



## SUE'S SYNOPSIS

Hello!

Hope everyone is doing well. We have waited a long time for the sun to shine and it is just great to see it again! We certainly deserve it.

In the meantime, I have loaded this newsletter with lots of good reading. So, if you need a moment to chill and relax, I have the reading material.

What is so great about Spring? Everything. Read more to find out why.

One reason we all love Spring is for the trees. Read some fascinating facts you might not know about our beautiful trees.

Connecticut is a beautiful state. Read all about some the history behind this small state. Some really big things have happened there.

Add in a few handy household tips and how to protect your skin this summer and there you have it. A newsletter to keep you reading.

Take care. Have a great summer.

Sincerely,

Susan



## WHAT'S SO GREAT ABOUT SPRING

Spring is about fresh starts and new beginnings. It is that time of year when everything just seems a little nicer and bit easier. Spring is my favorite time of year and not just because of green grass, blue skies, birds singing and the sun shining, although I do like those things very much. Spring to me is definitely a time when I think of new possibilities. What's in your bucket list? Here are some possibilities to think about and look forward to:

1. Would you like to start a new hobby? Research how you can get started with local colleges, BOCES, or local vendors.
2. Would you like to start a new career? Do you need more schooling? Will it pay off? Check with your local community colleges first. Maybe you can start slow and take a few courses to see if you really want this.
3. How long has it been since you took some time to travel? Do you want to go on a vacation for a week or if money is tight, where can you go closer to home and still feel like you've gotten away?
4. How long has it been since you really de-cluttered your home, cleaned up the outside or just perked it up inside or out with fresh new things.? Maybe it's time to have the rugs cleaned, the house painted or maybe a few new sofa pillows and new curtains will do the trick to make your home feel fresh and new.
5. Have you thought about throwing a party or having a BBQ for friends and family to start your spring off to a great start?
6. What about community service? Can you spend some time at the Humane Society and play with the animals? Can you help pick up trash at your local park? What sparks your interest?
7. Lastly, would you like to acquire a new skill? How about learning how to speak another language, get your ham radio license, taking an art class or photography class?

My advise is to not stop here. Think about all of the possibilities you have in front of you, pick one or maybe two and **GO FOR IT!!!!**

## INSPIRATIONAL QUOTE



**CHANGE YOUR  
THOUGHTS AND YOU  
CHANGE YOUR  
WORLD.**

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**ENJOY!**

## Fascinating Facts about Trees

**They talk to each other.** They warn each other when they are under siege from insects. What happens is they produce an excess of chemicals in their leaves which make them much less desirable to the insects. Also somehow this warns the trees nearby to follow suit. So they will start producing the same chemicals to ward off the insects before they get attacked.

**They are cheap and natural recyclers.** They regulate the air through photosynthesis absorbing about a ton of CO<sub>2</sub> in their lifetime and produce about 260 pounds of oxygen each year. Now they are being used to recycle waste.



**Trees save you money!!!** Trees that are properly placed around buildings can protect them from excessive exposure to sun and wind. According to the US Forest Service, trees also add 10% more value to your property. In addition, each tree can conserve 30% in air conditioning use and 20% - 30% in heating use.

**Trees prevent crime.** The US Forest Service has studied this and found that it is perceived that neighborhoods and homes with large trees are better kept and protected than those without them. Trees are a symbolic safety net. They found there is less crime found around areas with larger trees than those with smaller trees.



**They are just as stressed as we are.** Trees are very sensitive to their environments. They need nutrient soil around them and plenty of space to breath. If their stress is not kept in check it can inhibit their growth and their photosynthesis process.



## TIP OF THE MONTH

Tired of forgetting your coupons when you go grocery shopping? Write out your grocery list on the back of an envelope and put the coupons inside the envelope.



