



*A Room with a View.*

## MAY 2023



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## NOTES & NEWS

### Milkweed for Monarchs

The first Saturday in May is National Start Seeing Monarchs Day, when the familiar black-and-orange butterflies begin showing up. Planting milkweed, their caterpillars' only food source, can help monarch populations thrive. The best choices for container gardens are tropical milkweed, because of its short height, and swamp milkweed, since it lacks the long taproot that other varieties have.

### In Season

Incorporating fruits and vegetables into your diet is important, and in-season produce is your best bet for fresh and delicious picks. Now that the weather is warming, it's time to enjoy asparagus, peas, radishes, fiddleheads, artichokes and morel mushrooms. Springtime fruits include mangos, pineapples, strawberries, apricots, kiwis and cherries.

### Stay Laughing

"If you're going to be able to look back on something and laugh about it, you might as well laugh about it now."

—Marie Osmond

## HIGHLIGHTS

### Hugs and Quiches

Endlessly customizable, a quiche is the perfect dish for breakfast, brunch, lunch or dinner. Don't let the fancy French name fool you—this savory tart is quick to put together and calls for basic ingredients like eggs, milk and cheese, plus the proteins or vegetables of your choosing. For convenience, you can use a frozen pie crust and prepare the quiche the day before you plan to serve it. A quiche is a great method of sneaking in veggies, and mini versions, made in a muffin tin, are fun for all ages to eat!

### Lucky Giants

Representing luck, prosperity and wisdom, elephants are popular symbols in many cultures. The decorating technique of feng shui—intentional placement of items to direct energy flow—states that placing an elephant figurine just inside your front entrance, facing indoors, brings good luck into the home.

### It's Outta Here!

A ballpark can be considered "home run friendly" based on several factors, such as field dimensions and climate! Sports analysts have named Coors Field, home of the Colorado Rockies, the best MLB ballpark to hit a dinger, thanks to the large outfield and mountain altitude that helps fly balls soar farther.

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# TRIVIA WHIZ



## A Dash of Derby Details

The first Saturday in May hosts the longest-running sporting event in the country, the Kentucky Derby. Since 1875, jockeys and their horses have been gathering at the Churchill Downs racecourse in Louisville for a 1 1/4-mile dash to the finish line. Saddle up for these fun facts about the competition:

- Thoroughbreds that enter the race must be 3 years old.
- A blanket of roses is draped over the winner, providing the race's famous nickname "The Run for the Roses." Made of more than 400 roses, the blanket weighs about 40 pounds.
- Because of the typical time it takes a horse to run the course, another moniker for the race is "The Most Exciting Two Minutes in Sports."
- Secretariat, who won the race in 1973, still holds the record for the fastest Derby finish at 1:59.4. The 2010 film "Secretariat" tells the inspiring tale about the horse and his owner, Penny Chenery.
- Horse names cannot exceed 18 characters or contain horse terms, such as "filly" or "stallion."
- The current purse for the Derby is \$3 million, with \$1.86 million going to the first-place winner.
- Starting lanes No. 5 and No. 10 are the luckiest. Riders in these posts have won more times than those in other lanes.
- The mid-1960s brought a new tradition for women attending the event—wearing large, fancy hats.
- The 1892 Kentucky Derby only saw three horses race; today, 20 horses compete.
- The official drink of the Derby is the mint julep.

## Say It With Flowers

Flowers are a popular gift, and there's more to picking out an arrangement than you might think. Almost every flower has a hidden meaning attached to its petals. In the 1800s, flowers were often used to send messages, and many people kept floral guidebooks in their homes. What perfumed words could you send with your bouquets?

**Roses.** These timeless beauties can have many meanings depending on their color. Classic red symbolizes romantic love; sunny yellow shows friendship or jealousy; pink hues can signify gratitude or sympathy; and white stands for innocence or secrecy.

**Gerbera daisies.** Large and friendly, these blossoms represent cheerfulness due to their many bright-colored variations. Innocence and beauty are also associated with this floral gift.

