

The Diamond 2022

August



Remember this is for staff's eyes only. Please do not allow it to lay around or be seen by offenders.



One of my favorite secrets to feeding my family quality food is frozen meals/food. I love making double or triple a recipe and freezing most of it for nights when I have little time or energy. My family eats meals they love and usually the meals are nutritious too. When I buy (or grow) produce to freeze from neighbors or produce stands; I'm not only feeding my family food that is better for them (without the harsh chemicals or preservatives) but I'm also helping support local Mom 'n Pop operations. Also it's a great money saver!

This edition of The Diamond will include several recipes and tips for freezing food. Whether you're a busy Mom/Dad or if your single and ready to mingle these tips and recipes will hopefully be beneficial or inspirational!

**My personal tips will be italicized.* - Elizabeth Smith

Dates to Remember:

4th Special Olympic Dress Down Day

Smooth as Ice is here

13th Left Handers' Day

17th Personnel Club Dress Down Day

18th Up In Smoke is here

19th Last Day for the Back to School Supply Drive and Dress Down Day for those that participated.

20th National Honey Bee Awareness Day

22nd Blood Drive in the training room

7A-12P, see Paula McCurdy for details

ALSO - Dress Down Day for School Supply participants

25th National Banana Split Day

27th Just Because Day

August is Family

Fun Month!!



August 20th - National Honey Bee Awareness Day

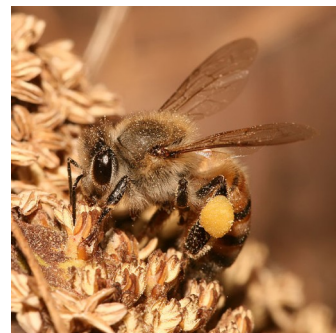
holidaysinsight.com

What's the Buzz?

Why today is National Honey Bee Day! Let's celebrate and show our appreciation for the hard working Honey Bee, who works so hard to produce the liquid sugary treat, that is loved so much by bees and humans.

Speaking of hard working, did you know that many bees have to travel 55,000 miles to produce just one pound of honey? To get that pound of honey, those bees need to gather nectar from two million flowers. A single bee will gather just a ½ teaspoon in its lifetime. After all of this hard work, honey bees deserve this special day of recognition.

This day was first established in 2009 for bee-keepers, as a way to promote honey and to encourage education programs. But, this is too special a day to limit to the beekeepers. We appreciate hard working honey bees, too. After all, they produce honey that we enjoy, and they are vital to the pollination of a wide array of our fruits and vegetables. Now, that's certainly something to appreciate!



August 13th - International Left Handers' Day

holidayinsights.com

Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know? Yup, you guessed it! It ain't easy being a leftie. But those of us who are, would have it no other way. Lefties are proud of it.

Dean R. Campbell, founder of Left Handers International, created this special day. It was first celebrated on August 13, 1976.

There is some false reference on the Internet, suggesting that Left Handers' Day is in January. It seemed to appear around 2010-2012. This is incorrect. We suspect someone wanted to create this day in January, but did not do their homework to find out that it already exist.



Left Handed Facts and Trivia:

- * Sinistrophobia is the fear of left-handedness or things on the left side.
- * While many people are left handed, very few are 100% left handed. For example, many Left handers goal and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed.
- * During the 1600s, people thought left handers were witches and warlocks.

*History is filled with famous left handers, including: Julius Ceasar, Aristotle, Alexander the Great, Mahatma Gandhi, Joan of Arc, Napolean Bonaparte, Harry S. Truman, John F. Kennedy, Bill Clinton, and Jack the Ripper.

THE 7 STYLES OF LEARNING

VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
- Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do It Now' in big letters on some signs or post-it notes



HOW TO GET OUT OF A BAD MOOD OR A FUNK

BECOMING-A-LAWYER.TUMBLR.COM



READ SOME
INSPIRATIONAL
QUOTES



CLEAN UP! YOUR
ENVIRONMENT
MATTERS



DRINK
LOTS OF
WATER.
STAY
HYDRATED!



