

Ten's Perspective

2024



JAZZYLICIOUS
JUNE

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Jazzylicious June

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A B O U T T H I S M A G A Z I N E

Welcome to the latest edition of Jen's Perspective, your trusted guide to a vibrant and fulfilling lifestyle. In this issue, we embark on a journey through some of the most captivating facets of life, offering you fresh insights and inspiration across travel, food, home, fashion, and health. Our mission is to enrich your daily experiences and help you celebrate every moment with elegance and joy.

With Father's Day, and Summer here it's time to enjoy family vacations, Summer camp, beach days and making fun fond memories.

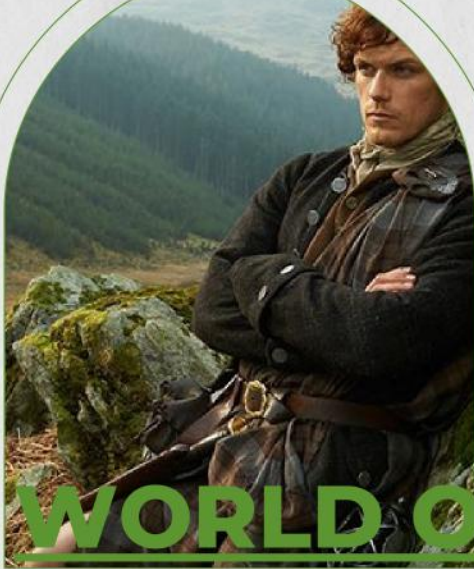
In our food and cooking segment, we dive into the world of seasonal ingredients and culinary innovation. Our curated selection of recipes is designed to bring warmth and flavor to your kitchen, whether you're a seasoned chef or a passionate home cook. Discover the joy of creating mouthwatering dishes that celebrate spring's bounty, from fresh salads to indulgent desserts. Additionally, our interviews with top chefs and food influencers offer a glimpse into the latest trends and techniques in the culinary world.

Home and garden enthusiasts will find plenty to inspire in our comprehensive guides to creating beautiful and functional living spaces. We explore the latest in interior design trends, sustainable gardening practices, and DIY projects that transform your home into a sanctuary. Our expert contributors share their tips on everything from decluttering to enhancing curb appeal, ensuring your home is a reflection of your personal style and a haven of comfort.

Finally, we celebrate the essence of personal style and well-being in our fashion and healthy living sections. This season's fashion highlights focus on versatility and timeless elegance, helping you curate a wardrobe that is both chic and practical. Meanwhile, our health articles provide valuable advice on maintaining a balanced lifestyle, from fitness routines to mental wellness strategies. As we approach major holidays, our special features offer creative ideas to make your celebrations memorable and meaningful.

Thank you for joining us in this exploration of a life well-lived. At Jen's Perspective, we believe that every day holds the potential for beauty and joy, and we are committed to bringing you the best in lifestyle content. We hope this issue inspires you to embrace new experiences, indulge in your passions, and find happiness in the everyday.

Jennifer Langholff



WORLD OUTLANDER DAY

This World Outlander Day, fans from all over the world are showing their love for the series which brought Sam Heughan's rugged Highlander Jamie Fraser onto our screens.

It marks the day in 1991 when Diana Gabaldon first published her novel Outlander, which became the hugely popular book series and Starz show which we all know and love.

June 1 has become the day to celebrate one of Scotland's biggest and most beloved TV shows.

Celebrating the big day, the show posted on its Twitter account: "Lord, ye gave me a rare fanbase and God I loved them well. Happy #WorldOutlanderDay to the most incredible, creative, thoughtful, and passionate fans ever."

So, in honour of Outlander's anniversary, we thought we'd share a few interesting things you may not know about the show. See link below for credit....

1. "This man is grotesque!"

Author Diana Gabaldon's first reaction to the casting of Sam Heughan as Jaime? "This man is grotesque!" But she quickly changed her mind when she saw his audition tape. "He was gone: it was just Jamie Fraser. He had nailed this particular scene just perfectly. He had the exact right combination of menace, sex, everything," she said.

