

Forever SUMMER

FOOD & FUN

SOMETHING FOR EVERYONE!



COLD EATS for hot days

On hot summer days, the idea of turning on the stove or oven can be unpleasant. Here are a few meal ideas for times it's too hot to cook.



GAZPACHO

There are many variations of this cold Spanish soup, but most include cucumber, tomato, bell pepper and garlic. To make your own, combine your choice of vegetables in the blender and season with some salt, pepper, a splash of red wine vinegar and olive oil. Top with toasted croutons for an authentic, traditional touch.

SALAD

There are almost infinite ways to make a delicious salad, so let your imagination guide you. Start with a base of leafy greens, potatoes or pasta. Add seasonal veggies and a protein like pre-cooked chicken or grilled tofu. For a simple dressing, mix lemon juice with extra virgin olive oil.

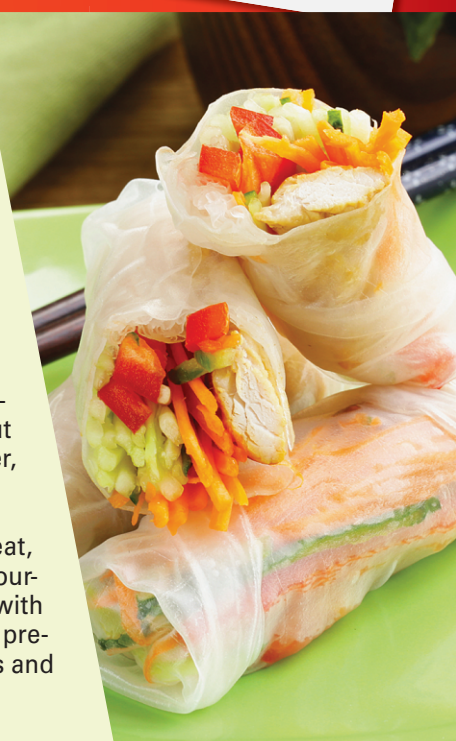
SPRING ROLLS

Let everyone in the family make their own fresh spring rolls. Simply assemble the

ingredients you want to use including rice paper wrappers, vermicelli rice noodles, julienne style veggies and your choice of protein, then combine them to make your rolls.

If you find rice paper wrappers hard to work with, substitute them with lettuce leaves. Use a premade sweet chili sauce for dipping, or try your hand at a peanut sauce using natural peanut butter, soy sauce and garlic.

Some days it can feel too hot to eat, let alone prepare a meal. Keep yourself and your family nourished with one of the above eats, or simply prepare a platter of fruits, vegetables and cold meats. Bon appétit!



How to choose the best course for your golf getaway

Does your dream vacation involve hitting the links? With a bit of planning, you can make golf the central component of your next trip. Here are the factors to zero in on when selecting the perfect spot.

- **THE SURROUNDINGS.** For many, the beauty of the course and its natural surroundings are essential to having a great golf trip. Think about the particular type of weather and terrain you most appreciate and plan accordingly.
- **THE DIFFICULTY.** Even if it's the most stunning course you've ever played on, you probably won't enjoy yourself if you need to take too many extra strokes. Look at the

course and slope ratings to determine the level of difficulty.

The course rating is the score the average scratch golfer shoots on the course. The course slope indicates a course's difficulty for a bogey golfer. It ranges from 55 (very easy) to 155 (very difficult), with 113 representing a standard level of difficulty.

- **THE PRICE POINT.** A golf trip can be planned and executed on any budget. The most affordable options tend to be golf packages that include accommodations, green fees and sometimes club storage, cart rental, driving range access and deals on dining.



- **THE EXTRAS.** Since you can't spend the entire day golfing, it's a good idea to find out what else the area has to offer. For instance, you might opt to stay at a resort with an outdoor swimming pool and spa.

Or you might select a golf course near a town where there's lots to do. These are especially important considerations if there are non-golfers among your travel companions.

6 ways to enjoy the great outdoors

Ready to head outdoors and take in the fresh air and great views? Here are six ways to get out into nature this summer and have fun doing it.

- 1. HIKING.** Head into the woods for a day of walking through the wilderness. Hiking trails are easily found all across the country, so pick one that matches your skill level and enjoy the excursion.
- 2. HORSEBACK RIDING.** Riding is a great way to connect with an animal while tramping through the woods with friends.
- 3. CAMPING.** What better way to get back to nature than with a few days of camping? Escape the hustle and bustle of modern life so you can enjoy sleeping under the stars.

- 4. KAYAKING.** This type of paddling is ideal for most outdoor explorers, whether you're looking for an adrenaline rush or a relaxing afternoon on the water.

- 5. CYCLING.** If you're looking for a way to combine sightseeing with exercise, use bike paths and trails to explore a region's must-see treasures.

- 6. BIRD WATCHING.** Find a quiet spot on a bird reserve and keep your eyes peeled. This is the perfect way to spot birds and other animals in their natural habitat. If you're patient, you'll be rewarded by seeing a variety of wildlife.

Local parks and nature areas are among the best places to participate in these activities. Consider spending time exploring in your area this summer.



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