LIGHTEN UP! GOOD
LIGHTING AND
BRIGHTNESS CAN
BRING UP YOUR
MOOD



DO SOMETHING
SMALL THAT
WILL MAKE YOU
FEEL
PRODUCTIVE



TAKE DEEP
BREATHS.
MEDITATE

MAKE SURE
YOUR HYGIENE
IS IN CHECK



WEAR SOMETHING
THAT YOU FEEL
GOOD ON



GET SOME
FRESH AIR



TALK TO
SOMEONE,
ESPECIALLY A
FRIEND YOU
KNOW WILL TRY
TO CHEER YOU
UP



LISTEN TO
SOME UP BEAT,
HAPPY MUSIC.
SING ALONG
AND DANCE



DO SOME LIGHT
EXERCISE



DO SOMETHING
THAT USUALLY
MAKES YOU
HAPPY



August 25th - National Banana Split Day

holidaysinsight.com

Today is a day you can go Ape over. *It's a very appealing day.* It's National Banana Split Day!!

On August 25th, 1904, the banana split was first created in the small town of Latrobe, Pennsylvania. David Strickler, a 23 year old pharmacist apprentice was working in the soda fountain section of the Tassel Pharmacy. Strickler liked to experiment with different combinations of ice cream flavors and toppings. He created the banana split on this day, and sold it for 10 cents, which was a lot at the time. As a matter of fact, it was twice the price of other sundaes. The banana split caught on with students from local Saint Vincent College, and from there, its popularity spread. Walgreen's gets recognition for spreading the banana split across the nation when they added it to their soda fountain menu.



August 27th – Just Because Day

Today is Just Because Day! Finally, you have a chance to do something without a rhyme or reason. Most often in life, we do things because we have to, or we want to, or it's expected of us. None of these reasons apply today.

Is there something you'd like to do, but there isn't a reason or logic for doing it? Well, today is the day to go out and do something "just because." It is most enjoyable if it is an uncommon, or unexpected activity or action. Perhaps, you have something in mind. If not, just go with the first thing that comes to mind. "Just because" activities often come from a "whim" or a "what if I" type of thought.

To get you started, here are some suggestions for *Just Because Day*:

**Visit someone you haven't seen in a while.*

**Knock on someone's door and compliment them for the great lawn.*

**Skip, don't walk.*

BY THE GROUND SPOT



WHITE SPOT -
TASTELESS



ORANGE SPOT -
DELICIOUS

BY THE "WEBBING"



