



*A Room with a View.*

## AUGUST 2023



## NOTES & NEWS

### DIY Ice Balloons

Going on a day trip and packing a cooler of drinks? Before summer draws to an official end, make use of this fun ice hack: Fill water balloons and stick them in the freezer until solid; then, use those in your cooler instead of ice. They'll stay frozen longer and won't leak, so you can say goodbye to soggy drink containers and wet hands after grabbing a refreshment. The best part? After they've completely melted, you can have a water balloon fight!

### Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!

## HIGHLIGHTS

### Nutrition Times a Melon

For a sweet taste of summer that's healthy, too, load up your plate with melon. Cantaloupe, honeydew and watermelon are full of nutrients, including vitamin C and potassium. Thanks to the fruits' natural sweetness and high water content, snacking on melon is a great way to quench thirst and stay full without excess calories or sugar.

### Women's World Cup Finals

Competition is heating up Down Under as the top teams in women's soccer face off this month in the FIFA Women's World Cup. Co-hosted by New Zealand and Australia, the tournament started on July 20 in Auckland, with the final match scheduled for Aug. 20 in Sydney.

### Self-Care Corner: The Everything Shower

The latest self-care trend to hit social media is the "everything shower"—a routine that involves all your favorite pampering treatments. Health experts say the mental perks of relaxing, treating yourself and following a ritual are just as important as the physical benefits of exfoliating your skin, deep conditioning your hair and applying body cream after you bathe. Adding an everything shower to your regular schedule is a simple yet effective way to boost your confidence and self-worth.

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# TRIVIA WHIZ



## Wow! Pow! Superhero Wonders

They all have the same goal—to fight off bad guys and restore peace—but superheroes come in all shapes and sizes. Enjoy these fantastic facts about a few phenomenal favorites:

- First appearing in 1929, Popeye—who gained enormous strength by eating spinach—is seen as a prototype for many of the superheroes who came after him.
- Superman, who debuted in 1938, was the first superhero born with superpowers.
- Spider-Man’s creator Stan Lee intentionally placed a hyphen in the hero’s name to make him stand out from Superman.
- Though he doesn’t have his own powers, Batman does have an IQ of 190—higher than Albert Einstein’s estimated 160.
- Since his 1966 debut, Black Panther has assisted multiple Marvel teams, including the X-Men, Fantastic Four, Avengers and Defenders.
- Psychologist William Moulton Marston not only created Wonder Woman, but he also invented an early model of the polygraph, aka the lie detector test.
- In the early '90s, Pizza Hut sponsored both a studio album and a live musical tour titled “Coming Out of Their Shells,” featuring the Teenage Mutant Ninja Turtles.
- Superhero action figure Buzz Lightyear, from the “Toy Story” franchise, got his name from the second man to walk on the moon, Edwin “Buzz” Aldrin.
- The 2004 animated film “The Incredibles,” about a family of superheroes, was Pixar’s first movie to feature humans as the main characters.

## Give Yourself a Rest

Finding time to relax can be a challenge, but relaxation is an important aspect of health. Too much stress can cause depression, heart disease and high blood pressure. Relaxing leads to a clearer, calmer and more positive mind, which in turn aids your body physically. Aug. 15 celebrates National Relaxation Day, so consider adding some of the following relaxation methods into your daily life:

**Light exercise.** Yoga, walking and stretching are all great options. You could also try some meditation, or attempt progressive muscle relaxation: Start with your toes and work your way up—or vice versa—flexing every muscle group in your body. Tense each muscle for 5 seconds and then relax it for 30 seconds.

**Deep breathing.** A simple 5-minute breathing exercise can work wonders for stress levels. Inhale through your nose and exhale through your mouth,

breathing slowly and deeply. This cycles more oxygen through your bloodstream, lowering heart rate and blood pressure to help you feel calm.

**Diet.** Some foods and drinks, like dark chocolate, honey or green tea, are shown to reduce anxiety. Try peeling or sniffing an orange—the citrus scent can act as aromatherapy to boost mood and energy.

**Quick fixes.** If you are in need of a quick stress reliever, try one of these: Run cold water over your wrists, watch something that makes you laugh, spend some time outdoors or take a warm bubble bath.



