



SYCAMORE HILL

June 2015
Volume 15, Issue 6

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6 ways to reduce food waste at home

WASHINGTON — In the U.S., 31 percent, or 133 billion pounds, of food goes to waste each year. Globally, that number is 1.3 billion metric tons. These staggering statistics are one reason why food waste is increasingly becoming a popular topic.

[Chefs are focusing their efforts](#) on curbing waste in the kitchen, retailers are [launching campaigns](#) to change perceptions surrounding produce and [businesses](#) are finding ways to turn a profit using ingredients that were once considered garbage.

But you don't need manpower or money to cut down on food waste. Change can happen in your own kitchen.

The June issue of [Every Day with Rachael Ray](#) dedicates seven pages to ways in which consumers and home cooks can get creative with food scraps and avoid common pitfalls that lead to waste.

The magazine's food and features editor, Gabriella Gershenson, shares some of the best tips.

Turn garbage into gourmet

Pepper ribs, carrot peels and cucumber ends all too often wind up in the trash can. But with a little imagination, these bits can be used to make a meal.

"I think that we need to look at our cutting boards and our refrigerators and re-evaluate what is edible," Gershenson says.

Instead of throwing out the stems of kale leaves, Gershenson recommends using them to make a [kale stem pesto](#). In a food processor, pulse the stems with Parmesan cheese, walnuts, garlic and olive oil, and serve the pesto with cooked pasta or veggies.

Leftover shredded cabbage, slices of onion and asparagus ends can be used to make a [quick pickle recipe](#).

"It's fun; it's something you can do with your children," Gershenson says.

"We get in the habit of just hanging on to those bits of food that aren't going to get into your salad, and you can make another equally delicious snack that you can enjoy the next day, instead of throwing it out."

Become friends with your freezer

The side door of your refrigerator is likely home to a condiment wasteland, with bottles of mostly-empty mayo, cans of barely-touched tomato paste and jars of half-eaten jam cluttering the shelves.

"Odds and ends like that — or like the last bits of coconut milk or buttermilk or even the last cup or so of wine that you're probably not going to drink — you can put those in an ice cube tray and just freeze them and then pop them out and keep them in a Ziploc bag in the freezer," Gershenson says.

The magazine's current issue offers suggestions on how to use these random cubes of leftovers. Frozen bits of bacon grease can enhance the flavor of roasted potatoes or be used to make a warm vinaigrette. Throw frozen wine cubes in

your next pitcher of sangria or use them to flavor a sauce or a stew.

Radish tops, cheese rinds, corn cobs, chicken bones and shrimp shells can also be salvaged. Store these odds and ends in the freezer until you have enough to make a broth.

“A lot of people would just throw away bones, but why do that when you can make a broth that will infuse all of your cooking with so much flavor?” Gershenson says. “The freezer is an amazing resource for holding on to foods that you don’t want to go to waste.”

Ignore the sell-by date

According to [a study](#) conducted by the National Resources Defense Council and the Harvard Food Law and Policy Clinic, nine out of 10 Americans throw away food that’s perfectly fresh because of the expiration date. This translates into hundreds of dollars each year for the average family of four.

“The fact is, all those use by, sell by, enjoy by, they’re not really meant for the consumers, they’re meant for the sellers of the product, and they’re really just suggestions when you should get those products out of the store just so that new inventory can come in,” Gershenson says.

Instead of using a package’s printed date as a guideline for when food should be thrown out, Gershenson recommends consumers consult the [USDA’s safe food handbook](#). The online resource discusses everything from foodborne bacteria to tips on how to shop for food, prepare food and store food.

“It’s really upsetting, the amount of food that goes to waste — because I don’t think Americans really want that,” Gershenson says.

Keep your cool

Produce makes up half of the food wasted in home kitchens, but there’s an easy way to change this statistic.

Gershenson says setting your refrigerator to 35 to 37 degrees can significantly prolong the life of your produce. Shopping for produce last in the grocery store and putting the milk carton away at breakfast can also keep your food fresher, longer.

Compost, even if you don’t garden

Composting kitchen waste — such as coffee grounds, eggshells and vegetable scraps — can reduce the amount of waste that ends up in a landfill.

And while compost is one of the best things you can feed to your garden, you don’t need a garden to compost.

Many cities offer pickup and drop-off services for residents who want to compost but don’t have a need for the product. In the D.C. area, [Compost Cab](#) delivers empty bins to its members and once a week picks up full bins and takes the compost to a local farm.

Additionally, [several of the area’s farmers markets](#) serve as compost drop-off points.

“It’s a small contribution, but if everyone did it, it would be really wonderful,” Gershenson says. “If nothing else, it’s really good for your morale.”

Buy ugly fruits and vegetables

The perfectly-shaped fruits and vegetables at your grocery store may look pretty, but they’re masking an ugly truth: food waste.

According to Gershenson, 20 percent of fresh-food waste happens at the farm level because the grocery store buyer thinks there isn’t a market for anything but perfect-looking fruit.