SMALLER "WEBBING" -
BLAND WATERMELON



LARGER "WEBBING" -
SWEET WATERMELON

BY GENDER



"MALE" -
ELONGATED -
WATERY



"FEMALE" -
LARGER -
SWEET

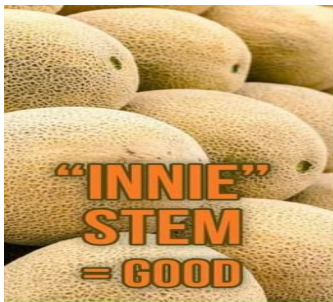
BY THE STEM TAIL



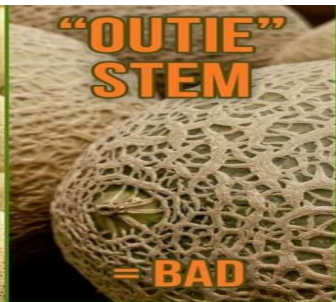
GREEN STEM -
GREEN
WATERMELON



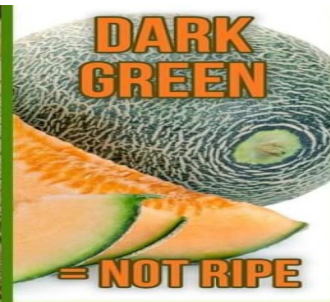
DRY STEM -
RIPE
WATERMELON



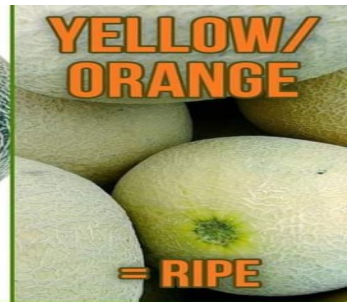
"INNIE"
STEM
= GOOD



"OUTIE"
STEM
= BAD



DARK
GREEN
= NOT RIPE

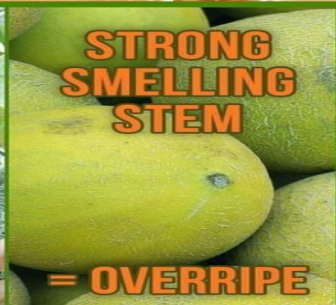


YELLOW/
ORANGE
= RIPE

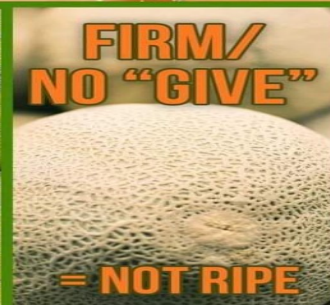
HOW TO PICK THE PERFECT CANTALOUPE



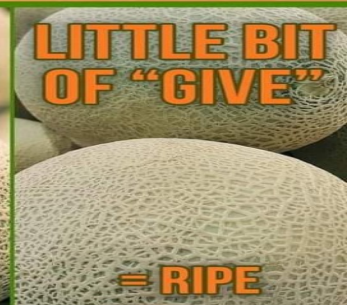
SWEET
SMELLING
STEM
= RIPE



STRONG
SMELLING
STEM
= OVERRIPE



FIRM/
NO "GIVE"
= NOT RIPE



LITTLE BIT
OF "GIVE"
= RIPE



Foods that Freeze Well...

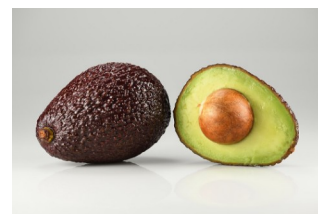
premeditatedleftovers.com

If you are looking to trim down your grocery bill you might want to consider stocking up and freezing foods when you find them on sale. There are certain times during the year when grocery items are going to be marked down significantly. Most people know they can freeze bread, meat, flours, and other items.

What some people don't realize is there is a wide range of items that can be frozen. Produce for example freezes up great! When produce is in season, you will find great stock up prices.

Foods that Freeze Well:

Avocados – You can freeze avocados! When they go on sale, stock up. You can puree the avocados and freeze them.



Baked Goods – Make a double batch of cookies, muffins, waffles, or pancakes and freeze extra to use later for a quick breakfast or fast snack. You can also freeze bread, brownies, and cupcakes.

Baking Supplies – Do you live in an area where you have trouble with insects? Place your flour and sugar in the freezer to keep them safe. You can also stock up on baking supplies when they go on sale at the holidays and extend the shelf life by freezing them. *(I place my baking supplies in zip lock bags before freezing them. I had a bag of sugar smashed in my deep freeze and had a huge mess to clean up. It never happened again, so I'm not sure if this trick will work... but it makes me feel better.)*

Beans – You can cook beans in bulk and then freeze them in 1 $\frac{3}{4}$ cup quantities to use in recipes in place of canned beans.

Block Cheese – Cheese can be expensive but you can also find cheese at rock bottom prices! When you find a great price on cheese stock up. Cheese will last in the freezer for about six months. I suggest shredding your cheese prior to freezing to prevent it from crumbling. *(Personally I buy the big bulk shredded cheese from Walmart or Sam's Club when it's on sale. Then freeze it in, 1 or 2 cups, zip lock bags.)*

Broccoli – Broccoli is a great example of a vegetable that freezes well. Prior to freezing your broccoli soak it in salt water for about 10 minutes, this will help to kill any insects. After you have soaked your broccoli, blanch for about 4 minutes then freeze, *after it's dry.*

Celery – Celery will lose its crunch in the freezer, but not its flavor. Thinly slice it or dice it, and add it to your soups and casseroles.

Corn on the Cob - You might be surprised to hear that corn is very freezer friendly! The easiest way to freeze corn is to leave the husk on and then put it in an airtight bag. Once you are ready to enjoy your corn you can simply add it to the boiling water or microwave it for 5 minutes. *(Seriously I have done this since I was a child, my great grandma taught me. Now I buy twice as much as we need for a meal. While I clean/shuck the husk off all the corn and put what we're not eating that night into a Zip lock bag. Then lay it flat in the freezer. That's it. Cook as usual. Another Grandma will cook it then cut it off the cob and freeze it.)*



Dairy Products – You can freeze many dairy products including butter, cheese, cream cheese, and cottage cheese.

