimedia resources so you can "tour" the park from a computer!

Zucchini Fritters

Transform a favorite summer vegetable into hearty fritters.

Ingredients:

- 2 medium zucchinis, grated
- 1 teaspoon salt
- 2 eggs
- 3 green onions, thinly sliced
- 1 tablespoon chopped fresh dill
- 1 clove garlic, minced
- 1/2 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/2 cup canola oil, divided

Directions:

In a medium bowl, toss grated zucchini with salt and let sit for 10 minutes. Transfer to colander and squeeze out excess moisture. Return to bowl and stir in eggs, green onions, dill and garlic.

In a separate bowl, stir together flour, Parmesan cheese, baking powder, cumin and pepper. Stir dry mixture into zucchini mixture to form batter.

Heat 1/4 cup oil in a large skillet over medium heat. Cook fritters in batches by dropping 2 tablespoons of batter into the pan to form one fritter. Cook 2 to 3 minutes per side until golden brown. Drain on paper towels. Repeat with remaining batter, adding oil as needed.

Meal suggestion: Serve over rice and garnish with chopped cucumbers, halved cherry tomatoes and crumbled feta cheese.

*Find more recipes at
SuccessRice.com.*



"There wouldn't be a sky full of stars if we were all meant to wish on the same one."

—**Frances Clark**

"Looking up at the stars only proves you admire them, but shining your light proves you are like them."

—**Matshona Dhliwayo**

"Happiness is always there. You just have to choose to see it. There's no point dwelling in the dark and ignoring the light of the stars."

—**Carrie Hope Fletcher**

"As, in truth, stargazing will prove to all who undertake it, not as a mere watching of twinkling pinpoints, but as a means of gaining a clearer understanding of the world wherein we live."

—**H. Addington Bruce**

"A book, too, can be a star, a living fire to lighten the darkness, leading out into the expanding universe."

—**Madeleine L'Engle**

"When you reach for the stars, you are reaching for the farthest thing out there. When you reach deep into yourself, it is the same thing, but in the opposite direction. If you reach in both directions, you will have spanned the universe."

—**Vera Nazarian**

"There's as many atoms in a single molecule of your DNA as there are stars in the typical galaxy. We are, each of us, a little universe."

—**Neil deGrasse Tyson**



"Life is just a collection of memories. And memories are like starlight:

They go on forever."

—**C.W. McCall**



August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	31	<i>August</i>		

"This Month In History"

AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It's now one of the world's largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song "Dynamite," by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.