Consumers, however, have the power to change this. Buying ugly fruit and supporting businesses that use unwanted vegetables sends a message to grocery stores that there’s a demand for all produce.

“We’re so obsessed with cosmetic perfection,” Gershenson says. “Nature doesn’t turn out everything perfectly, but that doesn’t mean that it’s not going to be just as nutritious or just as delicious.”

8 Things That Happen When You Finally Stop Drinking Diet Soda



You’ve decided to give up diet soda—good idea! Maybe you weren’t hitting your weight-loss goals or couldn’t stomach that long list of ingredients anymore. Or perhaps you heard one too many times that it’s just not good for you.

Whatever the reason, eliminating diet soda from your diet will [improve your health from head to toe](#). Research on diet soda is still in its infancy, but there’s enough out there to identify what you can look forward to when you put down the can and cool down with an unsweetened iced tea instead.

Migraines disappear and focus sharpens.

It turns out the headaches you expected from a diet soda withdrawal didn't materialize.

And now that you've quit the stuff, you probably find yourself thinking clearly for the first time in a while.

That's because the chemicals that make up the artificial sweetener aspartame may have altered brain chemicals, nerve signals, and the brain's reward system, which leads to headaches, anxiety, and insomnia, according to a review in the *European Journal of Clinical Nutrition*. And a 2013 animal study found that rats that drank diet soda had damaged cells and nerve endings in the cerebellum—the part of the brain responsible for motor skills.

(If you're still drinking diet soda, [here's what's happening in your body right now.](#))

Taste buds are more sensitive.

It's not your imagination: Without your usual diet soda chaser, you may find that food has more flavor. It has subtlety. It's more enjoyable.

That's because the artificial sweeteners in your diet soda overwhelmed your taste buds with an onslaught of sweetness.



Aspartame ranks 200 hundreds times sweeter than table sugar. Splenda? 600 times. In fact, brain scans show that diet soda alters sweet receptors in the brain and prolongs sugar cravings rather than satisfies them.

"We often see patients change snack choices when they give up diet soda," says Heather Bainbridge, RD, from Columbia University Medical Center Weight Control Center. "Rather than

needing sugary treats or something really salty like pretzels and chips, they reach for an apple and a piece of cheese. And, when they try diet soda again, they find it intolerably sweet."

The scale finally goes the right way.

While you may have started drinking diet soda to facilitate weight loss, quitting it may actually do the trick. A recent 9-year study found older adults who drank diet soda continued to pack on belly fat.



The study piggybacks on research that found each daily diet soda increases your chance of becoming obese in the next decade by 65%, and a study published in *Diabetes Care* that found drinking diet soft drinks daily was associated with an increase in metabolic syndrome—obesity, high blood-pressure, high triglycerides—which leads to heart disease and diabetes.

Putting down the soda can may be the best way to improve your bone strength and reduce your risk of fractures.

One 2014 study found that each daily soda increased the chance of hip fracture by 14% for postmenopausal women. And another found that older women who drank cola had lower bone mineral density in their hips. The jury is still out on why soda has this effect, but the science pretty clearly suggests that a soda habit weakens your bones.

Your attitude towards food changes.

Since diet sodas have no calories, people drinking them often feel it's okay to indulge elsewhere, finds Bainbridge. Often she sees her diet soda-drinking patients make poor food choices, like a

burger and fries, a piece of cake, or potato chips, because they think they can afford those extra calories.

Plus, soda often accompanies unhealthy foods. "Sometimes those poor choices are built up habits," she says. "You're conditioned to have soda with chips, fries, or something sweet. When you eliminate the soft drink, you also break the junk food habit."

You handle booze better.

It's a fact: Diet soda gets you drunk faster. When you mix it with alcohol, your stomach empties out faster than if you used regular soda, causing a drastic increase in blood alcohol concentrations, according to an Australian study in the *American Journal of Medicine*. And when you add caffeine, look out.

Another study in the journal *Alcoholism: Clinical and Experimental Research* found that bar patrons who mixed drinks with diet colas were intoxicated much more easily and frequently. Your best bet for a mixer? Club soda, which is naturally sugar- and calorie-free.

For more information on how you can eliminate harmful sugar from your diet for good, check out the [Sugar Smart Express!](#)

Fat storage and diabetes risk decreases.

Our hormones may explain the great paradox of why people gain weight when they switch to diet soda.

A study in *Diabetes Care* found that drinking two-thirds of a diet soda before eating primed the pancreas to release a lot of the fat-storing hormone insulin.

When the pancreas is overworked from creating insulin to control blood-sugar levels, diabetes rears its ugly head. And a recent study in Japan found that middle-aged men who drank 1 or more diet sodas daily were much more likely to develop type 2 diabetes over a 7-year period.

Kidney function improves.

Now that your body no longer has to make sense of the unpronounceable ingredients in diet soda, your kidneys can get back to clearing toxins, stabilizing blood pressure, and absorbing minerals. One study looked at 11 years of data and found that women who drank 2 or more servings of diet soda doubled their chances of declining kidney function.