Fruit – You can freeze just about any fruit. However, most fruit will get a little soggy after being in the freezer. Plan on using any frozen fruit for smoothies or baking.

Herbs – Just about any herb you can think of freezes up nicely. Place your herbs in an ice-cube tray with some water or stock. Once you are ready to use the herbs just toss them in your casserole, soup or anything else you might be cooking.

Meat / Poultry – Meat does excellent in the freezer! Make sure to repackage the meat in freezer bags, this will help ensure your meat lasts for up to 12 months. *(I freeze the meat in meal portions. So I will buy 10 pounds of hamburger /chicken and break it up family size portions, or cut a large pork tenderloin in half so it fits in my crock pot easier.)*

Mushrooms – You can also freeze mushrooms. Saute your mushrooms and then freeze them, after they cool down completely. They will be ready to add directly to dishes on a busy night.

Nuts – When you find a great deal on nuts, stock up! Nuts are easy to freeze and freezing them prevents them from going rancid while sitting in your pantry. (In my experience, nuts can lose their crispy texture, if left in the freezer too long.)

Onions – Next time you see a good sale on onions, stock up! You can dice up your onions and freeze them flat in the freezer. Once you are ready to use them, just break off a section and you are all set.

Peppers – Peppers can be quite expensive, so when they go on sale buy them in bulk. You can dice them or cut them up in long strips for fajitas and stir-frys and then freeze the peppers for future use.

Rice – Place rice in an air-tight container and you can freeze it for up to a year. Freezing rice also prevents any pests from invading the rice. You can also freeze rice after it has been cooked.

Spinach – Rinse and then blanch for 2 minutes. Once you have completed the first two steps and allowed the leaves to dry you can put the spinach into freezer bags for about 9 months.

Tomatoes – Tomatoes do very well in the freezer but if you roast them first they are even better! Slice your tomatoes in half, add some of your favorite herbs and a little olive oil. Let them roast in the oven for about 4 minutes at 230 degrees. Once you have roasted and cooled, place them in freezer bags.



Other Hot Tips:

*Make freezer to Crock Pot meals. Pre-assemble the ingredients for a slow cooker recipe, place them in a gallon size freezable bag, and freeze. *(You will want to freeze them laying flat, they will take less space and stack nicely.)* Pull them out on the day you want to cook them and dump them in your crock pot, before leaving for work or games, for an easy dinner. (Add any noodles to the crock pot... they will be mushy if you freeze them with the ingredients.)

You can find 1,000s of recipes on-line. I like Pintrest and allrecipes.com the most. Pork, chicken, beef... seriously almost anything you can wish for.

*How you package your food will determine how well it does in the freezer. When freezing food make sure to take as much air out of the packing as possible.

*Always allow warm food to cool down to room temperature before freezing it.

*Invest in freezer paper, heavy duty zip lock bags, quality foil and plastic wrap. Having all these items at your disposal will help ensure your food holds up well in the freezer. *(I may not use name brand zip lock bags all the time. I make sure they say freezer bags on the package. They seem thicker and the food last longer in my humble opinion.)*

*If you are not going to use meat within 1 or 2 months, take it out of the supermarket packaging and re-wrap it. Supermarket packaging is not air-tight so you will want to repackage the meat to prevent freezer burn.

***Clearly mark all of your items with the date and what's in the bag.** This will allow you to quickly see what day you put the items in the freezer and what exactly you froze. This also helps when rotating stock. *(Trust me... you will not remember what you froze 3 months from now. You are too busy.)*

Slow Cooker French Dip Sandwiches

happymoneysaver.com

Ingredients: *(I add caramelized onions to both recipes!)*

4 lb boneless beef roast chuck or round roast

2 cans beef consommé

Directions:

1. Place roast beef into your slow cooker.
2. Pour beef consommé over the beef roast.
3. Cook on high 4 hours or on low for 6-8 hours.
4. Once roast beef has cooked, remove from slow cooker with tongs, very carefully. Break apart with 2 forks. Separate fat from the beef au jus leftover in crock-pot.
5. Serve with buns, dip sandwiches in au jus.

