

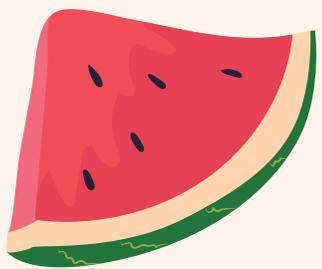
THE FEED

Issue 10

July 2023

National Parks: A Guide for Families

4th of July Celebration



Bastille Day



Dear JJB Friends,

Most of us are experiencing the scorching sun of July shining upon us, while others (like myself) are still stuck under the gloomy unrelenting fog. Either way, we find ourselves in the midst of summer, a time filled with mostly warmth, adventure, and boundless opportunities for quality family time. This month's newsletter emphasizes the importance of being engaged with family, highlighting the profound impact these moments can have on creating lasting memories and strengthening the bonds that hold us together. Here are a few ideas whittled down to a few points:

1. Cherish Quality Time: It is crucial to set aside dedicated moments to connect with our loved ones in our fast-paced lives. Summer holidays offer the perfect opportunity to slow down. Whether it's a beach vacation, a camping trip, or simply spending a lazy afternoon in the backyard, these shared experiences become the building blocks of a strong family unit.

2. Nurture Relationships: Summer provides an ideal backdrop for strengthening familial relationships. Engage in activities together that foster communication, empathy, and understanding. Water fights, board games, or embarking on a hiking adventure, these shared experiences allow us to discover new sides of our family members, and nurture deeper bonds that will endure beyond the summer season.

3. Unplug from Technology: Disconnect from devices and focus on genuine human connections. Summertime offers an excellent opportunity to unplug from technology and immerse in the present moment with family. Leave behind the virtual world and engage in meaningful conversations, play outdoor games, or create memories through family-friendly outings.

4. Explore New Horizons: Summer is synonymous with exploration and adventure. Take time to discover and experience new places. Visit a local museum, explore hiking trails, plan a road trip, and engage in new activities that broaden horizons and encourage personal growth. The shared excitement and anticipation of discovering the unknown will create stories that will be recounted for generations.

Whatever you choose to do with your summer, spend time creating traditions with family that can be passed down through generations. Seize the opportunity to be fully engaged, and take time to listen and build relationships. We wish you a delightful July filled with warmth, joy, and countless moments of togetherness.

Warm regards,



Grace Paik



Arugula Salad: A Crowd Pleaser

It took me YEARS of introducing some type of salad almost daily at the dinner table before my children finally took a liking to leafy greens. I want to say it took about 4 years. I was persistent and determined for them to not just like, but love vegetables as much as I love them. Nowadays, if there is no leafy green offering at the table, my children are disappointed and ask for vegetables. Summer is anticipated in our family because there are so many amazing fresh fruits and vegetables to be enjoyed during the summer months. This is a super easy salad that I actually make throughout the year. It's best during summer because it calls for fresh corn, which makes a difference. I was at my child's end of school potluck one year, and I saw a salad on one of the tables that looked absolutely stunning.

Once everyone started getting in line and assembling plates, I eyed that salad until I got in front of it, and took some onto my plate. It did not disappoint and was like a party in my mouth. I shamelessly started to ask around to see who made the salad. After asking about a dozen parents, I found the one who made the salad, and promptly asked her for the recipe. She laughed and said it



was the easiest thing to make ever. She was right. The notes took less than 5 minutes to write down. There is one key ingredient that can only be purchased at Trader Joe's, so if you don't live in the U.S., you are kind of out of luck and can try and find something similar, but this item acts as a dressing for the salad. The pumpkin seeds can be subbed for sunflower seeds, pistachios, or whatever crunch you might want to add. Here is the recipe, it is always a crowd pleaser, and will take less than 30 minutes to assemble. Everything is eyeballed for

Ingredients:

A bag of arugula roughly chopped
I usually get two bags for my family because they like to eat a good portion of salad, about 3 cups.