How to Banish Every Annoying Summer Stain

Good Housekeeping 5/15/2015

Ice Pop

Flush with cool water (or soak for 30 minutes). Cool H₂O helps keep red, pink, and purple dyes from setting. Apply a laundry pretreater and wash in the hottest water that's safe for the fabric.

Ice Cream

Soak for 30 minutes in 4 cups of cool water with a tablespoon of stain-fighting detergent with enzymes (like Tide). Then, launder as usual.

Grease

Apply a heavy-duty liquid laundry detergent (it has extra oil-cutting surfactants). Let sit 10 minutes, and then rinse. If the stain persists, apply a

pretreater before you throw it in the washing machine.

Mustard

Massage a few drops of glycerin (sold at pharmacies) into the stain to dissolve the yellow color. Let sit for a few minutes, and rinse, following with a prewash stain remover.

Ketchup

Place stain facedown on a cloth and flush with cold water so the stain won't spread. Dab with white vinegar to nix tannins and rinse. Follow with a laundry pretreater if necessary, and then wash in the hottest water safe for the fabric.

Barbecue Sauce

Place stain facedown on a cloth and flush with cold water. Pretreat with a liquid laundry detergent by dabbing the stain, and let stand for several minutes before rinsing well. Sponge any lingering sauce with white vinegar, and then rinse again.

Relish

Scrape off excess relish and flush under cold running water to loosen the stain. Then pretreat with a prewash stain remover, and launder, using the hottest water safe for the fabric and fabric-safe bleach.

Berries

For blueberries and strawberries, flush stain with cool water. Mix one tablespoon of white vinegar and

1/2 teaspoon of liquid laundry detergent with one quart of cool water. Soak the stain in the solution for 15 minutes before rinsing again. Launder, using chlorine bleach, if safe for the fabric.

Grass

Pretreat with a prewash stain remover or rub liquid laundry detergent with enzymes into the stain. Launder as

usual, using the hottest water that's safe for the fabric and fabric-safe bleach.

Mud

Let the mud dry, and then brush off as much as possible (don't blot with water; it can spread the muddiness). Pretreat with a prewash stain remover and launder.

Pollen

Whatever you do, don't dab the stain with water — it's the worst thing you can do. Water dissolves the particles and creates a bigger mess. Instead, carefully shake them loose, and lift any clingers with a piece of tape. Then, place the fabric face down on a paper towel. Dab the stain from the back with a dry-cleaning fluid, like Guardsman. Continue dabbing and rotating the paper towel until the stain is gone.

Sunscreen

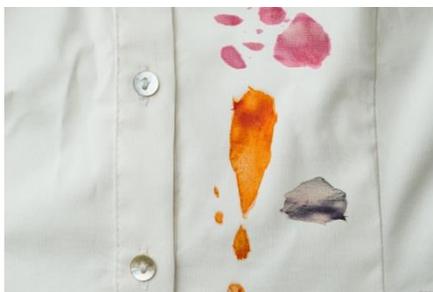
Scrape off excess lotion and then pretreat with a prewash stain remover. Launder with the hottest water safe for the fabric.

Sweat

For fresh stains, apply ammonia (but never mix with bleach — the resulting fumes are hazardous). Try white vinegar on older ones. Stubborn stains may also respond to chlorine or oxygen bleach in the hottest water that's safe for the fabric.

Snacks for Healthy Teeth

Concerned parents often ask us about which kinds of snacks are best for a child's teeth. While most know that candy isn't always the best choice, many parents are confused about which kinds of after-school snacks can actually be beneficial for teeth. Left to their own devices, children might pick the sugary snack that comes in colorful packaging. There are, however, choices that are much better for your child's teeth.



Go Natural

The foods that are best for your children's teeth are also the best for their overall health. Choosing whole foods, such as fruits and vegetables, is always the best option for snacks. Try sticks of celery and let your kids dip it into all-natural peanut butter, or a juicy and crunchy apple cut into wedges. If your child is in orthodontic treatment, aim for softer fruits and vegetables instead to avoid damage to their braces.

Lean Proteins

Lean protein, such as chicken breast, fish, turkey, and lean cuts of pork also make good snacking options. For the best overall health, avoid giving your child a lot of lunch meats, because such products are often higher in sodium. However, these proteins are also low in sugar, which is always a preferable choice when it comes to teeth.

Avoid Packaged Foods

Sugars are unhealthy partly because they stick more readily to the surface of the teeth. Even foods that appear to be healthy, such as many brands of granola bars, can in fact be loaded with hidden sugars. Sugar can also be found in higher concentrations in dried fruit, honey, and syrups. The rule is that if a foodstuff has been altered in any way from its original state then there are perhaps better choices.



Beverages

Drinks are another murky area. Parents often presume that fruit juices are an acceptable beverage when in reality many of them are loaded with excessive sugar as well. The best beverages for your child's teeth are water and low-fat milk. Milk has the added benefit of containing calcium, which is highly beneficial for the bone structure that supports the teeth.