Salisbury Steak (both recipes can be doubled and half frozen for later)

justapinch.com

For Beef Patty:

1 pound ground beef

½ cup saltine cracker crumbs
soup 1 egg beaten

1 envelope onion soup mix

*½ can golden mushroom

For Gravy:

½ cup of water

*½ can golden mushroom soup

2 dash Worcestershire sauce

1 jar beef gravy

1-8oz mushrooms

¼ tsp pepper

1. Combine ingredients for patties in a bowl. Mix well and form the beef into good size oval patties. Brown patties on both sides. Don't cook all the way through as they will continue to cook in the gravy.
2. Combine the gravy ingredients in a bowl and pour over the patties. Gently lift the patties to let some of the gravy get under the patties. Cover and reduce heat to med/low and let simmer in gravy for 20-30 minutes.
3. Serve with mash potatoes and a veggie of choice.



Congratulations to the Employees of July:



Non-Custody: Elaine Gray, Senior Office Support Assistant

Elaine is being recognized for the outstanding job she does to help staff here at WERDCC. Her willingness to work as custody during the evenings and weekends is the true meaning of teamwork!

It's also been noted that she always has a positive attitude and she goes above and beyond her job duties when staff members have questions for the Personnel Department.

Custody: Callista Swank, Correctional Sergeant

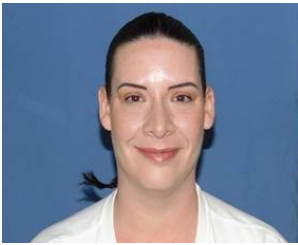
Callista is being recognized for the fantastic job she does as a Corrections Officer II! COIII Jessica Evans remarks that Callista has excellent attendance and that she's extremely knowledgeable. It was also noted that she doesn't hesitate when making decisions and she helps instill a sense of confidence in everyone around her. COII Swank's professionalism shines when she is handling issues with staff or offenders. COIII Evans also shared that COII Swank is always willing to help others in need whether it's computer issues, writing reports, or questions regarding policy.



Big Things Happening in WERDCC...

Please congratulate our new Maintenance Supervisor I, Michael Wilmes!
He will begin his new position on June 26, 2022.

Please congratulate our new Cook III, **Jacqueline Smith**! She will
begin her new position on July 17, 2022.



Welcome to WERDCC!!

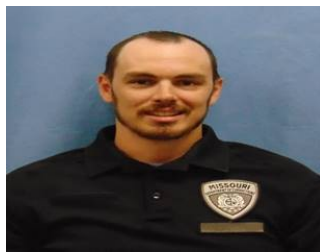
Please welcome our new Correctional Officer Daniel Schneider!
He began employment, July 5, 2022.



Please welcome our new staff!
They begin employment on, July 18, 2022.



JUDITH CHASTINE, COOK II



STUART RICE, COI



RYUN COPELAND, COI

The following is a helpful tip from The Corrections Way Committee:

De-Escalation Process

Have you ever had an employee stop you in the hallway or parking lot and start venting about something or someone...?

We have all been there and taken part in these conversations. And sometimes a co-worker or your subordinate just needs to vent.

As a supervisor this is also an opportunity to get to the root of the problem.

When these situations arise, what TCW tools can you use? It's called the De-Escalation process.

1st step: **Clarify/Listen - (TIDES)**

Tell me more about that.

In what ways....

Describe that for me.

Explain that for me.

Say more about that.

-Why do we do.....? (get them talking)

-What could be the outcome if I didn't do.....? (Do not truly understand

issue/concern)

-After Clarify - Where do most go from here? (Step 5. Respond- most of us skip ahead but fight the urge to FIX)

This process is **NOT** about **FIXING**, it's about gaining an understand of ALL concerns/issues.

2nd step: **Restate/Cushion**

Restate -

-How do we restate? (Do we Repeat back to them what they said?)

- Why do we restate? (to get confirmation we understand what they were saying.)

-Unclear??.... What do we do then? (Circle back to 1st step)

Cushion (NOT AGREEING) -

-I could see where that might frustrate you.

-I can see your point on that.

3rd step: **Hidden Issues**

The main question here is: Anything else?

- Why do we do this? (Research Shows - 68% of time the 1st issue, is not the real issue)

- What if we skip and do not ask? (we could hear the same thing tomorrow.)

