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A Room with a View.

APRIL 2023



NOTES & NEWS

Indoor Spring Décor

You don't need a green thumb to bring the benefits of nature inside your home. Botanical-themed décor can have the same energizing effect as live greenery. Start with something simple for the season: Frame a springy print or an empty seed packet for some instant art. Choosing a larger frame with a mat can elevate the look even more.

Get Fit With LIIT

You may have heard of high-intensity interval training, or HIIT, which involves bursts of vigorous exercise alternated with short cool-off periods. Now, meet the training regimen gaining fans for its gentler approach: low-intensity interval training, or LIIT. The concept is similar, but instead of pushing you to the max, the exercises are lower-impact and slower-paced, and the recovery time is longer. Fitness experts say the versatility of LIIT workouts makes them ideal for people of all ages and fitness levels.

HIGHLIGHTS

Separate Your Space

Dividing a room into zones is a smart way to make a space multifunctional. Foldable screens are a classic choice, providing privacy and portability. Or you can block off a section with a bookshelf, sofa or other piece of furniture. A rug can create visual separation when a physical barrier is impractical.

Fancy PB&J

Peanut butter and jelly sandwiches are a childhood favorite, but the tasty fun doesn't have to end when we reach adulthood. In fact, President George W. Bush proudly stated that PB&Js were his favorite sandwich. Jazz up your sandwich by using raisin bread, grilling it or turning it into French toast. Or add in a new flavor with a swirl of cream cheese, crunchy potato chips, crisp fresh fruit, brie cheese or toasted coconut flakes.

National Park Week

Did you know that the U.S. is home to 63 national parks and 423 protected sites? With so many opportunities to view Earth's natural beauty as well as historic locations and monuments, it's time to take advantage of National Park Week, held in mid-April. Kick off your adventure with this fun fact: California has the most national parks at nine, and Alaska is right behind it with eight.

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TRIVIA WHIZ



Animal Cracker Fun

Crispy, sweet and fun to eat, animal crackers have been a classic snack since England introduced them to the U.S. in the 19th century. In honor of National Animal Cracker Day on April 18, hike through this jungle of fun facts:

- Animal crackers were originally only sold in bulk containers called “cracker barrels.”
- Snack brand Nabisco introduced the now-familiar box-shaped carton of animal crackers in 1902, selling them for a whopping 5 cents. Due to the popularity of the circus, they named the product “Barnum’s Animals.”
- Among the various brands that make animal crackers, more than 50 different animals have been featured over the years. The only critters that have stayed steadily in production are bears, elephants, lions and tigers.
- The koala is the most recent animal shape added to Barnum’s Animals. In a contest celebrating the brand’s 100th anniversary, the marsupial took the prize over a penguin, walrus or cobra.
- Performed by Shirley Temple in the 1935 movie “Curly Top,” the song “Animal Crackers in My Soup” has been used in many advertisements.
- A single bushel of wheat can make about 245 boxes of Barnum’s Animals.
- Can you guess which cracker is the only animal with clothing? It’s the monkey, who wears a pair of pants.
- Nabisco changed the design on their famous box in 2018. After nearly 116 years of riding on a circus train, Barnum’s Animals are now shown roaming in nature.

Choose an Eco Challenge

Earth Day occurs every year on April 22. “Going green” for just one day is a great start toward improving your environmental footprint, but adding earth-friendly activities to your normal routine is even better. Kick-start your journey with one of these fun challenges:

Apply the three R’s. Reduce, reuse and recycle. It can be easier than you think: Place a recycling bin next to your trash can for easy access; carry reusable bags when shopping; buy secondhand at thrift stores or garage sales; reduce food waste by turning veggie scraps into broth; and save water by taking shorter showers.

Observe meatless Mondays. Livestock is a surprising factor in carbon emissions, but reducing the amount of meat you eat can help. Try making meatless meals on Mondays—or any day of the week!—and find a balance of plant-based and

meat-filled meals that work for you.

Buy sustainable goods. Be conscious when buying clothing, coffee, cutlery and more. Look for items marked “fair trade,” which indicates they were made via the sustainable use of resources and safe working conditions.

Go plogging. Plogging is simply picking up litter while jogging or walking. It’s good for you and the environment! Be sure to wear gloves or use a pickup tool for protection.