## LIFE QUOTE

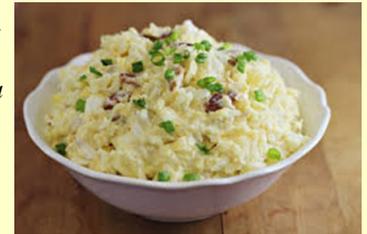
*Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.*

*-Dr. Seuss*

## COOKING WITH HUMMEL'S

### Savory Potato Salad

*Add fresh vegetables and herbs to give a tasty flavor to this potato salad.*



- 6 medium potatoes (about 2 lbs)
- 2 stalks celery, finely chopped
- 2 stalks scallion, finely chopped
- 1/4 cup red bell pepper, coarsely chopped
- 1/4 cup green bell pepper, coarsely chopped
- 1 Tbsp onion, finely chopped
- 1 egg hard boiled, chopped
- 6 Tbsps mayonnaise, light
- 1 tsp mustard
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp dill weed, dried

1. Wash potatoes, cut in half, and place them in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

Makes 10 servings--Serving size: 1/2 cup  
 Calories 98  
 Fat 2 g  
 Saturated fat less than 1 g  
 Cholesterol 21 mg  
 Sodium 212 mg





## Handy Household Tips



- ◆ Before storing clothes that have been dry cleaned, remove them from the plastic bag, as the bag may cause clothes to yellow.
- ◆ Witch Hazel is a great facial cleanser and toner.
- ◆ Keep a bottle of Dawn original blue dish detergent on hand, it's a great degreaser as well as a spot remover.
- ◆ To remove the smell of smoke place bowls of white vinegar around the house to absorb the odor.



- ◆ To keep down the spread of germs always close toilet lid before flushing.
- ◆ Use shaving cream to clean bathroom mirrors will keep them from fogging.
- ◆ To unclog bathroom drains, pour 1 cup baking soda followed by 1 cup of white vinegar into drain to loosen clog. Then plunge and run hot water down the drain to be sure the clog is gone.



- ◆ To clean grout around the tub and shower spray it with white vinegar and scrub it with an old toothbrush. Let stand for 10 minutes then rinse. repeat if needed.
- ◆ To clean grease off kitchen cabinets mix 1 quart of hot water and 1/2 cup of lemon juice, dampen sponge with mixture and wipe over cabinets.
- ◆ To fluff up comforters or pillows , drop 2 or3 new tennis balls in the dryer on low heat for 10 minutes.
- ◆ 1/2 cup of cascade dish powder added to your regular laundry detergent removes red clay, grease and oily stains from clothes.

- ◆ To keep windshield and back glass from fogging clean them with shaving cream. Then wipe them with a clean cloth or paper towel. Repeat as necessary.
- ◆ Soaking window decals with baby wipes will soften the adhesive allowing for easier removal of decal.



- ◆ Keep a package of unscented wipes in your car or truck in case of spills or for quick clean ups.
- ◆ To remove pet hair from upholstery put a latex rubber glove on your hand and wipe over seats. A sponge also works well.



## Fascinating Facts about Connecticut



- ◆ B.F. Clyde's Cider Mill is the only steam-powered Cider Mill in the United States and is located in Mystic.
- ◆ PEZ® Candy is made in the city of Orange.
- ◆ Although West Haven is Connecticut's youngest city, being incorporated in 1972, it is a community that dates back over 360 years, making it one of the oldest settlements in the country.
- ◆ In colonial New Haven cut pumpkins were used as guides for haircuts to ensure a round uniform style. Because of this fashion, these New Englanders were nicknamed "pumpkin-heads."
- ◆ Bristol, CT is considered the "Mum City" of the USA because of the many Chrysanthemums grown and sold to various states and Canada.
- ◆ The World Wrestling Federation or the WWF is headquartered in Stamford.
- ◆ The Submarine Force Museum in Groton is home of the historic ship Nautilus (SSN 571). It is the official submarine museum of the United States Navy.
- ◆ The USS Nautilus - the world's first nuclear powered submarine was built in Groton in 1954.
- ◆ The first telephone book ever issued contained only fifty names. The New Haven District Telephone Company published it in New Haven in February 1878.
- ◆ Mary Kies, of South Killingly was the first woman to receive a U.S. patent. On May 15th, 1809 for a method of weaving straw with silk.
- ◆ Connecticut is home to the oldest U.S. newspaper still being published: The Hartford Courant, established in 1764.
- ◆ In Hartford, you may not, under any circumstances, cross the street walking on your hands!
- ◆ The first automobile law was passed by the state of CT in 1901. The speed limit was set at 12 miles per hour.
- ◆ Foxwoods Resort Casino in Mashantucket, CT is the second largest casino in the US.
- ◆ George W. Bush, born in New Haven on July 6, 1946, is the only US President born in Connecticut.
- ◆ West Hartford is the birthplace of Noah Webster, the author of the first American English dictionary published in 1807.

