



LET'S TIE UP LOOSE ENDS

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Boost Your Memory by Improving Your Diet

We all know that a healthy diet can increase your energy level, lower the risk of heart disease, and help fight weight gain. Now researchers have found that a healthy diet can also improve the way your brain works. A study released by the journal *Neurology* reveals that a higher quality diet can help boost memory function as you age.

The researchers define a “healthy diet” as one that has minimal red meat and alcohol consumption, while including lots of nuts, fish, fruits, and vegetables. The researchers did not define one ideal diet. Instead, they studied almost 30,000 participants age 55 and over from over 40 countries, with a variety of different approaches to nutrition. The common factor in those various diets were the inclusion of fish and a wide variety of fruits and vegetables.

Participants who had the healthiest

diets were 24 percent less likely to show cognitive decline after five years compared to those whose diets were not as healthy. There were other benefits revealed as well—those with healthier diets had a lower BMI and a lower risk of heart disease and stroke. But even when researchers accounted for other factors such as smoking, obesity, and exercise level, those eating a healthy diet came out ahead in cognitive ability.

So how can you reap the benefits? Strive for four servings each of vegetables and fruit each day. Avoid red meat and eat three or more servings of fish a week. Avoid processed fats such as margarine and use olive oil in your cooking instead. Include three servings of nuts and legumes (beans, peas, and lentils) each week. Finally, limit your alcohol intake to at most two drinks a day.

To make outdoor eating easier, keep a caddy with paper products and plastic utensils handy. Instead of having to gather your supplies each time you want to eat on your deck, you can just grab the caddy and you will be ready to go. Using these products also makes clean-up a breeze.

App of the Month: Vivino

If you love wine, but struggle to know which to choose, Vivino is for you. This app, available for iOS and Android, connects you to information on millions of wines. Simply take a photo of any wine label, and Vivino will provide you with reviews, rankings, food pairings, and average pricing. Users can also upload reviews and ratings. With currently over 9 million users, you are sure to get valuable information about the wines you are interested in.

One easy way to make your meal prep easier is to just take a few minutes to organize and prep your groceries when you arrive home from the store. Cut and wash your lettuce, wrap in a paper towel, and store in a zip top bag, pressing out as much air as possible. You can wash and slice other vegetables. Hard-boil some eggs for a quick-to-grab lunch addition. You can also cook rice or beans to have for a fast meal starter later in the week.

Grow a Green Lawn

The average lawn has more than ten times more per acre of chemical pesticides dumped on it than farmers use on their crops. These pesticides can be dangerous to your family and pets when they are tracked into your home. These chemicals also will enter ground water systems and steams, causing problems to the environment. But there are ways to have a healthy lawn without the use of dangerous chemicals. Here are some tips to help you take a green approach to your lawn.

To help you grow a healthy lawn, treat your grass with some extra care. Ensure your mower is running properly, and sharpen its blades at least once a year. This will allow your mower to cut the blades evenly, reducing stress on your grass. You can also reduce

stress on your lawn by cutting your grass when your yard is dry.

Water your grass in the early morning or early evening instead of during the heat of the day. This allows for a deeper soaking of the ground, which encourages deeper root growth. You should also refrain from watering every day. Watering every day causes the roots to grow shallowly which can weaken your lawn.

Finally, choose the right lawn for your area. Bermuda grass is suited to warm weather climates, and Kentucky bluegrass thrives in cooler areas like the Northern states. If you are interested in an even more ecologically sound lawn, consider xeriscaping with native, low-water plants.

It can be a challenge to keep your home cool during the hot summer months. Your best bet is to keep doors and windows closed during the day to keep the cool air inside. If you are struggling to keep your home cool, however, you can place a window fan on the downwind side of the house facing out. With this technique, there should be a window open in each room and all interior doors should be open to allow air flow. This added ventilation can help cool your home.

How to Frost a Cake Like a Pro

Do you envy the beautiful cakes you see in the bakery window? It doesn't have to be hard to frost a cake properly. The first step is to let your cake cool completely before frosting. Remove the first layer and place on a turntable (these can be found at kitchen supply stores for less than \$20). Using a serrated knife, shave off the domed surface, and then repeat this with each layer. This ensures that your cake will be level and even.

Once the layers are trimmed, place just one layer on the turntable.

Spread a 1/2-inch layer of frosting using a metal spatula. Place the next layer on top. Frost the entire cake with a very thin layer of frosting, called the "crumb coat." Place the cake in the refrigerator until the frosting is set.

Remove the cake from the refrigerator and spread the remaining frosting all over the cake. Hold the spatula vertical to the cake sides and turn the turntable until the icing is smooth on the sides. Smooth the top of the cake as well. Finish decorating your cake with flowers, icing decorations, or candy.



To be safe when using an ATM, try to avoid using street ATMs at night. It is always safer to go into an open business to use an ATM. It is important to be aware of your surroundings. Be on the lookout for suspicious vehicles or persons idling in the area of the ATM. If you are confronted, it is better to give up your money than risk injury or worse. Try to engage a robber as little as possible by not fighting or arguing. As soon as possible, call 911 for help.

While everyone seems to have GPS these days, nothing beats a good old-fashioned map for a long road trip with kids. Before heading out, plot your route on the map and identify landmarks. During the car ride, have the kids follow along and find navigation points and interesting things along the way. Not only does it keep them more engaged with the trip, it can help pass the long and sometimes boring hours in your vehicle.