Common Kitchen Swaps To Save Money

When you run out of an ingredient, only need a little for a recipe or are simply trying to save money at the grocery store, it’s helpful to know which foods can be swapped for another. Here are some common substitutions:

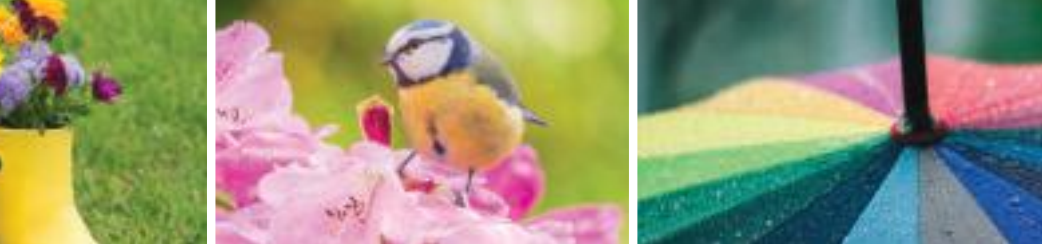
Eggs. Lots of things can stand in for eggs when mixing up batter for muffins, cakes and other baked goods, including applesauce, mayonnaise, yogurt, and mashed banana or avocado. Or maybe you want

scrambled eggs? Cooking crumbled tofu can result in a similar taste and texture.

Ground beef. Beans, lentils and mushrooms are often used to stretch ground beef in a recipe, or you can even omit the meat entirely. For the right texture, mash cooked beans and lentils with a fork—canned versions are quick, but cooking a batch of dry legumes is more budget-friendly—or dice raw mushrooms and sauté until soft.

Butter. When baking, many of the egg substitutes work for butter, too. Other options include vegetable oil, coconut oil and nut butters.

Lemons. Many recipes call for fresh lemon juice or zest. But using bottled lemon juice will save you time and money without skimping on flavor. Other citrus juices will also work, and for sauces or dressings, a splash of vinegar provides the acidic zing you need.



Marbles Keep on Rolling

When you hear the word “marbles,” do you have nostalgic memories of playground games? Or maybe you or someone you know has a vast collection of the colorful orbs. No matter what comes to mind, marbles have been around for a very long time, yet continue to entertain.

People have been playing with marbles as far back as 2500 B.C., based on the discovery of small spherical stones at an excavation site in modern-day Pakistan. However, it wasn't until 16th-century Germany that the playful objects were given the name marbles. That's when artisans were beginning to polish them from bits of marble rock.

Many marble-based games have evolved over the years. One of the most famous is Ringer, aka Ring Taw. Gameplay is similar to billiards: 49 target marbles are placed within a large ring on the ground. Teams of six players have a slightly larger “shooter” marble, which is used to knock the rest of the marbles out of the ring. The first team to knock out 25 target marbles wins.

Legend says Ringer began in 1588 when two young suitors from Tinsley Green, England, used the game to win the hand of a milk maiden. The contest was revived in 1932; now known as the British and World Marbles Championship, it welcomes players from all over the globe to Tinsley Green every spring for some good old-fashioned fun and competition.

Carrot Cake

Ingredients:

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1 cup vegetable oil
- 1 1/4 cups sugar
- 3 eggs
- 1 1/2 cups carrots, shredded
- 1 cup crushed pineapple with juice
- 2/3 cup walnuts
- 1 can (16 ounces) cream cheese frosting

Directions:

Heat oven to 350° F.

In a large bowl, combine flour, baking soda, salt, cinnamon and baking powder.

In a separate bowl, use a mixer to cream oil and sugar together. Add eggs one at a time, followed by the carrots and pineapple, as you continue to mix.

Add dry ingredients to wet mixture and beat until smooth. Fold in the walnuts.

Pour batter into two greased 8-inch round cake pans and bake 25 to 30 minutes. Allow cakes to cool completely, then remove from pans and slice off the tops to make them level.

Spread frosting over the top of one cake and stack the second cake on top. Frost the entire cake with the remaining frosting.

*Find more recipes at
Culinary.net.*



“The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what.”

—**Colleen Hoover**

“Trees are poems that the earth writes upon the sky.”

—**Kahlil Gibran**

“The sky takes on shades of orange during sunrise and sunset, the color that gives you hope that the sun will set only to rise again.”

—**Ram Charan**

“I believe that if one always looked at the skies, one would end up with wings.”

—**Gustave Flaubert**

“Look at your feet. You are standing in the sky. When we think of the sky, we tend to look up, but the sky actually begins at the earth.”

—**Diane Ackerman**

“I like the sky. You can look at it forever and never get tired of it, and when you don't want to look at it anymore, you stop.”

—**Haruki Murakami**

“Rain is grace; rain is the sky descending to the earth; without rain, there would be no life.”

—**John Updike**

“Every time I see the sunshine in the bright blue sky, I cannot help but think how blessed I really am to see another day.”



—**Donna Karan**

“We touch the sky, not to soar above the clouds, but to show respect to the earth beneath our feet.”

—**Anthony T. Hincks**



April 2023

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

“This Month In History”

APRIL

1902: Tally’s Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4–1.

1938: Bugs Bunny makes his first cartoon appearance in “Porky’s Hare Hunt.”

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women’s Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women’s Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament’s youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools’ Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.