



A Room with a View.

APRIL 2024



NOTES & NEWS

Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

Decorate Your Space

You don't have to hire a professional to celebrate National Decorating Month in April. Update your home with some colorful new throw pillows, a welcoming door wreath or an eye-catching piece of art.

Timely Fitness

Whether you're a morning or an evening person, plan your workout for the time of day that suits you best. Your exercise regimen will be easier to tackle when you're at your most alert and energetic.

HIGHLIGHTS

Easy Pasta Dinner

When you're out of ideas for dinner, turn to an Italian classic: pasta carbonara. You may even have the ingredients on hand: spaghetti, bacon, eggs, Parmesan cheese, olive oil, and salt and pepper. And this dish comes together quickly, in as little as 15 minutes! Search online for easy carbonara recipes and make your next pasta night *delizioso!*

Giving Back, Bit by Bit

Giving back to others doesn't have to take a lot of time or energy. Micro-volunteering refers to low-effort, short-term opportunities to do a good deed, and can include activities like filling out surveys, signing petitions, sharing social media posts or translating documents. With micro-volunteering on the rise, many nonprofits are offering multiple mini-sized ways to help make the world a better place.

Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.

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TRIVIA WHIZ

Go Bananas!

Americans are all smiles when it comes to bananas. They are the most-consumed fruit in the country, with 96% of households buying bananas at least once a month. Enjoy this bunch of facts about the sunny yellow fruit:

- In the U.S., the average person eats nearly 27 pounds of bananas every year.
- Bananas don't actually grow on trees. They are massive herbs—the world's largest herbaceous plant—and can reach a full height of 30 feet.
- The fruits grow in large clusters called hands, and each single banana is a finger! One stalk containing multiple hands is called a bunch. The largest bunch on record weighed 287 pounds and had 473 individual bananas.
- Many parts of the world—including Africa, Southeast Asia and Central America—wrap food in banana leaves for cooking, making use of both their flavor and size. A single leaf can be a foot long or more.
- Of the 1,000-plus varieties, Cavendish is the most common banana sold in grocery stores.
- Known as a source of potassium, bananas are also high in fiber, vitamin B6 and vitamin C.
- Slipping on a banana peel is a traditional trope in comedies and cartoons. In 2014, a team of Japanese scientists earned an Ig Nobel Prize in Physics—awarded for “research that makes people laugh ... then think”—for their work measuring the friction of banana skin.
- Bring a banana on your next outdoor activity. The peel can relieve itching and swelling from bug bites!



Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts,

which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

Relieves pain temporarily. When you laugh, your body releases endorphins, the “feel-good” brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.

Take a Load Off Laundry Day

Laundry can seem like a never-ending chore, but a few tips and tricks can help wash day go by like a breeze.

Sort as you go. If you separate laundry for any reason—lights from darks, towels and sheets from clothing, delicates in their own gentle cycle—save yourself a step on wash day by keeping separate baskets or hampers and placing dirty items in the correct container after use.

Keep socks separate. No more lost socks! Store a mesh laundry bag with your hamper to hold dirty socks, then toss the bag of socks in the washer with the rest of your load. You can dry the entire bag, too, and matching them up will go much faster.

Speed up drying time. Throw a clean, dry towel in the dryer with your wet laundry to absorb excess water and shorten the cycle. Or use wool dryer balls; an eco-friendly alternative to dryer sheets, they make blankets

and towels extra fluffy and can be used over and over.

Skip the fabric softener. Experts say fabric softener doesn't do much good, and it can actually leave residue behind and make towels less absorbent. The same dryer balls that help speed up drying time can also help soften things in the dryer.

Prevent balled-up bedding. Sheets and other linens have a tendency to tangle up in the dryer, trapping smaller items and preventing them from drying completely. This hack can help: Gather the sheet's corners and tie them together.





Pickleball Is the Latest Game Pick

Attracting fans from ages 8 to 80, pickleball is one of the fastest-growing sports in the country and the world.

You could call the game a mashup. Pickleball has elements of tennis and is played on a badminton-sized court, using paddles similar to table tennis and a perforated plastic ball.

It was invented back in 1965 by three Washington dads, one of them longtime state politician Joel Pritchard, who created it as a summertime diversion for their bored kids. Stories say the game got its quirky name from Pritchard's dog, named Pickles, or from the term pickle boat, used in the sport of rowing to describe a boat that has a random assortment of rowers.

Pickleball can be relaxing fun or a challenging competition. It's easy for all ages and all athletic skills to catch on and play. The placement of the ball on the court, not how hard it's hit, is a key element.

Players, called picklers, say they enjoy the sport's social aspect, with doubles team play being the most popular. Games are also quick, typically taking about 15 minutes, and minimal equipment is needed. Basic paddle and ball sets are affordably priced, and public courts are free.

There's a current boom in building indoor and outdoor courts for leisure players and competitive leagues. Pickleball-themed restaurants are also popping up in many cities, so that anyone can take a swing at the game.

Roasted Cauliflower and Potato Spring Salad

Ingredients:

- 1 small head cauliflower, cut into florets
- 1 pound fingerling potatoes, quartered
- 3 tablespoons olive oil, divided
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt, divided
- 1 package (8 ounces) mixed salad greens
- French salad dressing
- Blue cheese crumbles (optional)
- Croutons (optional)

Directions:

Heat oven to 425° F.

In a large bowl, toss cauliflower florets with 2 tablespoons olive oil. Sprinkle with 1 teaspoon Italian seasoning and 1/4 teaspoon salt; mix well. Arrange in a single layer on a sheet pan. Bake cauliflower 30 to 40 minutes, tossing once halfway through, until tender and lightly charred. Let cool.

In a separate bowl, toss potatoes with 1 tablespoon olive oil. Sprinkle with remaining Italian seasoning and salt; mix well. Arrange on sheet pan and bake for 20 minutes, until tender and lightly browned. Let cool.

Place salad greens in a large bowl and add cooled roasted vegetables. Drizzle with French dressing; add blue cheese crumbles and croutons, if desired. Mix well and serve.

Find more recipes at
FreshExpress.com.



“So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us.”

—**Hal Borland**

“I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.”

—**Bill Withers**

“A smile is the light in your window that tells others that there is a caring, sharing person inside.”

—**Denis Waitley**

“Falling asleep while the rain is clashing down on the window is nature's best lullaby.”

—**Kim Pape**

“Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas.”

—**Iain Pears**

“If a window of opportunity appears, don't pull down the shade.”

—**Tom Peters**

“It's hard to look back at the past and feel some regret, but it's really exciting to look to the future and see a window of hope.”

—**Nadine Sadaka Boulous**

“My favorite journey is looking out the window.”

—**Edward Gorey**

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—**Lynda Resnick**



April 2024

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	<i>April</i>			

“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.