If they answer "YES" there is more, then go back to 1st step, start over.

Repeat until they answer "NO" there is nothing else.

This step is again, extremely important. Make sure you are drawing out all of the "Hidden Issues" before moving until step 4.

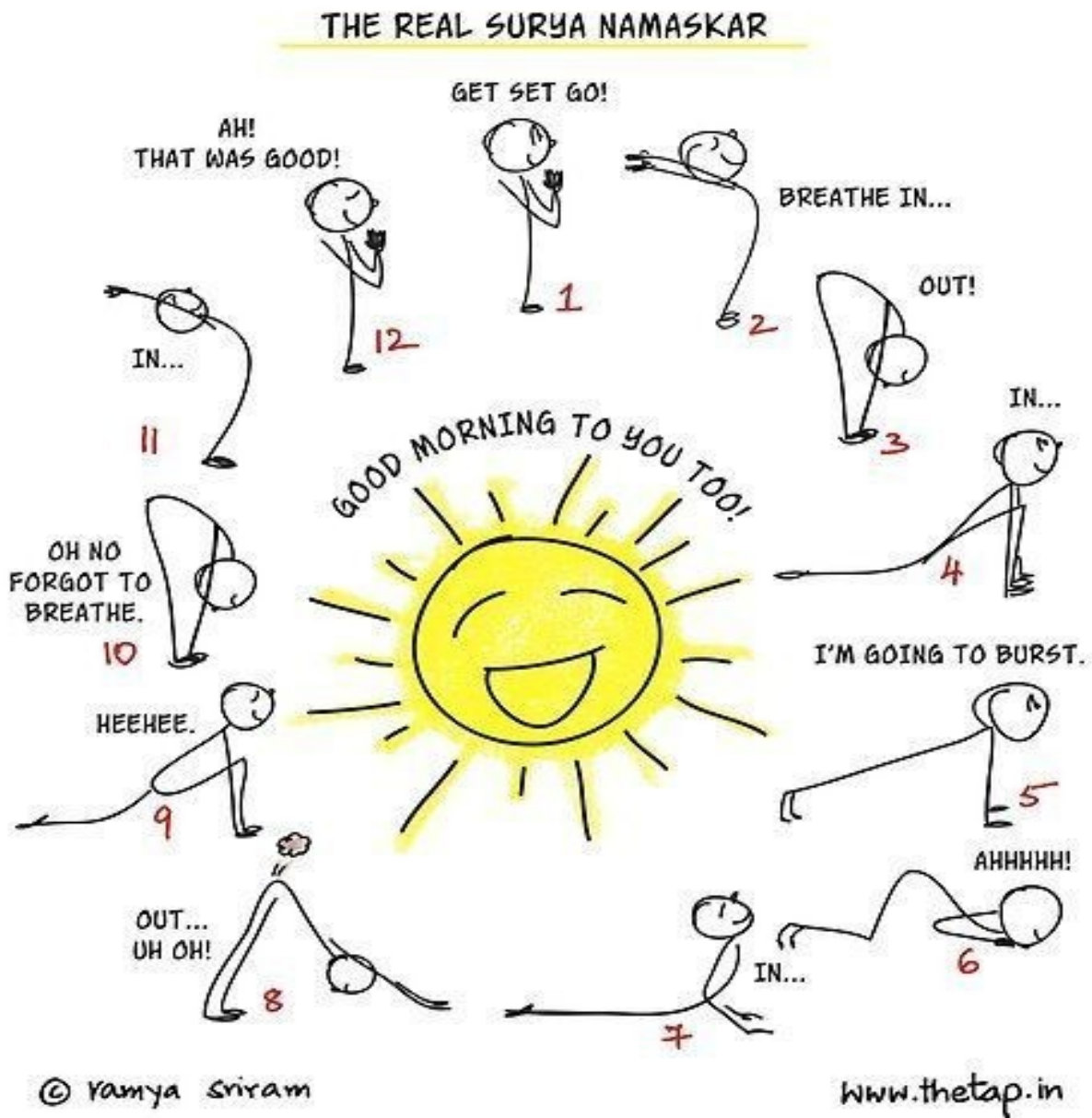
4th step: **Isolate - 2 to 3 issues**

Ask your subordinate "Of the things we discussed which one would you like to tackle first....?"

