



A Room with a View.

MAY 2024



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NOTES & NEWS



Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

HIGHLIGHTS

Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.

Small Supper, Better Sleep

Heavier meals take longer to digest, which can keep you up at night. Sleep more soundly by having a hearty breakfast and lunch, then enjoying a light supper.

3 Things You Need to Know

The next time you prepare food for a picnic or other outdoor meal, try these tips:

- 1) Serve watermelon slices on small wooden craft sticks. Make a cut in the watermelon rind, then slide the stick straight in.
- 2) Keep apple slices from turning brown by putting them back into the shape of an apple and securing them with a rubber band.
- 3) Put clean grapes in a freezer bag and freeze them overnight. Frozen grapes are a refreshing hot-weather snack and can also be used instead of ice cubes to chill beverages.

Heroes Big and Small

“Heroism doesn’t always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history.” —Mary Roach

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TRIVIA WHIZ



Conservation Comebacks

For over 50 years, the Endangered Species Act has helped make the world a safer place for thousands of wild plants and animals. The third Friday of May is Endangered Species Day, a time to take part in conservation efforts and be inspired by these success stories:

Bald eagle. Habitat loss, illegal hunting and the use of pesticides had reduced this majestic bird's numbers to less than 500 breeding pairs in the contiguous U.S. by 1963. Today, more than 300,000 bald eagles soar across our nation's skies.

American alligator. The tale of this reptile is sure to put a toothy grin on your face. After more than 200 million years of inhabiting the Earth, the American alligator faced extinction in the mid-1900s. Thanks to protection laws and breeding programs, the gators bounced back and were removed from the endangered species list in only two decades.

Grizzly bear. Before 1800, around 50,000 grizzly bears roamed across America's wilderness. But by 1975, less than 800 bears remained. The creation of six recovery zones has helped grizzlies reach a stable population of 1,900 bears and counting.

Humpback whale. The whaling industry almost brought the population of these massive singing mammals screeching to a halt. But their numbers have been rebounding in many parts of the world, with an annual growth rate of 8% in the Pacific Northwest.

“Fortunately, nature is amazingly resilient: Places we have destroyed, given time and help, can once again support life, and endangered species can be given a second chance.”
—Jane Goodall

Little Pick-Me-Ups

Whether you want to pamper a loved one or spend some time doing self-care, lots of small treats can make you or someone else feel special in a big way!

Rest. Embrace the freedom of going to bed without setting an alarm, and then sleep in as long as you want. Or carve out some time for an afternoon nap.

Relax in nature. Take advantage of nice weather and spend some time outside. Read a book or magazine, write in a journal or go for a peaceful walk.

Indulge in a treat. Splurge on dessert or a fancy coffee, and then take time to savor it by lingering at the restaurant or taking your treat to a nearby park.

Catch up on entertainment. Devote a day to binge-watching a TV series with no interruptions. Make your environment extra

cozy by dressing in your comfiest loungewear and keeping blankets, drinks and snacks within reach.

Have an at-home spa day. Using your most luxurious products, take a long shower or bath, soak your feet, do a facial or sheet mask, and file your nails.

Go window shopping. Either in person or online, browse some of your favorite stores. Make a wish list that you can come back to in the future.

Plan something fun. Create a vision board for a dream vacation or room redesign.



A Tour of American Barbecue

Barbecue is enjoyed throughout the country, but several regions are known for it.

Kansas City. This centrally located metropolis smokes chicken, pork spareribs and beef brisket low and slow. However, it's the thick tomato-based sauce laced with molasses that makes Kansas City's barbecue a go-to American staple. The local specialty, burnt ends, features the sweet, tangy sauce slathered over chopped end pieces of beef brisket and pork shoulder.

Texas. Slow-smoked beef brisket is what's big in Texas. The simply seasoned brisket, pork ribs and link sausages are tasty enough on their own. However, feel free to spice things up with the Lone Star State's thin, vinegary tomato-based sauce.