An apple a day might keep the doctor away, but it is also a great snack to keep teeth healthy. The next time your children are looking for an after-school snack, guide them toward healthier, low-sugar options that are beneficial to their overall health and their teeth.

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The Invincible Yard: 12 Ideas for Lazy Landscaping

[Bob Vila](#) Nina Malkin 4/27/2015

Play Hard

Less lawn equals less work. That's the best argument for hardscaping—that's the use of pavers, brick, or decorative stone. Whether you opt for a patio or [lay garden paths](#), you'll have a durable surface that never needs weeding or watering—although you may want to sweep it occasionally. Options abound, from neat grids to a patchwork effect, so a great no-fuss look is just a stone's throw away.

Once and Done

Perennials are [the gift that keeps on giving](#), season after season, unlike annuals, which you have to plant every year. Some perennials are more carefree than others, though. Forgetful gardeners will love drought-tolerant pasque or the delicate-looking but durable penstemon. For hot and dry climates, we like brilliant sedum, and, yes, yarrow (don't dare call it a weed!).

Go Native!

Plants adapted to their environments long before people did, so native species are a wise choice for the laid-back landscaper. [Native plants](#) require less fertilizer, water, pesticides, and overall care than plants brought in by settlers. To learn what will thrive in your neck of the woods, type native plants and your state into a search engine—you'll find tons of info.

Fake It!

Artificial grass has come a long way from your granddad's [Astroturf](#). Today's synthetics, made of nylon or polymer, have varying heights and color gradations to look and feel more like the real thing. You can even plant a tree in it. Though pricey (\$8 to \$12 per square foot), your faux lawn will be absolutely fuss-free.

It's Easy Being Evergreen

What could be simpler than plants that keep their vivid, verdant color all year long? Put dwarf varieties into flower beds, [set shrubs near your house](#) to disguise the foundation, choose tall, columnar types for privacy—there are even creeping varieties for ground cover.

Borders Without Bother

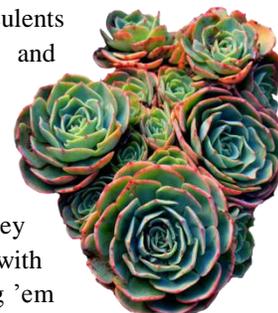
For interesting edges without the effort, try clumping monkey grass (*Liriope muscari*) along flower beds, borders, and walkways. This Asian native is hardy; stands up to dogs, [deer](#), bugs, and weeds; and does well in a variety of soils and climates. Monkey grass can grow to about 15 inches, so trim it if you wish or go long.

Less Is More

Rather than crowd a bed with lots of plants you'll need to tend, put in just a few high-impact, high-performance varieties. One or two nice trees and some powerhouse perennials mean more time to sack out in the [hammock](#).

Set in Succulents

If watering falls low on your to-do list, succulents (like echeveria and agave) are your garden go-tos. Tough, colorful, and captivating, they also play well with others, so mixing 'em



up adds more excitement to your landscape. Drainage is key, however: Put these shallow-rooting, sun-loving plants in [raised beds](#) with porous, well-aerated soil.

Flower Power

A rose by any other name probably isn't as easy as the Knock Out®. These set-'em-and-forget-'em flowers are heat-resistant, pretty much prune-free, and "self-cleaning"—you don't even have to [deadhead](#) them. Just use a good organic or chemical granular rose food in early spring, and follow up with foliar feedings (liquid fertilizer applied to the leaves) through the blooming season.

Stay in Your Zone

Remember to pick plants suited to your USDA Hardiness Zone. Anything too tender is destined to failure—and who needs the frustration? While you're at it, a soil test will diagnose your dirt and tell you what nutrients it needs (go [here](#) for more info).

Crunch, Crunch!

Strew irregularly shaped rocks around for the no-sweat simplicity of paving with a softer, more [organic vibe](#). Gravel may be man-made (ideal for high-traffic areas) or natural (smoother but less stable—so use where traffic is light). To keep it looking spiffy, banish errant leaves as necessary with a wire-tined rake.

Pass on the Grass

Give your mowing muscles a rest—and lighten your water and fertilizer load—by swapping traditional turf for a [no-effort ground cover](#). These plants create a pleasingly plush carpet, and there are enough varieties to suit just about any climate and traffic condition. Consider mat-forming creeping perennials like New Zealand brass buttons (*Cotula squalida*) and Scotch or Irish moss (*Sagina subulata*) or low-growing clover.

Kid's Corner

Water Safety Rules for Children

By: [Elece Hollis](#)

Reasonable and enforced water safety rules can keep swimming safe and fun for everyone. Water safety is not something to take for granted.

Accidents can happen at home or in a public pool, even under the watchful eye of a lifeguard.