5th step: **Respond** - Wrap up in box...

Based on what we discussed when would be a good time to come together...?

6th step: - Who, does what, by when? (After sit down discussion about issues)



CoWorker Spotlight:

Name: DeLisa Totton

Where do you work?

Food Services

How long have you worked for the state?

Since January 2022

Something you wished people knew or understood about your job?

That is this Job a very rewarding

Favorite smell?

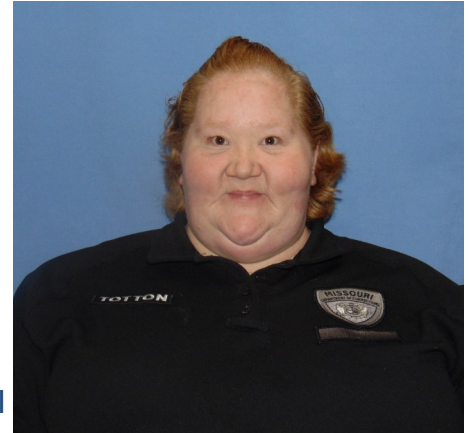
Fruity smells for Summer time and Pumpkin for Fall and winter

If money, time, and space was unlimited what pet would you have? Horses

Something you do to unwind after work?

Spend time with my daughter and binge watching the shows that I may have missed while at work

Dream vacation? Universal Studios in Florida then to the Beach



THE ULTIMATE LIST OF STAYCATION IDEAS TO SAVE MONEY ON A VACATION

*CHECK OUT THIS WEBSITE FOR THE FULL ARTICLE:
EATDRINKANDSAVE MONEY.COM/THE-ULTIMATE-LIST-OF-STAYCATION-IDEAS-TO-SAVE-MONEY-ON-A-VACATION/*

Everyone deserves a vacation, right? The problem is that not everyone has the time or money to travel far. Throw Covid into the mix and a staycation is the perfect solution. Just because you can't go far this summer, doesn't mean you shouldn't enjoy a vacation. These staycation ideas will help you save money on a vacation while still making memories.

Americans are notorious for not taking vacations.

Even before we could blame coronavirus for not taking a vacation, our society was notorious for not taking vacation. Don't let money be the reason you aren't relaxing this year. Sure, you may not be able to afford to travel far, but that shouldn't keep you from exploring the world around you right where you live.



SAVE MONEY ON A VACATION WITH THESE STAYCATION IDEAS

Having 3 kids has taught me that just because you can't travel far, doesn't mean you can't enjoy traveling. Sometimes you can get the best experiences traveling around your hometown or venturing to neighboring cities. A staycation not only helps you save money on a vacation, it can give you the opportunity to see your town from a new perspective.

Personally, my favorite part of traveling is trying new things. Lucky for me, it's pretty easy to try new things within a few miles from our home.

WHAT IS A STAYCATION?

A staycation is a combination of vacationing and staying at home. There are a few different definitions ranging from "a vacation in your home country" to "a vacation where you don't leave your house".

Seeing as how America is a rather large country, I like to define a staycation as a vacation where you make your home the base of your vacation. This doesn't mean you have to sleep at home every night. Camping, visiting a local hotel, or taking a weekend getaway to a neighboring city all still make for great staycations.

THE ULTIMATE LIST OF STAYCATION IDEAS

Unplug

The best part about vacation is unplugging.

Do just that. Feel free to use your camera phone to document the journey, but refrain from checking in on social media every 5 minutes. Do the same with email. Shut it down and shut it out during your staycation.

Explore your own city

Stop by the visitor center or search for your convention and visitors bureau (CVB) online. Many offer coupons and deals to visitors. Email or call to let them know that you want to do a staycation and ask them to send you the standard information they send to tourists planning a trip to your city.

Go ahead and contact the CVB for neighboring cities too.

Here are some easy ways to explore your city:

- head to the closest museum
- visit the parks and recreation website for your city to see what cool parks are nearby
- check out the closest zoo
- visit the closest children's museum
- go to the nearest aquarium

Find small adventures in your own town

Go to the closest state or national park or explore the closest tourist trap. Hike a trail that is nearby or take advantage of water sports if you are close to water.