2. A sex scene had to be reshot due to Scottish weather
Mild spoiler: An outdoor sex scene between Claire and Jamie had to be reshot as it didn't have enough nudity. They were filming beside a river in Scotland in November, so the actors were freezing and fully clothed. But producers decided to reshoot as it wasn't deemed sexy enough, according to Catriona Balfe (Claire). The scene, which is in season four, was eventually refilmed when Scottish temperatures were a little warmer, and both actors got their

3. It may have been delayed due to Indyref

It is rumoured the release of the very first Outlander series may have been delayed due to the Scottish Independence Referendum in 2014. Although author Diana Gabaldon has denied this, emails leaked by Wikileaks show then UK Prime Minister Cameron met with Sony representatives weeks before to discuss the show's release date.

Lead actor Sam Heughan has been vocal in his support for Scottish Independence.

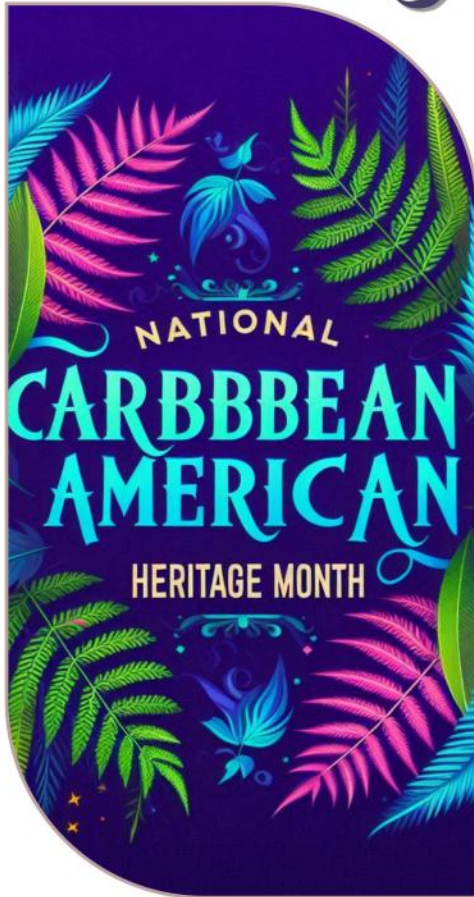
4. Castle Leoch was also in Game of Thrones

Doune Castle, which is where the Castle Leoch scenes were filmed, is no stranger to television and film. The Medieval stronghold in Stirling starred in Monty Python and the Holy Grail – "Your mother smells of elderberries!" – and also as Winterfell in Game of Thrones.



Heritage Celebrations

June 2024



June is National Portuguese Heritage Month on the National Day Calendar to celebrate the rich cultural history behind Portuguese-Americans and the vast contributions they have made to the country.

#PORTUGUESEHERITAGEMONTH

Nearly 1.4 million Portuguese Americans live in the U.S. sharing their vibrant communities and cultural traditions as part of American life. Come along with us as we share everything from the delicious food, music, dance, and strong community ties Portuguese Americans offer in our country. Enjoy our take on their strong community ties, religious institutions, and cultural preservation that help them thrive.

Portuguese Culture

Portuguese culture is all about hospitality. They love to bring friends and family together to share their festive stance on life. Often hosting vibrant festivals and celebrations, the Portuguese culture invites anyone with open arms to join in their heritage and learn about them firsthand. They love to welcome new people into their homes and neighborhoods by sharing the love have for their history and traditions.

Religion plays an important role in Portuguese culture. In fact, many of their celebrations are centered around the Holy Spirit. One of the most famous festivals in the U.S. is the Festa do Espirito Santo, otherwise known as the Holy Ghost Festival. This festival has a rich history honoring to Queen Saint Isabel of Portugal (1271-1336).

Queen Saint Isabel of Portugal was canonized into sainthood by Pope Urban VII on June 24, 1626 for her work with the poor. Interestingly, she was also known to turn bread into flowers, which became known as spiritually divine act that prompted her sainthood with the Catholic Church. Today, the Holy Ghost Festival is celebrated throughout the U.S. in Portuguese communities. The festival celebrates with parades, feast, music, and dance that showcases the beautiful history of Portuguese Americans and includes how religion has shaped their heritage.

National Caribbean-American Heritage Month in June recognizes the contributions of the Caribbean-Americans to the diversity and broader landscape of American culture. Caribbean American immigrants and residents of Caribbean U.S. territories are a vibrant part of the American melting pot. They have a long tradition of contributing to our communities and serving their country. From the first Secretary of Treasury, Alexander Hamilton to civil rights activist W.E.B. Du Bois and Jennifer Carroll, Lieutenant Governor of Florida, Caribbean American's step up to challenges across generations. The month is an opportunity to celebrate the heritage, history, and cultural diversity and a time to explore the traditions Caribbean-Americans carry with them.