## Fascinating Facts about Connecticut Continued

- ◆ Connecticut has no county government. Below the state level, governing units are either cities or towns.
- ◆ First medical diploma in USA was granted by Yale University in 1729.
- ◆ First cotton gin was patented by Eli Whitney of New Haven, Connecticut in 1794.
- ◆ First revolver was produced in Connecticut in 1836.
- ◆ First telephone exchange in the United States was established in Bridgeport, Connecticut in 1877.
- ◆ World's first hamburger served at Louie's Lunch in New Haven, Connecticut in 1895.
- ◆ First Frisbee, Yale students discovered empty pie plates from Mrs. Frisbie Pies in Bridgeport could be sailed across the New Haven Green in 1920.
- ◆ First artificial heart in the world was developed by Dr. Robert K. Jarvik of Stamford, CT.
- ◆ First use of anesthesia was in Connecticut in 1844.
- ◆ First Ph.D. Degree in the United States was awarded by the Yale University in Philosophy (1861).





## Healthy Summer Skin



- ◆ Use sunscreen even on short walks or going to the grocery store. Get one with anti-oxidants in it for extra skin health boosts.
- ◆ Use lip balms instead of lip glosses because they hydrate more and stay on longer. Your lipsticks should have an SPF of at least 15.
- ◆ Drink lots of water to stay hydrated and also eat foods that are packed with water like watermelon which is 91% water.
- ◆ Use spray tans rather than basking all day in the sun. Have a great glow without the risk of sunburn.
- ◆ Have a gentle daily exfoliating routine for smooth, silky skin. Exfoliating gets rid of dead skin cells and cleans out your pores. You will have clearer skin as well.
- ◆ Wash your skin with cool water and a good cleanser. Next, apply a dark spot remover if you have trouble spots. Lastly apply moisturizer. Always use a sunscreen all over your body.
- ◆ You may want to use less makeup in the summer. Opt for an all-in-one face fix. BB creams, aka beauty balms, are the absolute of skincare that instantly moisturize, even skintone, boost radiance, and illuminate your face with a skin perfecting glow. They are light and not as heavy as your regular makeups.
- ◆ If spending a day at the beach, make sure to apply sunscreen and apply every two hours. Wear sunglasses to protect your eyes and you may want to consider a hat as well.
- ◆ Sweat out impurities and toxins in the body by exercising. Sweating also increases circulation in the body giving your skin a great glow.
- ◆ Try to avoid the hottest rays of the sun.



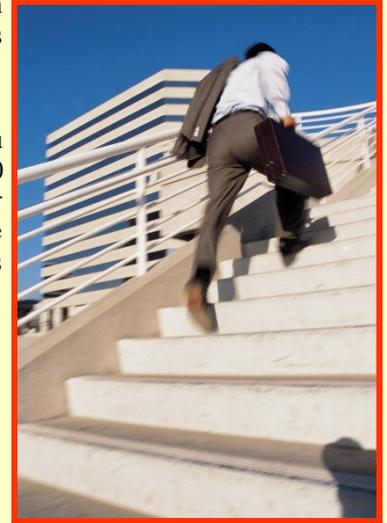


## Incorporating Exercise Into Your Workday



An apple a day keeps the doctor away....as does regular exercise. But exercise does more than just improve the body; it melts away stress, provides energy, improves brain power, and helps prevent disease.

With the demands of work and family, you may feel like you don't have time to exercise. You don't need an expensive gym membership to stay fit, and you don't have to set aside a 30 – 60 minute block. Shorter bursts of exercise throughout the day may be just as good for your health as a concentrated workout at the gym. Do some leg lunges or a wall sit while you're waiting for information from a client or coworker. Stand behind your chair for a few calf raises or plié squats, which target your inner thighs.