Take a day trip to neighboring cities

Pick a city that is no further than an hour away and explore for the day. Wake up early, get a cup of coffee on the road and get to your neighboring city in time for breakfast. Spend the whole day acting like a tourist in a new city.

All day pool day

Go to your neighborhood pool or city pool and spend all day there. Or take a trip to your closest water park.



Camping

Either set up a tent in your backyard or pick a camping site in your county. Both are fun and require very little money.

Transform your backyard into a water park

Amazon has a ton of really fun and affordable water games, kiddie pools, and inflatables.

Turn your house into a spa

Instead of going to a fancy spa during a hotel vacation, bring the spa to you. Go to the drug store to pick up some essentials, turn on some classical music, pour a glass of cheap champagne and relax.

Go a step further and set up a hammock, a lounge chair and a fire pit to replicate the outdoor spa experience.

Do a culinary trip of your town

My favorite part about traveling is getting to try new foods. Do that, but in your own city. Pick a new restaurant to try every day during your staycation. Yes, it is more expensive than cooking at home, but it's still way cheaper than driving or flying somewhere and staying in a hotel during vacation.

Book a hotel room in your city

Book a hotel room during a weekday out of the busy season and save a ton of money.

DIY film festival

Put together a movie marathon and veg on the couch all day with popcorn and your favorite drinks.

Crock-Pot Hawaiian Chicken

mommysfabulousfinds.com

Ingredients:

1 can crushed pineapple

1 bottle of BBQ sauce

4 boneless chicken breast, boneless and skinless

Directions:

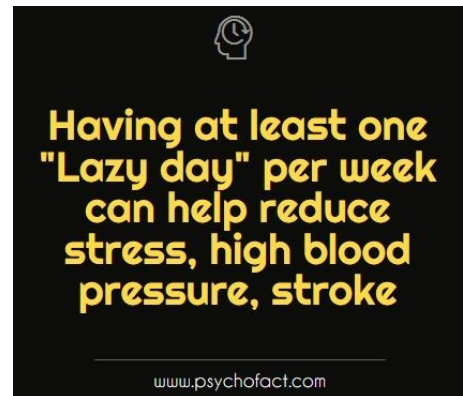
1. Add ingredients into a gallon size zip-lock bag. Zip close and place in the freezer (on its side for space saving.) When ready to use thaw overnight in the fridge. Empty contents in the crock-pot, stir together and cook on low for 6-7 hours.

Crock-Pot Cheesy Chicken Potato and Broccoli

mommysfabulousfinds.com

Ingredients:

2-4 chicken breast, boneless and skinless
1 large green pepper, chopped
2 cups broccoli, chopped
1 pound red potatoes, sliced thin
1 tsp paprika
1 small can of cream of chicken soup
*1/2 cup Velveeta, cut into cubes
1 Tbsp Worcestershire sauce
1/2 cup fresh parsley



Directions:

1. Add all the ingredients except for the cheese in a gallon freezer bag. Seal the bag and place in the freezer. When ready to use thaw in the fridge overnight. Cook 6 hours on low. Add cheese and cook on high for 5 minutes. Stir in cheese until melted.



Missouri Fun Fact

mentalfloss.com

Iced tea was invented at the St. Louis World's Fair in 1904 when Richard Blechyden served tea with ice in it.

mentalfloss.com

The 1904 World's Fair in St. Louis introduced the masses to a number of new treats, including the waffle cone, cotton candy, and Dr. Pepper.

onlyinourstate.com

Peanut Butter was invented in St. Louis during a visit from George Carver.



Brian Cantoni/flickr

Summer Fun Word Search

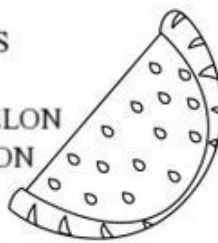
Find all the words!

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

VOLLEYBALL
WATER
CREAM
LEMONADE
BUTTERFLIES
MINI
FIREFLIES
POOL



FRISBEE
BALLOONS
BEACH
WATERMELON
BADMINTON
GOLF
POPSICLE



KITES
ICE
SANDCASTLE
PICNIC
PARK
BASEBALL
TRAMPOLINE