Father's Day



On the third Sunday in June, Father's Day honors the role fathers play in the family structure and society. The day recognizes not just fathers, but the father figures in our lives. These are the men we look up to who set solid examples for us and guide us throughout our lives.

Many families dedicate the day to their fathers and grandfathers. Whether they are first-time fathers just learning to change a diaper, or experienced fathers offering sage advice, the day celebrates everything a father is. Fathers from family to family play a variety of roles. They may be a caregiver, provider, or advisor. Some fathers are the strong, silent types. And yet others tell us stories for days. Fathers teach, guiding small hands as they hammer a nail or sail a kite.

We only look up to our fathers for so long. At some point, we begin to see things a little differently. But that's not when we stop looking up to them. It's at that point, we turn and look forward together.

Celebrate your father. Explore his favorite hobbies or encourage him to share a story or two. Play a game or take him to one. Enjoy your time with your father and celebrate him. Share images of you with your father on social media and be sure to use #FathersDay too!





Meow.....

National Adopt a Cat Month in June encourages us to remember our feline friends when considering a new pet. Also known as Adopt a Shelter Cat Month, it's a time to learn the cat-friendly ways to prepare your home for a new fur baby, how to know which cat is best for you and how to care for your feline friend.

Shelters are full of cats and kittens in needs of forever homes. These feline fur babies come with as many personalities as they do colors and coats. They curl into our hearts and will just as quickly remind us they decide who they love. Whether they were born in the shelter, surrendered or abandoned, 3.4 million find their way to a shelter.

When considering the adoption of a furbaby, take your time. Each shelter animal will touch your heart, so be sure to find a life-long love.

All our babies are rescues, and spoiled rotten inside crew with Charlie, Inky, Wylie, Peanut, Molly and Leo. We also care for and work with local animal services.

Things to Consider when adopting...

- Consider your lifestyle. Will you have time for an active kitten or will an adult cat be more to your pace?
- Make multiple visits before making a choice. Sometimes, the purrfect cat will choose you.
- Spend one-on-one time with the cat so you have some bonding meowments and her true personality comes through.
- Do other members of your fur family need to be considered? If so, be sure to introduce them to be sure their personalities mesh.
- When you bring your new family member home, have a space ready for him to decompress and adjust to his new abode. Don't be surprised if he hides at first. This is normal cat behavior.

Please consider black kitties first. It is a sad fact that these balls a adoration and love typically have longer waits for a forever home. Silly superstitions have left them with shelter times of more than twice any other cat.

NATIONAL GREAT OUTDOORS MONTH

National Great Outdoors Month in June reminds us to explore our nation's abundant wildlife refuges, parks, and natural beauty.

Whether we hike or bike the trails, kayak or canoe the many rivers and canyons or pitch a tent in the forest or on a hillside.

No matter our preferred mode of enjoying the great outdoors – hiking, biking, kayaking to name a few – nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors

offers. This month also raises awareness of the accessibility of the great outdoors.

Depending on where we live, sometimes reaching nature is more difficult. Many cities create relaxing and vibrant green spaces with trails and paths designed for easy access by the community. However, in some inner-city neighborhoods, access to parks or the ability to get outside the city to visit State or National Parks is difficult.

See National Barrier Awareness Day for more great ideas for beaches, the great outdoors, as well as simply getting around town.



National Great Outdoors Month is an excellent time to consider making access possible.

HISTORY

Great Outdoors Month was founded in 1998 to celebrate nature. Visit www.greatoutdoorsmonth.org to learn more.

HOW TO OBSERVE

Visit a State or National Park. Volunteer as a summer camp counselor. Take an outdoor photography class. Sign up for Northern lights tour. Get blisters where you've never had them before. Go deep sea diving. Learn how to identify birds and go birding. Share your enthusiasm for nature with a group of students and take them on a nature hike. Become a Big Brother or Big Sister and go on a group nature bike trail.

Share your ideas on social media using [#GreatOutdoorsMonth](https://twitter.com/GreatOutdoorsMonth).



JUNE IS MEN'S HEALTH MONTH

HOW TO OBSERVE

Make a commitment to have a health checkup.
If you've recently had one and you are at risk,
consider making changes to your lifestyle to
improve your health.

Talk to your physician about the steps to take.
Talk to the men in your life about making an
appointment for a checkup.

