

PATRIOTISM

If you are full of patriotism, you're full of love for your country. Patriotism is associated with serving your country, singing patriotic songs, waving the flag, wearing red, white and blue. There are, actually, a lot of ways to demonstrate your patriotism. Waving the flag is an obvious way, but anything that celebrates your country or makes it stronger is a great display of patriotism.

Here are a few other ways:

Recite the Pledge of Allegiance and know what it means.

The United States Code outlines that during the national anthem, you should stand at attention and face the flag, or toward the music, with your right hand over your heart. Men not in uniform should remove their hats and hold it with their right hand, putting the hat over the left shoulder so their hand is still over their heart. The guidelines are a bit different for those in uniform.

Know our basic freedoms as outlined in the Bill of Rights and respect that others have those same freedoms. Knowing that everybody has the right to hold different opinions and beliefs is valuable.

Honor soldiers as there are many brave Americans serving in the military, or that have served in the past. Share your story so others may learn from your experience and journey.

Pay attention to issues in your community and vote.

America is the world's melting pot. Our immigrants brought much more than suitcases – they brought their culture and traditions. This is what makes our country what it is today.

Volunteer!

HAPPY 4TH OF JULY

WE WILL BE HOSTING A HOT DOG SOCIAL ON JULY 26TH AT 1PM IN HONOR OF NATIONAL HOT DOG MONTH. ALL FAMILIES ARE INVITED.

JULY BIRTHDAYS ARE HERE

GEORGE WILL BE THE BIG 94
LOIS WILL BE THE BIG 94
KATHRYN WILL BE THE BIG 92

PLEASE NOTE WE HAVE A LARGE BIRTHDAY PARTY THE LAST DAY OF EVERY MONTH BETWEEN 2P-3P.

FIRECRACKER ICE POPSICLES



INGREDIENTS:

- 1/2 pound strawberries (1 1/2 cups) hulled and quartered
- 1/2 pound blueberries (1 1/2 cups)
- 1/4 cup sugar
- 1 1/4 cups low-fat, plain yogurt
- 10 Dixie (or other wax-lined) cups
- Popsicle sticks

DIRECTIONS:

In a food processor, puree strawberries with 1 tablespoon sugar. Transfer to a small bowl. Rinse processor and puree blueberries with 1 tablespoon sugar. Using another small bowl, whisk together yogurt and 2 tablespoons sugar. Pour the 3 mixtures, one at a time, into ten 3-ounce cups or molds. If you want to create a design, take a popsicle stick, swirl mixtures together in a side-to-side motion, or leave as is. Insert sticks in middle and freeze until solid, about 3 hours.



FATHERS DAY KNOT THERAPY!!!