

Learn to Relax in a Garden

If you're looking for a quick mental "pick-me-up" take a walk in a garden. Research has proven that just five minutes of exercise outdoors can improve your mental health. This study should encourage you to spend more time in parks and gardens. It doesn't matter if you walk, garden, ride your bike, or farm. All these activities can boost your mood and your self-esteem.

This is one form of "self-medication" that your doctor will approve of. There is great benefit to individuals as well as to society in general. The cost of health service would decrease if more people would spend a few more minutes every day outside. Spending time in nature can decrease the risk of mental illness as well as increase one's sense of well-being. The studies examined such activities as walking, gardening, bicycling, fishing, boating, horseback riding, and farming.

The greatest health changes were found in younger people and in the mentally ill populations, however, all ages and social groups found benefit. The best improvement in self-esteem came from five minutes exercising outside. It made no difference if the exercise was done in the wilderness or in city parks, however green areas with lakes had an even more positive effect.

National Aviation Day

It seems hard to believe that we have been flying for just over 100 years. Orville Wright flew a self-invented aircraft named Flyer for 12 seconds on December 17, 1903. Then on November 9, 1904 Wilbur flew Flyer II for 5 minutes. The aviation age had begun. In 1909 the U.S. Government bought their first airplane, a Wright Brothers biplane for the princely sum of \$25,000. In 1939, Franklin D. Roosevelt declared that August 19 would be considered National Aviation Day because it coincides with the birth date of Orville Wright, the first man to pilot a manned aircraft. Since that time, August 19 has been set aside as the day we celebrate the history and development of aviation.



August Events

August 1 – American Family Day

August 8 - Dollar Day

August 13 – International Left-Handers' Day

August 19 – National Aviation Day

August 26 – Women's Equality Day

August – National Inventor's Month



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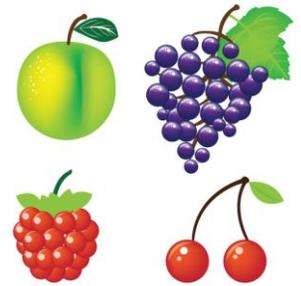
End of Summer

It's awfully hard to say goodbye to summer. Rather than wish it weren't passing by so quickly, take time to really enjoy summer. Here are a few ideas you may wish to try:

- Throw a beach party. Even if you don't live on the beach, decorate with beach umbrellas, lounge chairs, and cute umbrella drinks.
- Take weekend trips the entire month of August. You've probably already used up your two week vacation, but by taking short trips, but staying overnight at least one night, makes it seem like you had a longer summer vacation.
- Have an outdoor movie night and invite the neighbors. Serve hot dogs, soft drinks, and of course, popcorn!

Summertime Sangria

In keeping with the summertime theme, I like to make pitchers of white wine sangria for summer gatherings where I use a light white wine, well chilled, and pour it into a pitcher that is more than halfway filled with summer fruit. Cut apples, pears, peaches and nectarines, lightly crushed raspberries, strawberries, blueberries, grapes, and cherries. Keep refrigerated and stir before pouring into glasses. Don't bother straining the fruit, this is a great way to have one or two fruit servings for the day.



“Gone are the birds

That were our summer guests.”

~Henry Wadsworth Longfellow

Summer Is Here! Anything Winter Is 10% Off

Convince us you wear a garment in the winter and you can have 10% off. Tell us a good story about it and you'll get 10% off with no questions. So I guess what I'm saying, if you're creative, you'll get 10% off. We'd love to hear from you.

This month's quotes:

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." - Helen Keller

"Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it." - M. Scott Peck

"Golf is a day spent in a round of strenuous idleness." - William Wordsworth

"If you drink, don't drive. Don't even putt." - Dean Martin

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