Take a walk with your father, brother, husband, son,
friend or co-worker.

Cook up a healthy meal for the man in your life.
Learn more about Men's Health Month by
participating in Wear BLUE Day the Friday before
Father's Day.

Use #MensHealthMonth to share on social media.

For more information visit
www.menshealthmonth.org.



Throughout June, Men's Health Month focuses on improving the lifestyles of men. While there are several approaches to improving overall health, diet and exercise are the targets of any changes.

All month long, community events and clinics take place to increase awareness of the leading health concerns men face. It's important to encourage the men in our lives to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.

Know your preventable risks

Take steps to create healthful habits

Schedule routine tests for early detection of disease

Learn your risk factors

Document your family history with your physician

According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death

HURRICANE READINESS



With the month of June comes sunny skies, fireflies, barbeques and yes, hurricane season. With the first named hurricane of the season, the time to prepare is now! We live on the Gulf Coast of Florida, with some of the most beautiful beaches in the world. While beachfront and outdoor living are must haves in the sunshine state, so to is being ready for when Mother Nature sends a curve ball our way.

Florida, Alabama, Texas, Georgia, The Carolina's, are among those on the east coast who need to have a plan if something named comes your way. Along the Gulf Coast we often see powerful thunderstorms roll through. While these can be scary they are not the same as a serious hurricane.

Ivan, Sally, Katrina, Opal, Dennis, Andrew, Micheal.... Chances are if you've seen any of these or many others I cant remember the name of the devastating effects are felt by communities big and small. With that in mind I remember talking to people especially after Micheal hit my hometown. Some of these need to knows have been somehow lost in teanslation.

Most items can be used for lots of other emergencies as well. Fire, flood, tornado, tropical weather, and more. What ever threatens your home and family, basic preparation saves lives.

One of the worst things I've both seen and heard is; Why it takes so long to get help? Being raised in Florida especially before the technological advances, we were taught that if disaster strikes, you have to be prepared to live on your own for at least 3 days. That means no power, enough food, water, medication, essentials, to survive by yourself for 3 days.

Keep this in mind when preparing your readiness supplies. Account for all family members and pets. Our pets are a part of our family that means they go where we go. That will be vitally important if evacuating.

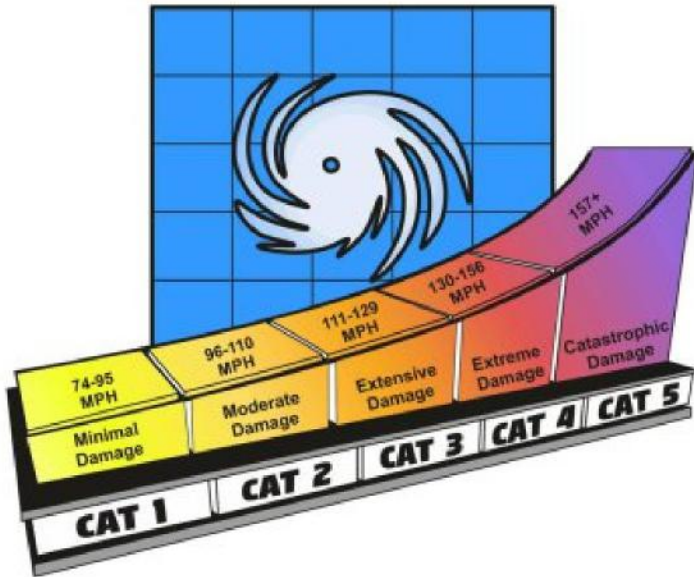
Help will come from outside sources but trust me when I tell you experiences have taught they mean it when they say 3 -5 days on your own. Depending on the size, severity, and extent of damages, this is only the minimum. First priority will have resources staged. They cannot do so to close to proposed landfall or it becomes a victim of the storm as well.

Then there is the unpredictably of exactly where landfall will be. As storms prepare to make actual landfall they can wobble as much as 100 miles. So while things have come a long way in meteorology, mother nature can still surprise us. Please know what to expect and get your news from a reliable source.

Every year for just about every storm in the last 10 years I would love to kick some reporters and weather people. Some report from live places where there will be impact and have no clue where they are or in what direction other place are. I'll never forget watching from a hotel in Georgia while the news media reporting didnt know what was west or east. It is supremely annoying if you are watching from afar trying to determine if and how bad your home might have sustained damage! This was not a small or local station either.

So get a plan, prepare now and stay safe!