Grilled Potato Salad

2 pounds small red potatoes
1/4 cup canola oil
Salt and pepper to taste
1/2 cup olive oil
1/4 cup red wine vinegar
1 tablespoon lemon juice
1 tablespoon Dijon mustard
1 tablespoon chopped fresh oregano
1 teaspoon chopped dill
1/2 teaspoon salt
1/2 cup chopped celery
1/2 cup chopped green onions
1/2 cup chopped red bell peppers
1/4 cup chopped fresh parsley

Cut red potatoes into halves. Place in boiling, salted water and cook over moderate heat for about 15 minutes or until tender. Drain and let cool slightly. In a large bowl, combine canola oil and salt and pepper. Add the cooled potatoes and toss until well coated. Grill over moderately high heat until the potatoes are browned and slightly crisp. In a large bowl, combine the olive oil, vinegar, lemon juice, mustard, oregano, dill and salt. Whisk until well blended. Combine the potatoes, celery, green onions, and peppers. Pour dressing over the potatoes and toss until well blended. Top with the chopped parsley and serve immediately.

Tips for a Great Garage Sale

Are you feeling a little cramped in your living space? It may be time to clear out the clutter! To help you prepare for a great garage sale, here are some ideas to make the day as easy (and profitable) as possible.

- Before the big day, designate a collection area in your home. This will keep you from forgetting to put items out and will give you a place to organize your items for sale.
- The more you organize and sort your items for sale, the better. Have one box for books and perhaps a small table for kitchen items. Clothing can be displayed hanging on a rack or spread out on a blanket on the ground.
- Price your items fairly, but remember that some people will want to bargain. Some people will return to see if items they were interested in earlier have been discounted, so lower your prices towards the end of the day.
- Have plenty of change, a calculator, a measuring tape, grocery store sacks, and an extension cord if possible to try out electrical appliances. Wear a hip pack to hold your money, rather than leaving it in an unattended box on a table.
- It's a good idea to have a friend, neighbor, or relative help. If you have kids, they can join in on the fun. Setting up a lemonade and cookie stand, or selling hot coffee and doughnuts can be a great way for them to make a little extra money as well.

If you plan on swimming this summer, be aware of ways to prevent "swimmer's ear." This condition is an infection of the ear and/or outer ear canal. This infection can cause the ear to itch or become red and inflamed, making it sensitive to the touch. To reduce your risk of contracting this condition, be sure to dry your ears after swimming. Swim only in well-controlled pools that are treated properly with chlorine and are pH tested. Finally, avoid putting objects like cotton swabs or your fingers in your ear canal. These can scratch the skin and allow for infection. If you do have the symptoms of swimmer's ear, contact your doctor. It can be treated with antibiotic eardrops.

Keeping under the speed limit will help you burn less gas and increase your miles per gallon. Your gas mileage will be better if you avoid sudden starts and stops. You should also avoid revving your engine. Not only is this more energy efficient, but it is also safer for you and the drivers around you.

Traveling with children can sometimes be challenging. A road trip with a child prone to motion sickness can be particularly difficult. Even if your child is susceptible to this common ailment, you can still successfully travel the open roads this summer. Keep these tips in mind to help avoid or ease symptoms.

1. Be sure to eat well.

Traveling on an empty stomach can exacerbate symptoms of motion sickness. The best foods for traveling are whole grains and fruit, which can help settle the stomach. Snacking throughout the trip is better than eating large meals when you stop for a break. Pack some granola bars, oranges or apples, or peanut butter sandwiches.

2. Soothe an upset stomach.

Ginger can also help soothe an upset stomach. Look for crystallized ginger in the spice section of your grocery store. Give this to your child to suck on during the trip. Avoid ginger ale, as this does not have the same effect.

3. Keep your cool.

Keep the interior of your car a comfortable, cool temperature. Heat can increase symptoms of car sickness. If your child is feeling bad, place a cold compress on the back of his

neck.

4. Avoid distractions.

Reading, playing video games, or watching DVDs can cause motion sickness to hit hard. Encourage your child to avoid focusing on anything inside the car. Looking out the window is the best way to avoid feeling worse.

5. Take it easy.

Curves and turns are a stomach's worst enemy. To make things easier on your child, take it slowly around curves and turns. You should also avoid sudden stops and starts.

6. Take a break.

If your child is feeling poorly, take a break for some fresh air. Getting out and stretching your legs helps to shake off some of the effects of car sickness. Allow your child to walk and run around for a few minutes every time you stop.

7. Use medication if needed.

If your child suffers from a severe case of motion sickness, you might consider using medication. In general, medication should be used only in cases where the sickness is significant and recurring. Some common medications used are Benadryl, Dramamine or Bonine. Consult with your child's doctor before using any drug treatment.

By the Numbers: Summer Vacations

- Just over 45 percent of Americans take a summer vacation each year.
- The average American travels about 560 miles round trip on their vacation each summer.
- About 91 percent of summer vacations are made in personal vehicles, and only 7 percent are taken by air travel.

- The top travel destinations are Florida (19 percent), California (15 percent), New York (10 percent), and North Carolina (9 percent).

- The beach is visited by 45 percent of travelers in the summer, making it the most popular type of destination each year.

Source: Equation Research, Harris Interactive



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The greatest gifts you can give your children are the roots of responsibility and the wings of independence. — Denis Waitley

How do you teach your children to develop good spending habits? The best way is to simply take them shopping. Instead of buying all their clothing for back-to-school season, give them a budget and have them make some of their own choices. They will very quickly learn to seek out sales and try to stretch their dollars. Paying with the money themselves will show them how far a dollar can go and the benefits of having money left over.