### Here are some easy ways to take a few extra steps every day:

- ◆ Park far away from the door to your office building
- ◆ Leave an important item, such as your lunch or briefcase in your car so you have to walk out to retrieve it later.
- ◆ Use the restroom the farthest away from your desk.
- ◆ Take the stairs instead of the elevator.
- ◆ Use a headset with your phone so you can walk around while you talk.
- ◆ Find an exercise buddy or several coworkers, and regularly schedule walks during your break or part of your lunch hour.

Surely you can find time to move your body for 10 – 15 minutes. Just a few deep breaths can help you feel more energized. Take a breath and get moving for a healthier, happier you.

### Are You Drinking Enough Water?

Water is essential to every system in your body and it accounts for about 60% of your weight, so staying hydrated is as crucial to your health as staying active. The amount of water you should consume varies depending on such factors as health, activity level, and geographic location. According to the Institute of Medicine, men should drink about 3 liters (13 cups) of water while women should drink about 2.2 liters (9 cups). But rather than worrying about a specific amount, listen to your body. Drink enough fluids so you rarely feel thirsty and your urine is colorless or slightly yellow (an average output of 1.5 liters or 6.3 cups). Consider bringing a water bottle to work and ordering water rather than soda with your lunch.

### **DID YOU KNOW...?**

- ◆ Each pound of muscle burns 75-100 calories every day just by being.
- ◆ “Aerobic exercise” means involving or improving oxygen consumption by the body.
- ◆ Walking up and down stairs burns approximately 350 –800 calories per hour.

### **Check out these websites for more information:**

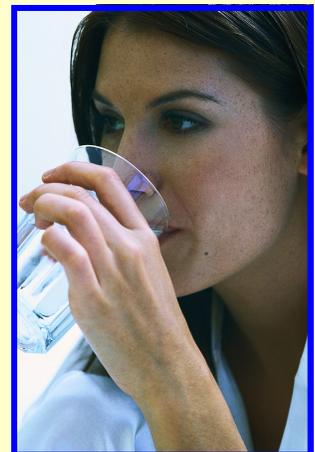
[www.webmd.com](http://www.webmd.com)

[www.healthmad.com](http://www.healthmad.com)

[www.ehow.com](http://www.ehow.com)

[www.exercise.about.com](http://www.exercise.about.com)

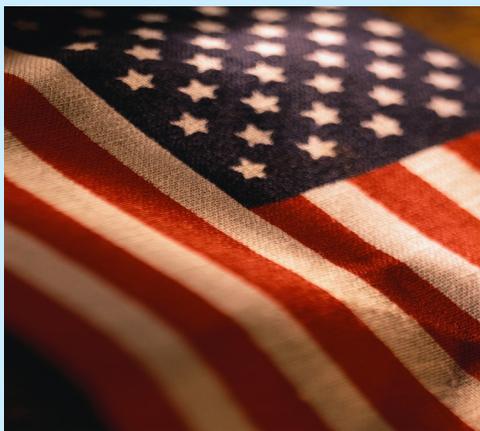
~~~ Life Matters



## THE LOVE OF HONEY



Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystallize". When this happens loosen the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey.



**Let us honor our loved ones  
on Memorial Day**

## Tips on a Proper Handshake

- 1. Who should be the person who initiates the handshake?** This should always be the person in a higher position of authority or age. If you accidentally extend your hand first, don't pull back, because that would be worse. Just follow through and be polite.
- 2. Always be at the same level as the other person.** For example if you are sitting when being introduced, please stand and face the person. Look the person in the eyes when shaking hands and smile.
- 3. The greeting should always include his or her name and a pleasantry.** For example, "Hello Ms. Smith, it is so nice to make your acquaintance." You can add extra pleasantries but don't go overboard. People like when you remember their names, so try to do your best to do so. Sometimes, just repeating the name helps or you can make some sort of association with their name to remember it.
- 4. Your handshake should be firm not limp.** Don't try to be the person who's handshake is the strongest. This is just plain rude. You don't want your handshake to be crushing. If your hand is sweaty, make sure to wipe your hand before shaking another person's hand.
- 5. The duration of a handshake should be between 2 and 5 seconds.** Don't keep shaking someone's hand since this could be awkward and don't cup someone's hand with your other hand. This is too friendly and is another case for awkwardness.