SAFFIR-SIMPSON SCALE
HURRICANE WIND SCALE



Disaster Supplies By Jennifer Langholff

What Do You Need In A Survival Kit?

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- Deluxe family first aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) Important Documents Binder
- Cell phone with chargers We've added multiple solar chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener



Prepare an Emergency Binder. We keep one for important documents so it was easy to add to ours.

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

Make sure you have the emergency management information for your community. If you stay or evacuate, they can provide critical information. Gas availability, power updates, medical resources, and supply distribution locations when they become available.

I don't normally do this but, if you need reliable accurate storm information from a weather standpoint, I have to recommend Crown Weather. They are a subscription service but include a lot of information that has been stripped from a lot of weather broadcasts. We have found them to be a better source than certain weather predictions.

Be prepared if you need to evacuate. Know where you're going, evacuation routes, and take supplies with you. Make sure your plan includes any medical supplies or issues, and don't forget your pets. Planning with them in mind means you won't be faced with the agonizing decision of leaving them behind.

National Country Cooking Month

June kicks off National Country Cooking Month and a time when we spend more time with family. Whether we're taking vacations or visiting relatives, we almost always get to savor some country cooking.

Digging into the stick-to-your-ribs biscuits and gravy for breakfast always starts the day off right. Don't forget fried chicken with some watermelon and green beans on the side at lunch. Wrap up the day with a good ol' barbeque and a little bit of apple pie and homemade ice cream.

There's so much more to country cooking. The soul and heart that goes into it, and a whole lot of love. The people who cook the meals we love the most have been making them for our parents and sometimes our grandparents, too. We pass the recipes and the techniques done from generation to generation.

As I was born and raised in Florida Country Cooking inevitably includes Southern Traditions. Banana Pudding, Chicken N' Dumplings, Sweet Iced Tea, Country Fried Steaks with Gravy, just to name a few. While I am not related to the likes of The Pioneer Woman or Paula Dean some of those traditions will definitely grace our table.

"In each serving, we add the seasoning of love and good memories. That's what country cooking is all about."

Try some of these...

Mom's Homemade Pioneer Bread
Fall off the Bone Baby Back Ribs
New England Style Clam Chowder
Homemade Chicken Soup
Jen's Homemade Chicken Soup
Beef Eggplant Pie
The Ultimate Family Sandwich
Mom's Homemade Deviled Eggs





Add color to your meals during National Fresh Fruit and Vegetable Month in June. As the peak season for many early garden crops find their way into markets, it's an excellent time to take advantage of these freshly picked fruits and vegetables.

Berries and salad items come to mind first, but don't hesitate to try exotic produce, too. As we head into a season where more variety is available, our family gets to enjoy the benefits of early summer's bounty in vibrant color.

From zucchini and tomatoes, leafy greens, onions, and avocado, each provides added fiber, protein, and vital nutrients. Whether we eat them as a snack, on a salad or in smooth, it's important to have five servings of fruit and vegetables per day.

Skip the canned and frozen aisle and check out the delicious fresh fruits and vegetables coming into the grocery, farmers markets, and even your garden every day in June. Maybe visit a pick-your-own-fruit-and-vegetable farm and bring home the fruits of your labor. Savor the goodness of these delicious foods and use [#FreshFruitAndVegetableMonth](#) to share on social media.

Explore More...

Fresh Fruits and Vegetables Month

National Apple Month

National Grapefruit Month

National Cherry Month

National Peach Month

National Blueberry Month

National Strawberry Day

Pick Strawberries Day

California Strawberry Day

National Strawberry Month

National Mango Day

National Pomegranate Day

National Watermelon Day

National Ranier Cherry Day

National Apricot Day

National Fruit at Work Day

National Papaya Month

National Watermelon Month

National Asparagus Month

Mediterranean Diet Month

Fresh Fruits and Vegetables

National Salad Month

Root Vegetables and Exotic Fruits

Roasted Vegetables

Fresh Celery Month

National Celery Month

National Ants On A Log Day

National Pack Your Lunch Day

Spinach and Squash Month

How to Cook A Sweet Potato

National Onion Day

National Cabbage Day

National Spinach Day

Acorn Squash Day

National Zucchini Day

National Artichoke Hearts Day

National Mushroom Month

Sweet Potato Awareness Month

World Vegan Month

World Vegan Day

National Pepper Month

NATIONAL ICED TEA MONTH

As the temperature heats up in June, it's a perfect time to celebrate National Iced Tea Month!