Private Pool Rules

- Never swim alone. If no one is home to swim with you, wait until you have the company of parents and family members.
- Keep away from the pool if no adult is there to supervise swimming. Always get permission.
- Don't run or horse around a pool side where you could slip and fall.
- Never dive into a pool that is not deep or is marked "No Diving."
- Keep safety ring life preservers poolside. Know how to use them.
- Have an adult verify the safety of a new pool before you swim in it.
- Stay out of a pool during bad weather.
- Inform babysitters of your pool rules.

Public Pool Rules

- Obey all pool rules.
- Swim only when lifeguard is on duty. Get out to rest and don't get too tired. Sun and excessive time in the water can lead to exhaustion.
- Stay away from pool drains and drain covers. Report any broken or loose covers. If you see a swirl of water around a drain cover, stay

away and report the excessive suction.

Outside the Pool

- Swimming in lakes, rivers, along the beach and in creeks can be risky. It is safer if you are swimming only in designated swimming areas, have supervision and obey safety alerts.
- Ask if the spot has deep areas or unsafe undertows. Be aware of current movement and don't take chances.
- Never show off or try to swim further than you are able.
- Never swim alone.
- Don't play alone near water with running current. Even a ditch running with rainfall after a heavy rain can be stronger than expected.
- Ask permission of an adult before playing in any water.
- Always wear a life jacket when riding in a boat or playing on a bridge or dock over water.
- Enjoy water by obeying the safety rules. Rules help you stay safe from



drowning and serious injuries.

From Our Furry Friends

How to Improve Your Bond With Your Dog

Understanding the human/canine connection and how to make your bond stronger By Steve Duno | Illustration by Melanie Luther -

In 1924, a Japanese professor named Hidesaburo Ueno would each morning say goodbye to his dog Hachiko then walk to the train station to head for work. At three o'clock, Ueno would

return home to find Hachiko sitting by the tracks, waiting for him. Every day for over a year, the big Akita would be there, waiting.

On a day in May of 1925, Hachiko walked as usual down to the station to wait for Ueno's return. But, sadly, the professor had suffered a fatal cerebral hemorrhage at his school that day. He would never again return to his faithful Hachiko.

Though given to another family, Hachiko escaped each day and returned to the professor's home in hopes of finding him. When this failed, the dog began the old ritual again, arriving each day at the station at precisely three o'clock, to wait. Hachiko did this every day for the next ten years until his death.

The Ancient Bond

Hachiko's incredible connection to Ueno is an example of the compelling power of the human/canine bond. But other stories of canine loyalty abound: dogs who travel thousands of miles to rejoin their lost families; dogs who save drowning people; military dogs who sacrifice themselves to save their human partners; dogs who pull people from burning homes. The stories are legion and not uncommon.

What is this bond between us? Is it mere allegiance or simply a desire to guarantee a decent meal and a place to sleep? Is it obedience?

Would a dog really walk across the country to rejoin its family simply out of compliance or for a meal?

Do dogs routinely risk their lives for a bone or run through fire for a comfortable place to rest? Clearly, the magnetism goes much deeper than that. The



human/canine bond is an ancient, mutually beneficial rapport formed between us, one based upon millennia of domestication and partnership. For over 20,000 years, we have bred dogs not only for hunting, herding, protection, and companionship, but also for loyalty, devotion, tameness, and emotional support. This resulted in a fellowship not seen between any two other species. Though we are genetically closest to apes, I would posit we stand emotionally closest to canines.

The Solidarity of Work

Different factors contribute to the existence of the human/canine bond.

The dog's amazing, ancient work ethic, for instance, is part of what makes our bond so strong. The age-old desire of a retriever to fetch and retrieve a bird, for instance, is done not for food, but for the hunter's affections. The human/canine bond, though, is found not only in hunting breeds, but in all types of dogs, no matter what they were bred to do. The herding dog and her relationship with her shepherd; the police dog and her K-9 officer; the search-and-rescue dog and her handler—the innate desire to work with humans has been hard-wired into our canine friends.

The Rescue Factor

Dogs saved from dire circumstances often exhibit an intense connection with the rescuer. It can often be so pronounced that it results in stress for the dog; separation anxiety, destructive behavior, and fear of abandonment can sometimes become profound. This derives from the anxiety developed from being abandoned one or more times by persons who the dog thought were devoted, bonded partners. But once rescue dogs find a reliable, devoted person and are properly trained, cared for, and loved, they often become the most connected, passionate partners a human can ever know.

Affecting the Bond

The human/canine bond is a deeply rooted understanding, measured in emotion, dependability, and mutual support. It is a need to belong and to feel wanted, useful, and safe.

Vary these parameters, though, and you affect the bond. Fail to give your dog affection, routine, dependability, training and boundaries, and you will weaken that unspoken connection. Abuse or ignore her, or fail to see to her basic needs and you could sabotage the intimate link that time has so artfully established. Anything that makes your dog feel unwanted, neglected, or afraid will lower the strength of the human/canine bond.

