

Two men were seriously ill and shared a room in the hospital. They became good friends and enjoyed talking about the good old days. One of them was in the bed near the window and every day he was allowed to sit up to drain the fluid from his lungs. The other man was forced to spend the days flat on his back. When the first man was sitting by the window, he would describe in detail what he saw outside. He told of an amazing park with a beautiful lake and of couples walking among colorful flowers. He described the joy in the children's faces as they played and laughed. When the man by the window was describing the outside happenings, his roommate would close his eyes and image the beautiful outdoor scenes. Each day he looked forward to these moments. One night the man near the window died peacefully during his sleep. His friend asked the nurse if he could be moved next to the window. The nurse agreed and kindly made the switch. When she left, the man slowly and painfully propped himself up on one elbow to take a quick look at the world outside. He was stunned! The window faced a blank wall. When he saw the nurse, he told her about the beautiful things his roommate had described. The nurse replied that his roommate was blind but he had learned that what surrounds us, is what is within us.

MEMORIAL DAY



1. **Visit a veterans' hospital.** Let them know they are remembered.
2. **Visit a veterans cemetery.** Lend a hand with less cared for graves.
3. **Attend a memorial service.** Many veterans groups plan events for the Memorial Holiday.
4. **Fly your flag.** There are special requirements for flying the flag on Memorial Day. Flags are flown at half-staff from dawn until noon. At noon, the flag is raised briskly to full-staff until sunset, when it is lowered completely.
5. **Honor the National Moment of Remembrance.** Congress has asked Americans, that at 3 p.m. local time on Memorial Day, to pause in an act of national unity for a duration of one minute.
6. **Hoist a POW/MIA flag.** There are more than 83,000 Americans missing from wars fought by our country. Flying the POW/MIA flag reminds people of their sacrifice and their families' too.
7. **Watch/Listen to the National Memorial Day Concert.** This is Broadcast on PBS and NPR, on the west lawn of the United States Capitol. This year the concert is on Sunday May 26th from 8:00 to 9:30 eastern time.

SUMMER BARBEQUE TIME

Food Magazine

Summer is almost here and that means backyard barbeques. Use these tips for excellent summer grilling:

1. Start with a clean grill. Use a sturdy metal brush to clean the grates in between uses. This is easiest when the grill is hot.
2. Don't move the food around. In general, the fewer times you flip something, the better. If the meat is stuck to the grill, let it cook more — it will unstick itself when it's ready for flipping.
3. Don't squeeze or flatten meats. This squeezes out the taste and the moisture.
4. Keep a spray bottle handy. Flames will char meat. Keeping a spray bottle of water handy will allow you to dampen flare-ups without interfering with heat.
5. Buy a thermometer and know what temperature foods should be at to be considered cooked. You can purchase a thermometer for about \$10 which is more accurate than touching food.
6. Do a warm-up. Take your meat out of the fridge about 20 minutes before grilling. Freezing-cold meat won't cook evenly.
7. Undercook foods. Carryover cooking is a real thing. Food continues to cook and will go up about five degrees after leaving the grill.
8. Rest all meat! Allow meat to sit undisturbed for five to 15 minutes after cooking to allow the juices to redistribute. The bigger the piece of meat, the longer the rest time.
9. Keep it simple when serving a crowd. Managing numerous cook times for meats and veggies can easily become stressful, and result in errors and overcooking.

TIPS FOR A HEALTHY LANDSCAPE

LAWN AND GARDEN

- Use a rake.** Rake to remove leaves and debris and then give your lawn a boost by spreading a thin layer of aged compost.
- Re-seed.** Re-seed early so grass can fill in.
- Check hand tools and equipment.** Check to see if any need repairing, cleaning or replacing. Don't forget to make sure your irrigation system is working properly.
- Apply a 2- to 3-inch layer of mulch.** Apply around the base of trees, plants and shrubs..
- Fertilize growing plants.** Use compost, aged manure or all-purpose organic fertilizer.
- Aerate your lawn.** This allows oxygen, water and nutrients to reach grass roots.
- Mow with a sharp blade.** A dull blade rips grass rather than cutting it, making plants more prone to infection and water loss.
- Don't cut grass to short.** Mow higher and more often to produce a tougher turf that is less susceptible to drought.
- Loosen the root ball when planting containers.** This helps plants settle faster into their new space.

LIFE DOESN'T COME WITH A MANUAL,
IT COMES WITH A MOTHER.

BENEFITS OF WELCOMING BIRDS TO YOUR YARD

- **Pest Control:** Many birds eat a variety of insects, including aphids, mosquitoes, spiders and other bugs.
- **Flower Pollination:** Hummingbirds, orioles and other birds that sip nectar are efficient pollinators of garden flowers. This gives flowerbeds an added color boost from extra blooms.
- **Weed Control:** Finches, towhees and sparrows consume great quantities of weed seeds, helping to control unwanted plants.
- **Environmental Conservation:** Bird-friendly landscaping makes use of native plants in environmentally conscious ways.
- **Increased Property Values:** A well-maintained home that attracts birds has better curb appeal and is a great investment for home sales.
- **Education:** Observing backyard birds is a unique opportunity to study local bird varieties.
- **Wildlife Conservation:** Attracting backyard birds provides an oasis for bird conservation, for local species and migrating birds.
- **Stress Relief:** Watching birds and taking the time to work outdoors can also ensure that you have an adequate supply of vitamin D.