Iced Tea Day is June 10! Try incorporating some fresh fruits or vegetables since it's their Month too. Besides iced tea goes well with any kind of salad

Brewing the ideal pitcher of iced tea is a matter of taste. Mine is the Tetley Brand. Lots of restaurants brew Lipton. Depending on your taste, you may prefer sun tea, sweet tea or unsweetened tea. Perhaps your palate leans more toward a fruitier tea or a stronger type of tea. As long as it's iced, June is the month your tea is celebrated.

Iced tea was made as early as the 1870s, but an English merchant by the name of Richard Belchynden brought the beverage to popularity. During the 1904 World's Fair in St. Louis temperatures began to soar. Belchynden crossed the Atlantic to sell black tea steeped hot and served to the American public. Under the conditions, fairgoers were interested in cooler beverages. Belchynden needed to switch strategies, or he would have no sales. By brewing a stronger tea and pouring it over ice, the merchant created a new product to sell.



Pour yourself a glass of iced tea and enjoy! What is your favorite way to enjoy it? Kicking back on the porch or with a good friend? Use #NationalIcedTeaMonth to let us know on social media.

Explore More...

National Iced Tea Month

National Hot Tea Month

National Iced Tea Day

National Chai Day

National Coffee Day

National Bubble Tea Day

International Tea Day



National Turkey Lovers Month in June proves that turkey is enjoyed many more times throughout the year than Thanksgiving!

Smoked and grilled turkey are some of the many reasons we slice up this flavorful bird all year long. But we eat more than just the roast turkey. Ground turkey makes a white meat chili that keeps us coming back for more; Renaissance faires live on turkey legs; Grilled turkey breasts make excellent meals, too.

When it comes to nutrition, the bird gets great numbers, too! White meat takes the win over dark meat when comparing fat and calories – 125 to 147 calories and 2 grams to 5 grams respectively for 3 ounces of roasted turkey. Of course, that depends on how the bird is prepared. If the turkey is dunked in a deep fryer, those numbers go up.

Try turkey with pasta. Turkey Bacon Wraps make a great lunch or dinner. Brighten a turkey salad with grapes and nuts, a tangy cheese and layer it with crisp lettuce on a crusty bun; serve with iced tea on the back porch on a sunny day with a friend.

Explore More...

Turkey Lover's Month
 Turkey Lover's Day
 National Turkey Neck Soup Day
 National Poultry Day
 National Cold Cuts Day
 Bacon Day
 Turkey
 Turkey Bacon Wraps
 Thanksgiving
 Summersgiving
 Greek Turkey Burgers
 Chipotle Turkey Panini
 Meat Week

HOW TO OBSERVE

Mix up a few different turkey recipes throughout the month. Share them with friends and family. Use [#TurkeyLoversMonth](#) to share on social media.



National Pollinators Month in June encourages the planting of pollinator gardens of native, non-invasive pollen and nectar-producing plants. When these gardens bloom, they attract bees, birds, bats, and other natural pollinators.

These pollinators make the difference between valuable fruits and vegetables on our tables. While we're planting native flowers and trees, we're also providing for our future. Pollinators such as the monarch butterfly and the honey bee have been in decline. All the reasons have not been identified. However, increasing the available habitat does help.

HISTORY

National Pollinators Month is an initiative of the National Wildlife Federation. With pollinators on the decline, their initiative is designed to increase native pollen and nectar-producing through the Million Garden Challenge.

HOW TO OBSERVE

Find out which are the best plants for your zone. Visit www.nwf.org to find out more.

Use
#NationalPollinatorsMonth or
#BeeCounted to share on social media.

NATIONAL HUG YOUR CAT DAY

When National Hug Your Cat Day rolls around each year on June 4th, the purr-fect opportunity presents itself for some snuggle time. Depending on your feline critter's nature, hugging may not be in the cards. However, like most animals, touch is a vital part of communication – and the same goes for the claw-ful kind.

All kitten aside, if you're fur-tunate enough to have a feline friend, any attention they give you may be a blessing. Others never leave your side and cuddle often. Of course, most cats have purr-sonality in spades.



Meow, if your feline friend becomes hisserical when you try to hug him, you may have to settle for a boop. It's un-furr-tunate, but it is an option. Those who don't have any feline companionship may need to litter-ally visit a neighbor or volunteer at a local shelter. Those paw-some critters need some hugs, too.