Strengthening the bond is just as predictable. Spending time together builds trust, confidence, and love, and creates a feeling of familial belonging—the roots of the bond. Activities—walking, hiking, training, playing—these are things which pull you both closer into each other, nurturing that intimacy. And obedience training, though not the primary promoter of bonding, provides the dog lover with a way to communicate, essential to any relationship. Once you both speak the same “language,” you can develop the trust and confidence necessary for your dog to feel that special loyalty toward you. Also, training helps your dog to focus on you and ignore the many distractions that might be present. That focus is essential to building any relationship, especially the one with your dog.

Signs that Your Bond is Weak

Even though you may be a caring, considerate person, your dog might still not feel a close bond with you. Signs of a weak bond include:

- Emotional indifference to you or others in the family A failure to

respond to commands, especially the recall command

- A lack of desire to play
- A distaste for being handled
- Regular attempts to run off
- Poor focus and eye contact
- Belligerence or even outright aggression toward you
- Depression or lethargic behavior

Note that a recently rescued dog could show some or all of these symptoms as she might still be grieving for her past owner or may simply be depressed over the unpredictability of her life to date. Give her time.

Signs of a Strong Bond

There's no mistaking a dog who feels a real emotional connection with you. There's a real light in her eyes; she smiles, wags, rubs into you, and makes great eye contact. When you come home, she brightens up, becomes animated, and may even vocalize her joy. Other signs of a strong bond include:

- Keeping tabs on your location when she is off leash
- Checking in to see where you're at frequently
- Performing obedience happily without hesitation
- Making a great effort to find you when you play hide-and-seek
- A desire to be near you
- Matching her pace to yours when walking
- A high level of focus on you, evidenced by frequently looking at you
- Strong ability to communicate needs, wants, and concerns. (Do you understand what your dog wants in almost any given situation?)
- A willingness to protect or help you in a threatening situation
- A love for physical interaction
- Always coming when called, even with distractions present (This one

is tricky even for well bonded dogs. If you've got this down even in the most distracting of circumstances, good on you!)

A dog that is strongly bonded to you will happily accede to your desires, even if she wants to do something else, like stay longer at the dog park.

How to Strengthen the Bond

If you suspect the bond with your dog is not as strong as it could be, there are steps you can take to remedy this. First, if you have recently adopted the dog from a shelter, understand that it takes at least a few months for a rescue to adjust to her new home and to get over the grief of losing touch with her former family. During this time, be sure not to let her off-leash outside, as she might take off to find her old group. Make sure your fencing is up to the task as well.

Next, you can:

1. Start obedience training (come, sit, stay, down...) if you haven't already and keep it up. This will create good communication between you, help your dog focus, and foster a sense of teamwork and belonging.
2. Ramp up activities with her. Playing, retrieving, agility, swimming—whatever the two of you can have fun doing together. Like kids at the schoolyard, fun interaction builds friendship and loyalty. Dogs are like toddlers, they like to be engaged and played with.
3. Work the recall command or "Come" often. Do so first on a leash or long lead and only graduate to off-leash when your dog comes back to you every time on the lead, even with distractions. Succeeding at this will be proof of her focus and loyalty and of her desire to do what you ask instead of what she wants. When working off-leash recalls, don't stay in one spot;

instead, run away from her to make the exercise into a game and boost her desire to be with you.

4. Play "hide-and-seek" with her often, in or out of the home. This fun game is a great way to make you into a "reward" for her. Over the months, it will slowly increase her desire to be with you and to pay attention.
5. Feed her at specific times during the day, instead of free-feeding (leaving food down all day). This will make her food drive more focused and predictable and will link it to you. You become more important when the food comes from you instead of the bowl.
6. Teach her a trick every month. This fun activity will make her smarter and become another bonding tool in your repertoire.
7. Create in her a sense of purpose. Dogs want to work, so make your walks, play times, and training sessions all seem as if they are focused, fun, and important.
8. Socialize her with people and dogs, but always look out for her wellbeing. By being a caring, vigilant mentor, you'll build her trust and confidence and raise her opinion of you.
9. Groom and pet her regularly to desensitize her to touch and to build up her desire for physical affection. Honoring, reinforcing, and increasing the bond between you and your dog will help her, and you, too. You'll feel calmer, happier, and more appreciative of the good times the two of you enjoy together. Above all, be affectionate, supportive, interactive, and fun, because that's what the canine/human bond is all about.

10 Artful Uses for Old Frames

Bob Vila - Debra Immergut 5/28/2015

Dry Idea

With a drill and a bit of chain from the hardware store, this clever blogger transformed three old frames into a [drying rack](#). She uses hers for herbs, but it would also work well for sweaters, artwork, or anything else that needs to be air-dried.



Tray Chic

To dress up the dessert table at a wedding, or to serve your own kitchen creations with extra style, consider making a set of these [trays](#). Simply spray-paint old frames, then slip a pretty patterned paper under the glass.

Mini Greenhouse

Inspired by a pricey model she spotted in a home store, this DIYer crafted a charming peaked-roof [terrarium](#) from plain wooden picture frames. The cover's panels are hinged, making it easy to open the structure to give plants a little TLC.