**Tulips.** Elegant and classic, this springtime favorite represents comfort and happiness. Like roses, tulips can have different meanings connected to various colors: purple for royalty, red for love, white for forgiveness and yellow for cheer.

**Sunflowers.** Legend says that Spanish explorers thought they had found gold when they first saw fields of sunflowers, and these happy blooms are still valued today as symbols of warmth, adoration and longevity.

**Peonies.** During Victorian times, this flower was sometimes given to show anger! But in modern day, peonies are connected to a happy life and marriage.



## Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient, but if you spend

extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Unbleached cotton, polyester and lightweight satin or silk all provide good defense against UV rays. Sunglasses and hats with 3-inch brims are helpful for shading your eyes and the sensitive skin of your face and neck.



## WIT & WISDOM



### A Guide to Soft Skills

Not all jobs require the same knowledge or technical skills, but something they do have in common is the need for soft skills. Also called people skills, this term refers to personal traits that affect how you work, as well as how you interact with others. Examples of soft skills include creativity, teamwork and organization.

Unlike technical skills, which are usually acquired through formal schooling or training, soft skills are more likely to be picked up through experience. They're not as easy to define as knowledge-based skills that have a clear right or wrong. But they are just as important, if not more so, than technical skills, and can be applied to nearly every situation—not only in the workplace.

When surveyed by career experts, a staggering 93% of employers said soft skills play a critical role in their hiring process, and they want to see these skills listed on resumes. In a cover letter or interview, talk about a couple of your strongest soft skills and how you've used them in the past.

A list of employers' most desired soft skills include communication, time management, problem-solving, flexibility and a self-driven work ethic. Seek out opportunities where you can develop your soft skills further, such as with a volunteer group, career-building workshops and in personal relationships.

## Featured Recipe

### Rigatoni With Italian Sausage and Spinach

#### Ingredients:

- 8 ounces rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces ground Italian sausage
- 1 jar (24 ounces) marinara sauce
- 2 cups fresh baby spinach
- Salt and pepper, to taste
- Parmesan cheese, for garnish

#### Directions:

Bring a large pot of water to boil. Add pasta and cook following package instructions. Drain pasta and set aside.

In a separate pan, warm olive oil over medium heat. Add onions, garlic and mushrooms. Sauté until vegetables begin to soften. Add Italian sausage and cook until done, breaking meat into small pieces. Add marinara sauce and bring to a low boil.

Add baby spinach and cook until mostly wilted. Season with salt and pepper. Add drained pasta to pan and toss to coat. Garnish individual servings with Parmesan cheese.

*Find more recipes at Bertolli.com.*



“Green is the prime color of the world, and that from which its loveliness arises.”  
—**Pedro Calderon de la Barca**

“Nature’s first green is gold.”  
—**Robert Frost**

“Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest.”  
—**Mary Webb**

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”  
—**Doug Larson**

“Scrub and polish, sweep and clean, fling your windows wide!  
See, the trees are clad in green!  
Coax the spring inside!”  
—**Louise Bennett Weaver and Helen Cowles LeCron**

“Green calm below,  
blue quietness above.”  
—**John Greenleaf Whittier**

“I just need green. I need to wake up and see grass and squirrels.”  
—**Andre Leon Talley**



“Never stay up on the barren heights of cleverness, but come down into the green valleys of silliness.”  
—**Ludwig Wittgenstein**

“Keep a green tree in your heart and perhaps the singing bird will come.”  
—**Chinese proverb**

“For still there are so many things that I have never seen:  
In every wood in every spring  
there is a different green.”  
—**J.R.R. Tolkien**



## May 2023

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	<b>Memorial Day</b> 29	30	31	<i>May</i>		

# "This Month In History"

## MAY

**1907:** John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

**1919:** Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

**1927:** Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

**1940:** The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

**1954:** In the *Brown v. Board of Education* case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

**1978:** Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

**1980:** The video game *Pac-Man* premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

**2004:** After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.