INTERNATIONAL YOGA DAY

Namaste

Every year on June 21st, the International Day of Yoga raises awareness about the benefits of this mind and body practice. It's also a day to encourage people around the world to engage in Yoga.

The word yoga means to unite or to join. This symbolizes the union of body and consciousness, and the philosophy originated in India about 5,000 years ago. One of the original goals of yoga was spiritual growth. Another goal was mastery over the physical and mental body. Today, two billion people around the world do yoga, some a form of exercise, and others to relieve stress. They have discovered all of yoga's health benefits and that attributes to its growing popularity.

Some of these health benefits include:

Improves flexibility
Builds muscle strength
Prevents cartilage and joint breakdown
Increases blood flow
Lowers blood pressure
Regulates adrenal glands
Improves balance
Prevents some digestive problems
Eases pain

For those who want to give yoga a try, they should consider the different types of yoga. For example, Vinyasa yoga focuses on different postures and is the most athletic of all yoga styles. During Yin yoga, participants practice in seated postures and hold positions for longer periods of time. For a more meditative yoga, Anusara yoga focuses on the mind-body-heart connection.



There is even prenatal yoga, which is geared toward moms to be. Expectant moms practice prenatal yoga because it concentrates on pelvic floor exercises and breathing. One more modern type of yoga is called goat yoga. And yes, it's practiced in the presence of goats.

Each type of yoga incorporates different poses and postures. Each of the poses has spiritual significance. Some of the most popular poses include Anjali mudra (the posture for prayer), mountain, tree, cobra, happy baby, downward-facing dog, and Savasana.

The celebration encourages yoga practitioners and studios around the world to hold family-friendly yoga classes. And many do! They host them in a variety of indoor and outdoor locations. Some of these yoga events schedule vendors, food trucks, and workshops, too.



NATIONAL UPSY DAISY DAY

Each year on June 8, National Upsy Daisy Day is set aside to encourage you to face the day positively and to get up 'gloriously, gratefully and gleefully' each morning.

Every day is a gift and if we remember that as we rise each morning, it will help us carry a good attitude throughout the day, whatever the day may bring us. Life is full of challenges and bumps in the road, and it is our attitude that helps us over the bumps and through the challenges to move onward with a smile.

Give it a try. Be grateful and thankful for what you do have such as a bed to sleep in, food to eat, friends and family. Try a smile and see how it feels. It may surprise you that it feels good on the inside also and how other people will smile back. You may just brighten up their day! Upsy Daisy!



Upsy Daisy Playlist

National Upsy Daisy Day was created by Stephanie West Allen in 2003. Her desire in creating National Upsy Daisy Day was to make humor, laughter and a positive attitude part of the Upsy Daisy Day way.



Jen's Turkey Bacon Wraps

Ingredients

- 16 oz Spinach Artichoke dip
- 1 small red bell pepper (cut into small strips)
- 1 small bag tri-color slaw mix (I got my stuff at Walmart so we just had to pick it up).
- 1 pkg bacon
- 1 8oz pkg cream cheese
- 1 pkg fresh chives (I minced mine)
- 1 16 oz pkg extra sharp cheddar cheese
- 1 32oz pkg lean turkey breast sliced
- 1 10 CT pkg tortillas you can substitute low carb for these.

Directions

Place about 1 1/2 Tbsp spinach Artichoke dip and smooth over totilla. We discovered they are easier to roll if you place ingredients to one side.

Next sprinkle with 1/8 cup shredded tricolor mix.

Add 3 to 4 slices of turkey (o use deli thin slices).

Place 3 or 4 slices of red bell pepper, add cream cheese. (I used 1/8th thick slices from the boxed pkg).

Sprinkle with fresh chopped chives. Add handful of extra sharp shredded cheese then place single cooked slice of bacon.

Roll tortilla like a burrito tucking in the ends.

These are a great lunch or dinner. They are easy on carbs and will have you begging for more. Best of all they are easy and not to pricy for a family meal. I made 13 and they fed 8 people and we had leftovers. They are even better if made a little ahead and allowed to sit in refrigerator for 45 minutes to an hour. The flavors meld making them taste even better. We served ours with fresh veggie platter with leftover Spinach dip. We added fries for the kids involved but you can just as easily add veggie tots instead.

We feed a mixed dietary family. These are a great easy meal. Easy and cool on the taste buds as the thermometer outside continues to climb.