



## JULY EVENTS

### The Fourth of July: A Brief History

**CONTRIBUTOR:** SCOTT BOAMAN

Independence Day, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence 241 years ago on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded

themselves as a new nation, the United States of America, and were no longer part of the British Empire. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and

ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

### Buyer Solution for Low Home Inventory

**CONTRIBUTOR:** SARAH GOFORTH



Many homes listed for sale today may not be move-in ready... at least not to your standards. But remember that childhood story about the ugly duckling? The ugliest duck in the group grew up to be the most beautiful swan. Houses, like people (and apparently ducks), can change! If you're not happy with the houses you've looked at so far, you may want to learn more about a

renovation loan. For example, consider an "ugly duckling" house that's currently listed for \$250,000. Assume the house needs a \$50,000 make-over to become a "beautiful swan," and that it would appraise for \$300,000 or even more "as completed." You may be able to qualify for a mortgage loan based on that \$300,000 after-improved

value. A renovation loan could help you turn the ugliest duckling of a house into the gorgeous swan of a house that you really want... all within a budget you can afford! Contact me to learn more and to explore your options.



# Recipe of the Month: Chicken Parmesan

CONTRIBUTOR: JONATHAN "JJ" JEROTZ

*Original recipe from chefsavvy.com.*

## INGREDIENTS:

2 boneless skinless chicken breasts  
(1 pound)

¼ cup all purpose flour

1 egg

¾ cup panko breadcrumbs

½ cup parmesan cheese, grated

2 tablespoons extra virgin olive oil

1 cup tomato sauce

½ cup mozzarella cheese, shredded

basil for serving, if desired

## PREPARATION:

PREP TIME

15

MINS

1 Cut chicken in half horizontally. Pound each piece until ½ inch thick. Sprinkle with salt and pepper.

2 Add flour to a shallow dish.

3 Add egg to a shallow bowl and whisk, set aside.

4 Add breadcrumbs and Parmesan cheese to a shallow bowl and mix to combine.

5 Starting with the flour and ending with breadcrumbs, dip the chicken into the flour, egg and Parmesan breadcrumbs.

6 Add oil to a large skillet.

7 Add chicken two at a time to the skillet. Cook 2-3 minutes on each side or until golden brown and cooked all the way through.

8 Place chicken in a pan or sheet tray and top with mozzarella cheese.

9 Broil on high until melted and bubbly. Top with tomato sauce and a sprinkle of basil for serving, if desired. Serve immediately.

COOK TIME

25

MINS

# Drink of the Month:

## Red, White & Boozy Shakes

**CONTRIBUTOR:** STEVE EMMINGER

Full recipe on <http://www.delish.com/>

Even the drink in your hand can be partiotic this Fourth of July!



### INGREDIENTS:

6 scoops vanilla ice cream

6 tbsp. Milk, Divided

1 oz. Curaçao

1 oz. vodka

3 scoops raspberry sorbet

1 oz. raspberry vodka

Red, white and blue sprinkles

P R E P T I M E

15

M I N S

S E R V E S

2

### INSTRUCTIONS:

In a blender, combine 3 scoops vanilla ice cream, 2 tablespoons milk, and 1 ounce Curaçao. Blend until creamy and pour into two glasses. Freeze 15 to 20 minutes.

Rinse blender and add 3 scoops vanilla ice cream, 2 tablespoons milk, and 1 ounce vodka. Blend until combined, then pour into glasses on top of blue layer and freeze 15 to 20 minutes.

Rinse blender and add 3 scoops raspberry sorbet, 2 tablespoons milk, and 1 ounce raspberry vodka. Blend until combined, then pour onto white layer.

Top each shake with whipped cream and garnish with sprinkles.



# Maintaining Your Mind: Exercises for a Healthy Brain

**CONTRIBUTOR:** JEFF BLACKWELL

For most people staying fit means being physically healthy. This is indeed a wrong notion as true fitness is incomplete without sound mental health. It is as important to exercise our brain regularly just like we do physical workout. Several studies conducted by various scholars have pointed out that coordinated physical activity and brain exercise programs are extremely helpful in reducing anxiety and depression in people. Another key result of such activities is the increase in the plasticity of brain which means the ability of the brain to continue to develop and undergo required changes all throughout the life. It is owing to this unique process that individuals can grow and develop their mental capabilities all throughout their lives.