Forget-Me-Not Board

Every busy kitchen or [entryway](#) needs a memo board for lists and reminders. This easy dry-erase version starts with a 5"x7" shingle of aluminum step flashing, available in big-box home stores. Simply slide one of the metal sheets into a frame of the same size, hang or prop it in a central spot, and



stop forgetting stuff!

Style Files

A pair of timeworn and hopelessly plain file cabinets get spiffed up with picture-frame ["crown moldings"](#) in this ingenious project. The frames are glued onto the drawer fronts, then covered with a fresh white coat of paint. This DIYer even added a desktop and a toe kick to turn the two file cabinets into



one attractive unit.

Power Up

This countertop charging station is a budget-friendly solution to [cord clutter](#). Glue scraps of wood trim to

the frame backing to hold phones, and snake cords through tiny holes cut into the frame backing with a craft knife. The station can be painted in any color to match your room's decor.

Vertical Garden

To make this living artwork, the homeowners stapled chicken wire to the back of an old frame, then nailed wood strips along the edges to create a shallow planter. After filling the "garden" with spanish moss and cactus soil, they nailed on a plywood backing, flipped it over, and planted a selection of [succulents](#) in between the chicken wire for a stunning display.

Bling Thing

To showcase a jewelry collection and keep its pieces from getting lost or tangled, consider this super-easy idea. Cup [hooks](#) are screwed along the interior edges of an open-backed frame. Hooks along the top hold necklaces, while those down the sides are perfect for earrings.

Shadow Play

Shadow boxes look sharp and are a great way to turn potential clutter into awesome [wall art](#). This handy homeowner crafted her own by constructing simple boxes from wood strips, then gluing them to the back of some old frames.

Card Game

Those heartwarming [holiday cards](#) from family and friends deserve their moment in the spotlight. Here, an old frame is cleverly repurposed for the season with some lengths of ribbon stapled to the back. Cards are secured to the ribbons with tiny binder clips.

June Recipes

Flank Steak with Peppers & Onion

Author: Molly Gilbert

Serves: Serves 4-6

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Ingredients

- 2½ pounds flank steak
- 4 cloves garlic, minced
- ¼ cup plus 2 tablespoons extra virgin olive oil
- 3 tablespoons Worcestershire sauce
- ¼ cup freshly squeezed lime juice (from 2 to 4 limes)
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 tablespoon sugar
- ¼ teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- Olive oil cooking spray
- 4 bell peppers (any color), stemmed, seeded, and thinly sliced
- 1 yellow onion, thinly sliced
- 8 to 12 small (6-inch) flour or corn tortillas, for serving
- ¼ cup chopped fresh cilantro leaves
- Salsa, sour cream, sliced avocado, and Cotija cheese, for serving

Directions:

1. Place the flank steak in a large zip-top bag or a shallow glass baking dish. Whisk together the garlic, olive oil, Worcestershire sauce, lime juice, cumin, chili powder, sugar, red pepper flakes, and salt in a small bowl. Reserve ¼ cup of the marinade for the vegetables and pour the rest over the flank steak, turning it to coat. Close up the bag or cover the baking dish and marinate the steak in the refrigerator for at least 2 hours, and up to 12.
2. When you're ready to cook, preheat the oven to 450°F with one rack about 4 inches from the broiler, another rack in the center position, and another in the bottom position. Line a sheet pan with aluminum foil, and mist it with the cooking spray.
3. Toss the peppers and onion with the reserved ¼ cup marinade in a large bowl and spread them evenly on the prepared pan. Roast on the center rack until softened and starting to brown, 10 to 15 minutes.
4. Remove the pan from the oven and turn the oven to broil. Wrap a stack of tortillas in aluminum foil and set it aside.
5. Push the peppers and onion to the perimeter of the pan. Remove the flank steak from the marinade, allowing any excess liquid to drip off the meat, and place it in the center of the pan, surrounded by the vegetables.
6. Place the pan on the top rack and broil the steak, flipping it once, until it begins to char on the outside

and an instant-read thermometer inserted into the thickest part of the meat registers 125°F for rare or 135°F for medium-rare, 3 to 5 minutes per side.

7. While the steak cooks, place the foil-wrapped tortillas on the bottom rack to warm through. Once the steak is finished cooking, remove the pan from the oven and turn the oven off. Leave the tortillas in the oven to continue warming while the steak rests.
8. Allow the steak to rest, loosely covered with foil, for 10 minutes before slicing it thinly against the grain. Sprinkle with the cilantro.
9. Serve the steak warm with the peppers and onion and tortillas. Pass the salsa, sour cream, avocado, and cheese at the table.

Chili Garlic Chicken Skewers with Yogurt Sauce

Serves: 4 appropriately, 2 obnoxiously

Prep Time: 2 hours +

Cook Time: 25 minutes

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into chunks
- 1 tablespoon olive oil
- 2 tablespoon honey
- 3 tablespoons chili garlic paste
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil
- lime wedges for serving

yogurt sauce

- 1 cup plain greek yogurt
- 2 tablespoons olive oil
- 2 tablespoons snipped chives
- 1 tablespoon honey
- 1 lime, juiced
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

Add the chicken pieces to a baking dish or large resealable plastic bag. In a bowl, whisk together the oil, honey, garlic paste, salt and pepper until combined. Pour it over the chicken and mix until all of the chicken is covered. Place in the fridge and marinate for at least 2 hours or even overnight.