## Curtains Keep You Covered and Cool

From sheer, breezy curtains to heavy velvet drapes, window coverings add more than style and tone to a room: They also provide insulation from light, weather and noise. This guide will help you pick out the best window treatments for your home.

Beyond décor, most people use window coverings for their ability to block light. Curtains can range from

sheer to blackout, depending on the fabric type and color. More light will be blocked if you choose curtains that are larger than your window.

Curtains are also a relatively inexpensive way to save big—the U.S. Department of Energy says correctly installed window treatments can lower the heat coming into your home by 30%, as well as reduce heat loss by 10% during colder months. This can save you money by making your home more energy-efficient. Thicker curtains provide the most insulation, lowering the amount of airflow entering or escaping a room through the window.

Blackout curtains, designed to block out light, also block a decent amount of noise. Velvet, suede and polyester fabrics are ideal for soundproofing, as they are denser, heavier materials.

Using self-adhesive hooks instead of standard hardware lets you reap all the benefits of curtains without the hassle of installation.





## WIT & WISDOM



### Truth in Science Fiction

From driverless cars to robot vacuum cleaners, science fiction has envisioned many technological advances that have since become reality. Whiz through this list of everyday products that got their start in the world of sci-fi:

**Credit cards.** In his 1888 novel “Looking Backward,” writer Edward Bellamy envisioned a future where every citizen has a credit card—a new term at the time—that they can use to purchase anything, anywhere, anytime. Sound familiar?

**Automatic doors.** How many times have you gone through an automatic door—too many to count, right? Before sliding doors were invented in 1954, they appeared in H.G. Wells’ 1899 story “When the Sleeper Wakes.” In that tale, though, they slid upward into the ceiling.

**Mobile phones.** Beloved sci-fi series “Star Trek” is known for predicting many inventions, including a device that most of us own: a cellphone. When Motorola director Martin Cooper developed the first mobile phone in 1973, he credited the “communicators” used by Captain Kirk and company as inspiration.

**Wireless earbuds.** The “thimble radios” in Ray Bradbury’s iconic novel “Fahrenheit 451,” published in 1953, bear an uncanny resemblance to modern earbuds. Using wireless technology, Bradbury’s devices fit inside people’s ears to deliver “an electronic ocean of sound, of music and talk.”

## Featured Recipe

### Citrus Watermelonade

Summertime is sweet when you’re sipping on this fresh and fruity beverage.

#### Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

#### Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.

In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined.

Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint, if desired.

Find more recipes at [FloridaCitrus.org](http://FloridaCitrus.org).



“My connection to the Earth is reinforced through the rhythm of the waves.”

—**Mike Dolan**

“Life is strong and fragile. It’s a paradox ... It’s a particle and a wave at the same time. It all exists all together.”

—**Joan Jett**

“If you want to enjoy good music, watch the faces of those who are listening to it, and try to compute the thousands of memories that never ride anything but sound waves.”

—**Henry Stanley Haskins**

“Life is a series of waves to be embraced and overcome.”

—**Danny Meyer**

“Meditation is like going to the bottom of the sea, where everything is calm and tranquil. On the surface there may be a multitude of waves, but the sea is not affected below.”

—**Sri Chinmoy**

“The boisterous sea of liberty is never without a wave.”

—**Thomas Jefferson**

“I pray to be like the ocean, with soft currents, maybe waves at times. More and more, I want the consistency rather than the highs and the lows.”

—**Drew Barrymore**

“Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves.”



—**Thomas Clark Henley**

“The winds and the waves are always on the side of the ablest navigators.”

—**Edward Gibbon**



## August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August		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		

# “This Month In History”

## AUGUST

**1901:** Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

**1911:** The “Mona Lisa” is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

**1936:** The Berlin Olympics open with 3,963 athletes. The “hero of the games,” African American Jesse Owens won four gold medals in track and field.

**1944:** The Forest Service authorizes Smokey Bear as the new face of fire prevention.

**1955:** A trusty source for wonderful, wacky and wild achievements, “The Guinness Book of Records” is published for the first time.

**1965:** “I Got You Babe” by Sonny & Cher hits No. 1. The duo’s signature song would stay there for three weeks.

**1978:** Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

**1981:** MTV shows its first music video, “Video Killed the Radio Star” by the Buggles.

**2006:** Pluto is demoted. The International Astronomical Union voted to change Pluto’s official label from ninth planet from the sun to dwarf planet.