



See What's New

SUMMER SAFETY ESSENTIALS

Balancing Fun and Vigilance for a Healthy Season

Summer has always been my favorite season, and every year when the weather gets hotter, I'm filled with memories of carefree pool days as a child. Now, as an adult, I love watching my own kids delight in the season's magic. It's a fun time for everyone, but we still have to stay safe and vigilant while enjoying the best time of year.

You can't be healthy if you're not safe, so here are some reminders for keeping out of harm's way all season long.

Stay hydrated to beat the heat.

Hydration is key. Whether you like to go on hikes, take walks, go running, ride bikes, or even play a round of golf, it's essential to drink water and replenish your body with electrolytes. If you decide to enjoy a few ice cold cocktails by the pool or on the course, be sure you hydrate with water as well since alcohol is naturally dehydrating.

Banish sun damage with sunscreen.

When we're enjoying our favorite outdoor activities, sunscreen is a must. Skin cancer is no joke, so it's best to be cautious and protect yourself from the sun, especially during the summer when solar rays are at their strongest. Be sure to wear and reapply a quality sunscreen to avoid damage. And as a bonus? Regular use of sunscreen can help us look younger for longer.



Always bring a life jacket.

Is there anything better than a day on the lake? Whether enjoying time with loved ones as you drift along or tossing out some lines for fish, one tool you cannot leave shore without is a life jacket — even if you're a strong swimmer. You never know what can happen on the water, and you don't want to be stuck struggling in a lake without a trusted flotation device.

Road tripping? Arrive alive!

Summers and road trips go hand in hand — and every year, we see an increase in car crashes that correlates directly with rising temps. Luckily, taking a few preventive measures can increase your chances of making it safely to your destination.

First, ensure you and all your passengers always wear a seat belt. It can be tempting to unbuckle and lay down across the back seat, especially on long drives, but accidents can occur at any time, so keep it buckled.

The last thing anybody wants is to be stranded in the heat with a broken-down vehicle. That's why it's crucial to inspect your vehicle to confirm it's in good working condition before setting off.

Additionally, take breaks every two hours or 100 miles. While you might feel an urgency to continue pushing through until you arrive, utilizing breaks keeps your focus laser sharp. Drivers who are tired or distracted are more likely to be involved in a traffic accident, so it's imperative to stay alert. Get up, stretch your legs, walk around, or grab some caffeine.

Keep an eye out for Fido!

Summer means longer days and more time to be outside — and more exposure to other people's pets. Lots of folks like to walk their dogs in the mornings or early evenings when it's not so hot, so keep this in mind as you're planning your activities for the day. And always keep your dog on a leash; if you see a dog off-leash, always be aware of the danger this presents. We have seen a significant increase in dangerous dogs in the last few years in the DFW area, and staying vigilant can be the difference between an awesome bike ride and a trip to the hospital.

From lazy days by the pool to adventurous road trips and serene moments on the lake, it's easy to get caught up in the fun and forget about safety. However, if we carry these reminders with us, we can safeguard our well-being all season long. Happy summer!



Driven To Help

- Scott Snellings

LOBSTER TALES

The Culinary Odyssey of America's Favorite Crustacean

It may be hard to believe, but for much of our nation's history, you would be more likely to find lobster on the menu of a prison cafeteria than an upscale restaurant. For centuries, these crustaceans harbored a reputation as protein for the poor. In fact, lobster has only recently become a luxury item. This is the story of the lobster and how it rose from a side dish to the main course.

Seafood for Settlers

When settlers first arrived in America, they soon discovered the shores were teeming with shellfish, which the Native Americans often used as fishing bait and fertilizer. Lobster was so plentiful that settlers did not need to dive to catch them: They would simply pile up on the shore like produce at a grocery store.

The crustaceans, some weighing up to 40 pounds, were so prolific and cheap that it was the primary food for prisoners, workers, and children.

Servants ate so much that they got sick of them and reportedly included stipulations in their employment contracts that an employer would only serve lobster a maximum of two times per week.



Canned Crustaceans

While lobster became known as a ready food source for those living on the coast, its short shelf life made it inaccessible to those living farther inland. This all changed in the 1870s with the advent of canned foods and train travel, which made lobster even *more* affordable and plentiful nationwide. However, their affordability led to increased demand, which resulted in overfishing. Eventually, lobster numbers dwindled, and they became less accessible.

Shellfish Revival

In the 1920s, people yearned to taste lobster once more. This yearning only grew once chefs discovered that boiling the crustaceans while they were still alive helped to enhance their flavor — much to the lobsters' dismay. Restaurants in New York and Boston began serving lobster on their menu, but the increased demand and scarcity made them into the expensive treat we know today. Lobster's rise from bottom feeder to a top-shelf delicacy has changed the culinary landscape worldwide — the scrumptious shellfish is now a delicacy served worldwide.

LIGHTS, CAMERA, CASH

WHY REAL MONEY CAN'T TAKE CENTER STAGE

Have you ever wondered how moviemakers can afford to blow up piles of money on the big screen? It turns out that it's tricky, as the government has a set of strict rules to follow when studios feature U.S. currency on screen. So, roll out the red carpet because we're about to explore the laws of prop money.



Identical bills are illegal.