Memphis. Pork is king in Memphis, where the pit-cooked smoked ribs are served dry or wet. Dry ribs are cooked in a spice rub that often includes chili, onion and garlic powders, plus paprika, oregano and celery seed. Wet ribs come in a thin, zesty tomato-based sauce.

Carolinas. The eastern half of North Carolina goes whole hog—finely chopped and served with a vinegar-based sauce. Head west and you'll find a tomato-based sauce over shredded pork shoulder. South Carolina prefers its barbecued meats served with a tangy concoction of vinegar, mustard and brown sugar.



WIT & WISDOM



Breathe Easier Indoors

On average, we spend nearly 90% of our time inside—so maintaining good indoor air quality is vital to our health and wellbeing. Fortunately, you can take several simple actions to ensure good air quality inside your home.

First, open a window! Even during cooler weather, opening a window for 10 minutes circulates fresh air throughout your space. This is especially important while you're cooking or cleaning. However, keep your windows shut when the outdoor air quality is low.

Staying on top of household chores—particularly dusting, vacuuming and washing your bedding—is a major defense against poor air quality.

Excess moisture encourages mold and mildew growth, which can be the source of many health issues. Clean up spills immediately and properly hang bathroom towels to dry. During humid months, consider using a dehumidifier.

There are several perks to having houseplants in your home, and air quality is one of them! Plants can absorb excess moisture and help filter out irritants. Low-maintenance options include spider plants, snake plants, peace lilies and philodendrons.

Available in a variety of sizes and price ranges, air purifiers can filter out many pollutants and be especially helpful to people with allergies.



One Minute Chef

Cowboy Caviar

Enjoyed as a salsa or a side dish, this flavorful salad is a hit at gatherings.

Salad Ingredients:

- 1 can (15 ounces) sweet corn
- 1 can (15 ounces) black beans
- 1 bunch cilantro
- 3 Roma tomatoes
- 2 jalapeños
- 1/2 red onion
- 2 bell peppers, any color

Dressing Ingredients:

- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon honey
- 1 tablespoon paprika
- Juice of 1 lime
- Salt and pepper, to taste

Directions:

Drain and rinse corn and black beans. Mix in a large bowl.

Finely chop cilantro, tomatoes, jalapeños, onion and bell peppers. Add them to the corn and beans.

In a small bowl, combine dressing ingredients.

Pour dressing over the vegetables and gently stir to combine all ingredients.

Serve as a salad or a dip with tortilla chips.

*Find more recipes at
Culinary.net.*



“May flowers always line your path and sunshine light your day.”

—*Irish blessing*

“Laughter is magic that dispenses clouds and creates sunshine in the soul.”

—*Richelle E. Goodrich*

“Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine.”

—*Ron Baratono*

“Wherever you go, no matter what the weather, always bring your own sunshine.”

—*Anthony J. D’Angelo*

“Few of us really appreciate the soothing, strengthening power of sunshine.”

—*H. Addington Bruce*

“Daisies are like sunshine to the ground.”

—*Drew Barrymore*

“Some sunshine is good for the soul, but I always make sure I wear a big hat.”

—*Miranda Kerr*

“To be happy, you must be your own sunshine.”

—*Charles Edward Jerningham*

“Having a dream is like having sunshine. Without it, you cannot see as clear. With it, your world shines. Have a dream, and the light will fill your eyes with hope.”

—*J.R. Rim*

“Don’t let the shadows of yesterday spoil the sunshine of tomorrow.

Live for today.”

—*Nandina Morris*



May 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	Memorial Day	27	28	29	30	31

Word Search

Category: Kentucky Derby

T Y N L C K Y B R E D A
 A H W W J C L E C A R P
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- Word Search Solutions:
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|----------------|------------------|
| 1. Blanket | 11. Mint julep |
| 2. Burgoon | 12. Odds |
| 3. Churchill | 13. Race |
| 4. Derby | 14. Roses |
| 5. Hats | 15. Secretariat |
| 6. Horse | 16. Thoroughbred |
| 7. Hot Brown | 17. Track |
| 8. Jockey | 18. Triple Crown |
| 9. Kentucky | 19. Trophy |
| 10. Louisville | 20. Winner |