Soak a few bamboo skewers in water. Skewer 4 to 5 chicken pieces on each skewer. Heat a large skillet (or your grill!) over medium-high heat and add the olive oil (not if using the grill). Add the chicken skewers and cook on each side for 4 to 5

minutes, until cooked through. Serve immediately with the yogurt sauce and extra lime wedges.

yogurt sauce

Whisk all ingredients together in a bowl until creamy and combined.

Grilled Potato Salad with Black Garlic Vinaigrette

Author: Sylvia Fountaine | Feasting at Home Blog

Serves: 4 servings

Ingredients

- 24 oz = 1 ½ lbs baby potatoes
- 4 cloves black garlic
- 4 T oil
- ¼ tsp salt
- pepper
- 1 T rice wine vinegar
- 1 T chives
- 2-3 T fresh dill, cilantro, Italian parsley or tarragon.
- Dill Cream:
 - 1 Cup sour cream
 - 2 T fresh dill
 - 2 T lemon juice
 - 1 T finely chopped onion or shallot
 - salt, pepper, sugar



Directions:

1. Preheat grill to med high heat.
2. Blanch potatoes in salted boiling water, until just tender, about 10-15 minutes, depending on size.
3. Mash black garlic with a fork with salt and 1 T oil, until it becomes a chunky paste. Add the remaining oil, vinegar, and pepper.
4. Strain the tender potatoes, and toss with 1 T of the vinaigrette, just enough to lightly coat. Grill the potatoes until nicely charred.
5. Toss with the rest of the vinaigrette, and fresh herbs.
6. Serve with dilled sour cream-
7. To make dill sour cream: whisk one cup sour cream with a little lemon zest, squeeze of ½ a lemon, 2-3 T fresh dill, 1 T chopped shallot, salt and pepper to taste, and pinch of sugar.

Grilled Asparagus with Wasabi Soy Dipping Sauce



Serves: 6

Ingredients

- 1 pound fresh asparagus
- 1 tablespoon olive oil
- salt
- 1 cup reduced fat mayonnaise
- 3 tablespoons soy sauce
- 1 tablespoon SPLENDA® Brown Sugar Blend
- 2 teaspoons wasabi paste (or wasabi powder mixed with water)
- 1 lemon, optional

Directions:

1. Cut off tough ends of asparagus and discard.
2. Heat grill to medium-high heat.
3. Toss asparagus with olive oil and sprinkle with salt. Grill for 5 minutes, or until tender.
4. In a small bowl, mix together mayonnaise, soy sauce, SPLENDA® Brown Sugar Blend, and wasabi paste.
5. If desired, squeeze fresh lemon juice over grilled asparagus.

Bacon Wrapped Grilled Peaches with Balsamic Glaze

Ingredients

- 4 large peaches
- 12 ounces bacon
- 60 large basil leaves plus more for garnish
- olive oil
- balsamic glaze, store-bought or homemade

Directions:

1. Set a grill to low heat and preheat for 10 minutes or so, brush the grill grates with a paper towel dabbed in oil. I use grape seed oil.
2. Wash and dry peaches. Cut each peach in half and then each half into 4 quarters. Place one large basil leaf on each side of the peaches. Cut the bacon slices in half. Wrap each peach slice and basil leaves with a slice of bacon. Pin the loose end of the bacon slice with a toothpick. Repeat with remaining peaches.
3. Brush the bacon wrapped peaches lightly with olive oil so the bacon doesn't stick to the grill. Grill the

peaches until the bacon is cooked, turning so all sides are evenly cooked, about 20 minutes.

4. Transfer to a serving platter and remove toothpicks. Drizzle with store-bought or homemade balsamic glaze.
5. Serve hot or at room temperature.

Swimming Safety Word Search

6/12/2015

Swimming Safety Word Search

Swimming Safety Word Search

Always be safe near water, whether it's at the pool, a lake, or the ocean.

Z V A N C I G R F K K T U B D
M L S D E R I U Q E R D P X Q
P S U R Y C V I C V E D I G L
P Y R Z I K T K O G V G J L E
A A G A W U R V W N D Z I H C
D A N G E R R O O G M F F V P
U Z I G D F C K P N P P N L J
L E V H G R K F A R H R G V X
T T I B D P Q D V U J X F Z L
U O D R A U G E F I L Y G O Y
D N E S U P E R V I S I O N V
X R U N N I N G K V P R N D W
N L P O O O F F S A A B Y U F
A J A P I G N I N R A W G T O
L U G N I M M I W S S G S Y D

Words List

danger
no
swimming
diving
running
adult
supervision
required
warning
lifeguard
on duty

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