

the Concord Grapevine

August 2018

AUGUST IS HAPPINESS HAPPENS MONTH!

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to "Happiness Happens Month" in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to



searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

- *The Power of Positive Thinking* by Norman Vincent Peale
- *Meditations* by Marcus Aurelius
- *Man's Search for Meaning* by Viktor Frankl

"Folks are usually about as happy as they make their minds up to be." ~ Abraham Lincoln

Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

"Everything can be taken from a man but one thing: the last of human freedoms — to choose one's attitude in any set of circumstances, to choose one's way." ~ Viktor Frankl

HOW TO OBSERVE

Notice more happy moments and share them with others. Use [#HappinessHappensMonth](#) in social media correspondence.

~ Source: © National Day Calendar 2018

August is...

National Immunization Awareness Month

- 5th Friendship Day
- 13th International Left-Handers Day
- 15th Assumption of Mary
- 19th World Humanitarian Day
- 26th National Dog Day



Movie Madness 2

Recipes 3

Safety 4

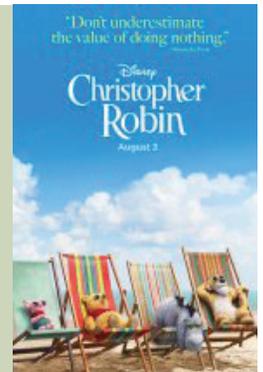
Coloring Fun 5

Movie Madness

Coming to Theatres this Month...

Disney's Christopher Robin - August 3rd

In the heartwarming live action adventure Disney's *Christopher Robin*, the young boy who shared countless adventures with his band of lovable stuffed animals in the Hundred Acre Wood is now grown up and living in London but he has lost his way. Now it is up to his childhood friends to venture into our world and help Christopher Robin rediscover the joys of family life, the value of friendship and to appreciate the simple pleasures in life once again.



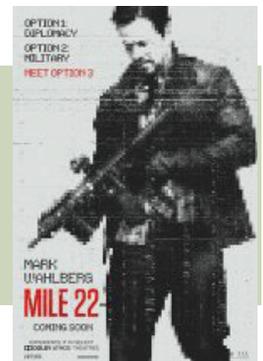
The Meg - August 10th

In the film, a deep-sea submersible—part of an international undersea observation program—has been attacked by a massive creature, previously thought to be extinct, and now lies disabled at the bottom of the deepest trench in the Pacific... with its crew trapped inside. With time running out, expert deep sea rescue diver Jonas Taylor is recruited by a visionary Chinese oceanographer, against the wishes of his daughter Suyin, to save the crew—and the ocean itself—from this unstoppable threat: a pre-historic 75-foot-long shark known as the Megalodon. What no one could have imagined is that, years before, Taylor had encountered this same terrifying creature. Now, teamed with Suyin, he must confront his fears and risk his own life to save everyone trapped below... bringing him face to face once more with the greatest and largest predator of all time.



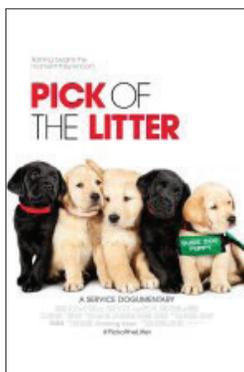
Mile 22 - August 17th

A CIA field officer and an Indonesian police officer are forced to work together as they confront violent and extreme political corruption.



Pick of the Litter - August 31st

This movie follows a litter of puppies from the moment they're born and begin their quest to become guide dogs for the blind. Cameras follow these pups through an intense two-year odyssey as they train to become dogs whose ultimate responsibility is to protect their blind partners from harm. Along the way, these remarkable animals rely on a community of dedicated individuals who train them to do amazing, life-changing things in the service of their human. The stakes are high and not every dog can make the cut. Only the best of the best...the pick of the litter.



Recipes

Pesto Zucchini Noodles

Just like spaghetti noodles, yet lighter and healthier!

Ingredients:

- 1 pint cherry tomatoes, cut in half
- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts
- Salt and pepper to taste
- 4 medium zucchini, sliced into noodles
- 1/2 cup basil pesto

Directions:

Toss the tomatoes in the oil, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F/200C oven until they start to caramelize, about 10-15 minutes. Meanwhile, season the chicken with salt and pepper to taste, grill it over medium-high heat, about 3-5 minutes per side, before setting aside to rest and slicing it. Add the zucchini noodles to the pan and cook until just tender, about 1-2 minutes, stirring. Toss the zucchini noodles, tomatoes and chicken in the pesto and enjoy! ~ Source: Closet Cooking



Peanut Butter Cup Trifle

Here's a nice cool treat for a hot summer day!