Prop money can't look identical to actual bills because of concerns about whether it could be circulated to the public and used. This happened after a "Rush Hour 2" scene where they blew up billions of dollars in prop money. Extras took home some of the fake cash and tried to use it in Las Vegas. The Secret Service got involved immediately, shutting down the shoot and confiscating the bills. If the money is a replica, it must be either 75% smaller or 150% larger than real bills. One of the most common methods studios use is printing only one side of the fake money. The design can also be altered slightly, like changing the shading or picture.

Real cash can't be destroyed.

Even though blowing up or burning money on camera can pump up the action for the audience, legal tender *cannot* be destroyed

in movies. Anyone can be charged with a federal crime, punishable by 10 years in prison and fines for destroying money. Only the Federal Reserve has that power. Technically, it's illegal to even flatten a penny.

You can't print money.

Real currency is printed on a unique blend of cotton and linen available only to the U.S. government. Prop money can't feel like the real deal. It has to be on paper and printed at a lower resolution. Robert De Niro didn't like how the prop money felt in his hands while filming "Goodfellas." To get around it, the prop master withdrew money from his bank account for De Niro to use. At the end of each scene, no one could leave until all the money was counted and returned.

So, next time one of your favorite movie characters has cash to burn, remember, those are fake bills in the flames!

TAKE A **BREAK**



QUINOA VEGGIE BOWL

This recipe is packed with protein-rich quinoa and a colorful array of vegetables. It's ideal for a healthy lunch or a quick dinner!

Ingredients

- 2 tbsp olive oil
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cup diced zucchini
- 1 cup diced mushrooms
- 1 tsp dried oregano
- Salt and pepper, to taste
- 2 cups cooked quinoa

Directions

1. Heat olive oil in a large skillet over medium heat.
2. Add bell peppers, zucchini, and mushrooms and cook until softened, about 5 minutes.
3. Add oregano, salt, and pepper and stir to combine.
4. Add the cooked quinoa and mix thoroughly.
5. Cook for an additional 5 minutes, then serve.

Adventure Awaits

CRAFT A BUCKET LIST OF FUN ACTIVITIES FOR YOUR KIDS

For many parents, the end of the school year begins a long, challenging stretch of unstructured time when children need something to do. Social media personalities are rushing to fill the gap by suggesting activities to inspire parents and kids alike to make the most of their time off.

The term "bucket list" was popularized by a 2007 film of the same name. It originally denoted an inventory of experiences or achievements you hope to accomplish before you die. But the idea of figuring out what you want to do in the future is handy at other stages of life, too. Young adults and parents have embraced the term as a tool for planning summer activities.

Framing her suggestions as a "summer bucket list," one YouTuber, Advice by Angel, suggested no less than 70 summer activities, from painting old shoes or taking pictures with a Polaroid to camping on the beach, and included beautiful photos to illustrate each suggestion. Among her more creative suggestions are making Nutella pizza, cliff jumping, and a trampoline sleepover.

To get your children involved, one resourceful mom, Amy Pettiford, shows on a TikTok video how she listed about 70 summer bucket list choices on a posterboard in various colorful markers and mounted it on the refrigerator. She suggests checking off activities as you do them and adding the date. Among her entries are making a leaf scrapbook, jumping over waves, painting outdoors, and building a blanket fort.

Making and using these lists can teach children some valuable lessons. For example, it can inspire parents and kids to think about how they spend their days. It encourages them to do things they might not otherwise pursue, such as Pettiford's suggestions to dance in the rain, serve a neighbor, gaze at the stars, or perform a random act of kindness. Some items a parent might add, such as Pettiford's "go garage sale hopping," can create an opportunity to teach children how to earn money.

When fall arrives, your children can return to school with a sense of satisfaction that their summer vacation has been well spent!



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FLIGHT PATH FALLOUT

TAYLOR SWIFT'S JET-TRACKING TROUBLES

When pop megastar Taylor Swift travels anywhere, the whole world seems to hang onto every detail. It's all made possible by information technology student Jack Sweeny, who has been tracking her private jet and posting all the details online.

Swift's lawyers sent the Florida student a cease-and-desist letter in December 2023, claiming he was providing "individuals intent on harming her, or with nefarious or violent intentions, a road map to carry out their plans." The star's team also stated that the timing of stalkers seems to correlate with Sweeny's posts about her flights.

Sweeny's site, GRNDCTRL, and social media accounts source public data from the Federal Aviation Administration on the flight details of billionaires, celebrities, and other public figures like Elon Musk, Kylie Jenner, and Bill Gates. He also gets information on the fuel usage and

emissions produced by private jets, which he shares online.

Though Sweeny said he never intended to cause harm to Taylor Swift or any of the other celebrities he tracks, he is using public data available to anyone; he's just repurposing the information. His legal team said he was "engaged in protected speech that does not violate any of Ms. Swift's legal rights." Further, his lawyer claims Swift's team has failed to prove the posts have led to stalking or harm of the singer.

Swift hasn't been able to shake it off yet. Sweeny continues to post flight information for the singer, though he has switched to posting it on a 24-hour delay rather than in real time. The student has said he believes in transparency and has an environmental angle for what he is doing — he wants to expose the carbon emissions produced by Swift's flights and those of other wealthy celebrities.



Photo by
iHeartRadioCA

Swift's team has taken no further action, and Sweeny's lawyer said he doubted any more legal action would be taken. As for Sweeny, he suggested that if Swift really wanted her privacy, she could register her private jet with an anonymous corporate entity and choose an ID code that is not her birthday and initials.