Below, we discuss some exercises for keeping the brain fit and stimulated and for maintaining a sound mental health:

## **Strategy Games**

Strategy games, be it the card games or board games, have always been considered as great brain stimulators as they enable thinking in logical

patterns. In the present times, we have computer games which give us an opportunity to challenge our cognitive functions. An important thing to keep in mind here is that you must not continue playing the same game for a long time. You must keep switching between different games with respect to the nature of the games and complexity levels.

## **Relaxation Techniques**

Relaxation techniques, if employed systematically, can help you combat stress. Merely sleeping well for a few hours is not enough to tackle stress. Natural relaxation process of the body needs to be triggered using special techniques. Deep breathing techniques, meditation, visualization, rhythmic exercises and yoga are some such techniques.

## **Neurobic Exercises**

These exercises are all about intentional stimulation of brain for enhanced mental fitness and flexibility. Technically, a neurobic exercise means performing an ordinary work which involves the use of more than one of your senses at a time. Taking a

shower with your eyes closed or using only visual cues while eating are two examples of neurobic training. This might require you to break routine habits, many times abruptly.

## **Solving Puzzles**

Human brain continues growing all throughout a person's life. It has been found that even an 'old brain' can rewire itself and grow neurons or brain cells. Age-related memory loss is a result of lack of sufficient mental stimulation. Crossword puzzles, Sudoku and other such mentally-demanding puzzles stimulate the brain and help improve brain function and check cognitive decline. These exercises are particularly helpful in improving the left-brain function which uses logic, knows facts and is detail-oriented.

## **Cardiovascular Exercises**

Cardio trainings have proven to be very effective in upping the mental fitness levels. They improve mental health and check the fall of brain cells with age. They are a good way to prevent age-related memory loss like in the case of Alzheimer's disease.



# Are you a Dog Person or Cat Person?

**CONTRIBUTOR:** JAMES CARMODY

If you love animals in general, there's a good chance that you naturally lean towards either dogs or cats. In a recent study from the University of Texas at Austin, 46 percent of respondents described themselves as "dog people," and just 12 percent were self-described "cat people." Of the remaining respondents, 28 percent described themselves as lovers of both dogs and cats, while 15 percent said that they were neither.

Whatever you think your reasons are for being a dog person or a cat person, you might be surprised to learn just how many factors actually play a part in your preference — and what your dog-loving or cat-adoring tendencies say about you.

The Austin study also surveyed volunteers to find out what types of personality traits were more common in self-proclaimed dog people and cat people. The results found that people who say that they are dog people tend to have more extroverted, agreeable, and conscientious personalities than those who consider themselves cat people. The analysis also revealed that while respondents who described themselves as cat people tended to be

more neurotic than dog people, they also tended to be more open to experiencing new things.

Related: [The Top 10 Questions Owners Ask Vets](#)

A study conducted by researchers at the University of Bristol in the United Kingdom polled households to find out more about cat and dog owners. The researchers found that people who have more education are more likely to own cats and less likely to own dogs. They also found that older people and people who ever lived in a household with a dog were significantly less likely to own a cat. Households with young children were more likely to include cats, while larger households tended to include dogs.

[What Your Pet Preference Says About You](#)

As this new evidence emerges, it seems that a person's answer to the question "Are you a dog person or a cat person?" may say a lot about his or her background and personality. Researchers believe it may be that some people naturally mesh better with the char-

*Original article by Krisha McCoy  
Read more at <http://www.everydayhealth.com/>*

acteristics of a dog, and others mesh better with a cat.

If you are a dog person, you may share or be drawn to characteristics common in dogs. Dogs tend to be:

- Outgoing
- Loving
- Loyal
- Structured
- Personable

If you are a cat person, you may share or prefer some of the following characteristics that are common in cats:

- Independence
- Adaptability
- Silly antics
- Poise
- Beauty

Take a moment to think about whether you prefer dogs or cats — and have some fun with it. Do other people in your life share your preference? Now think about what these pet preferences say about you and your loved ones. Now, proclaim yourself a dog person or a cat person — and be proud of it!