Ingredients:

- 4 cups cold 2% milk
- 2 packages (3.9 ounces each) instant chocolate pudding mix
- 1 prepared angel food cake (8 to 10 ounces), cut into 1-inch cubes
- 1 carton (12 ounces) frozen whipped topping, thawed
- 2 packages (8 ounces each) Reese's mini peanut butter cups

Directions:

In a large bowl, whisk milk and pudding mixes 2 minutes. Let stand 2 minutes or until soft-set. In a 3-qt. trifle bowl or glass bowl, layer half of the cake cubes, pudding, whipped topping and peanut butter cups. Repeat layers. Refrigerate until serving. ~ Source: Taste of Home



Strawberry Colada Smoothie

Enjoy this refreshing non-alcoholic beverage!

Ingredients:

- 8 oz fresh strawberries, chilled and hulled
- 1 ripe banana, peeled and frozen
- 1 1/2 cups frozen pineapple
- 1 (5.3 oz) container coconut Greek yogurt
- 1 1/4 - 1 1/2 cups unsweetened coconut milk beverage (the kind found in the dairy aisle)*

Directions:

Pulse strawberries in a food processor until well pureed. To a blender add banana, pineapple, coconut Greek yogurt and 1 1/4 cups coconut milk. Pulse until well blended, adding an additional 1/4 cup coconut milk as needed. Spoon pineapple mixture into glasses filling about 1/3 full then add a spoonful or two of the strawberry mixture, swirl lightly with a butter knife then repeat twice more. Serve immediately. Alternately, all ingredients can be blended together in a blender versus processing strawberries separately. *Light canned coconut milk can also be substitute just blend 1:1 with water. ~ Source: Women's Day



Your Safety

August is National Traffic Awareness Month

Summer is winding down, but there's still plenty of vacation driving to be done, especially over the upcoming busy Labor Day weekend. Here are some tips from the National Highway Transportation Safety Board to ensure that you have the safest driving vacation possible.

BEFORE YOU GO

Get Your Car Serviced

Regular maintenance such as tune-ups, oil changes, battery checks, and tire rotations go a long way toward preventing breakdowns. If your vehicle has been serviced according to the manufacturer's recommendations, it should be in good condition to travel. If not—or you don't know the service history of the vehicle you plan to drive—schedule a preventive maintenance checkup with your mechanic right away.

Check For Recalls

Owners may not always know that their vehicle has been recalled and needs to be repaired. The National Highway Safety Administration (NHTSA) Vehicle Identification Number (VIN) look-up tool lets you enter a VIN to quickly learn if a specific vehicle has not been repaired as part of a safety recall in the last 15 years. Check for recalls on your vehicle by searching now: www.nhtsa.gov/recalls.

“Are we there yet?”

Go Over Your Vehicle Safety Checklist

Regardless of how well you take care of your ride, it's important to perform the following basic safety checks before you go on a road trip. This includes tires, lights, your car's cooling system, fluid levels, belts and hoses, wiper blades, and air conditioning system.

SAFETY FIRST

Protect Yourself And Your Loved Ones

Buckle up—every trip, every time. All passengers must agree to wear their seat belts every time they are riding in your vehicle. Set the example by always wearing your seat belt. When traveling with children, take every precaution to keep them safe. All children under 13 should ride in the back seat. Make sure car seats and booster seats are properly installed and that any children riding with you are in the correct car seat,

booster seat, or seat belt that is appropriate for their size. All passengers in your vehicle should be buckled up on every trip, every time. Click on the NHTSA's child passenger safety recommendations to find out how to select the right seat for your child's age and size. To learn more and find a free car seat inspection site near you, please visit www.nhtsa.gov/cps/cpsfitting/index.cfm. Never leave your child unattended in or around your vehicle. Always remember to lock your vehicle when exiting so children do not play or get trapped inside.

ON THE ROAD

Stay Alert

Remember that long trips can be tough on children—and, in turn, tough on you. Plan enough time to stop along the way to take a group stretch, get something to eat and drink, return any calls or text messages, and change drivers if you're feeling tired or drowsy. Consider staying overnight at a hotel or family resort. It can make the trip easier and less tiring for everyone—and more of an adventure, too. Bring along a few favorite books, videos, or soft toys to keep little ones content and occupied. The trip will seem to go faster for them, and keep you from being distracted every time they ask, “Are we there yet?”

Long-distance driving can be tedious, and it's tempting to look for something to distract you to make the time pass faster. But when you're the driver, your only responsibility is to keep your eyes on the road, hands on the wheel, and concentration on the task of driving. No loss of life—neither your passengers nor any other road users—are worth a phone call or text. And remember, law enforcement officers across the Nation are now using innovative strategies to aggressively enforce their State distracted driving laws.

Buckle up... every trip, every time.

Coloring Fun!

A Special Place Just For Kids!

Back to School!