About $\frac{1}{4}$ cup of Pepitas (pumpkin seeds) or any type of seed/nut

2 ears of corn, shucked and lightly skillet roasted

$\frac{1}{4}$ cup of unsweetened dried cranberries, roughly chopped

$\frac{1}{3}$ cup or more to taste of Trader Joe's Bruschetta mix (using a slotted spoon to get the tomatoes and less of the juice)



$\frac{1}{4}$ cup of finely shredded



Directions:

After rough chopping the arugula, place arugula in a bowl. Shuck the corn and pan fry the corn. Cool and set aside. Rough chop the dried cranberries, and place them in a triangle formation on top of the arugula. Do the same and place the other items in triangles on top of the arugula in any order. I try to make sure there is some color contrast between the darker and lighter items. You will see in the photos that I used pistachios and sunflower seeds instead of pumpkin seeds. Feel free to go with whatever you

Teaching Children About the Importance of Independence Day

The 4th of July is a day that represents more than just picnics, red white and blue cake and fireworks. It is a day that represents freedom for our country, something we can easily take for granted. This is a great opportunity to sit with your children to talk to them about why Independence Day is significant in the United States by starting with the symbolism behind the flag. The United States flag is a symbol of our nation's history and values, and each color on the flag has deep meaning and significance. The red represents valor and bravery, while white represents purity and innocence. Blue symbolizes vigilance, perseverance, and justice. Together, these colors represent the ideals that our country was founded upon: freedom, equality, unity and justice for all. The flag has thirteen stripes, representing the original 13 colonies, and fifty stars, one for each state in the country.

When we see the American flag waving in the wind, it reminds us of our history and how far we have come as a nation, and serves as a reminder that

we are all united under one flag, regardless of our differences. My parents are immigrants in the United States and created a family that has benefited from the freedom and democracy afforded by this country. Each one of us in this country has the right to express ourselves and pursue our dreams. When we pledge allegiance to the flag, we are upholding these values and protecting them for future generations. The American flag is a symbol of the sacrifices made by those who



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country's freedom, and a reminder of the challenges we have overcome and the progress made. It represents the ideals of democracy, justice, and equality that we strive to uphold daily. We are reminded of the great responsibility we have to protect our country and the values it represents.

Here are some simple definitions appropriate for young children and toddlers:

Patriotism is the love that people have for their country. **Freedom** means making choices and respecting the choices of others. In a free country, it's ok for people to make mistakes, be different, and believe different things. **Independence** means you can make choices you choose for yourself.

Teaching young children about patriotism, freedom, and independence can help them develop a sense of pride in their country and a desire to contribute to its success. One practical way to instill these values in young children is to involve them in patriotic activities such as taking them to a local parade or fireworks display while explaining the significance of the event. You can also participate in community service projects as a family that benefit veterans or other members of the community. Another way to teach children about patriotism is to read books or watch movies that celebrate American history and culture. This can help children understand the sacrifices made by those who came before us and appreciate the freedoms we enjoy today.

Exploring National Parks with Families

Almost every summer involved some sort of road trip for my family. We traveled to many cities and amusement parks, but the only two national parks we ever visited were a drive through the Smoky Mountains, and a photo op at the Grand Canyon. I remember thinking at the Grand Canyon, all I saw were rocks and canyons as far as the eye could see. I panicked thinking that if I fell I would surely die, and remember that it was scorching hot. The mysterious fog that descended on the Smoky Mountains as we drove through only made me nervous, and I didn't appreciate the grandeur or the beauty that comes with the Grand Canyon. I also think that if my parents had figured out ways to make these trips more kid friendly and less of a quick visit, I would have more positive memories. We have yet to take our children to a national park, but are hoping to see at least one in the next couple of years.

Visiting the national parks with your family can be connect with nature and will last a lifetime, if done thoughtfully. will be made, but why not ones? Here are some young children and fami-

at US national parks:
Easy hikes: Many nation-hiking trails that are with young children. typically shorter in length are lower in elevation, ble for everyone. Some Emerald Pools Trail in the Uncle Tom's Trail in Yellowstone National

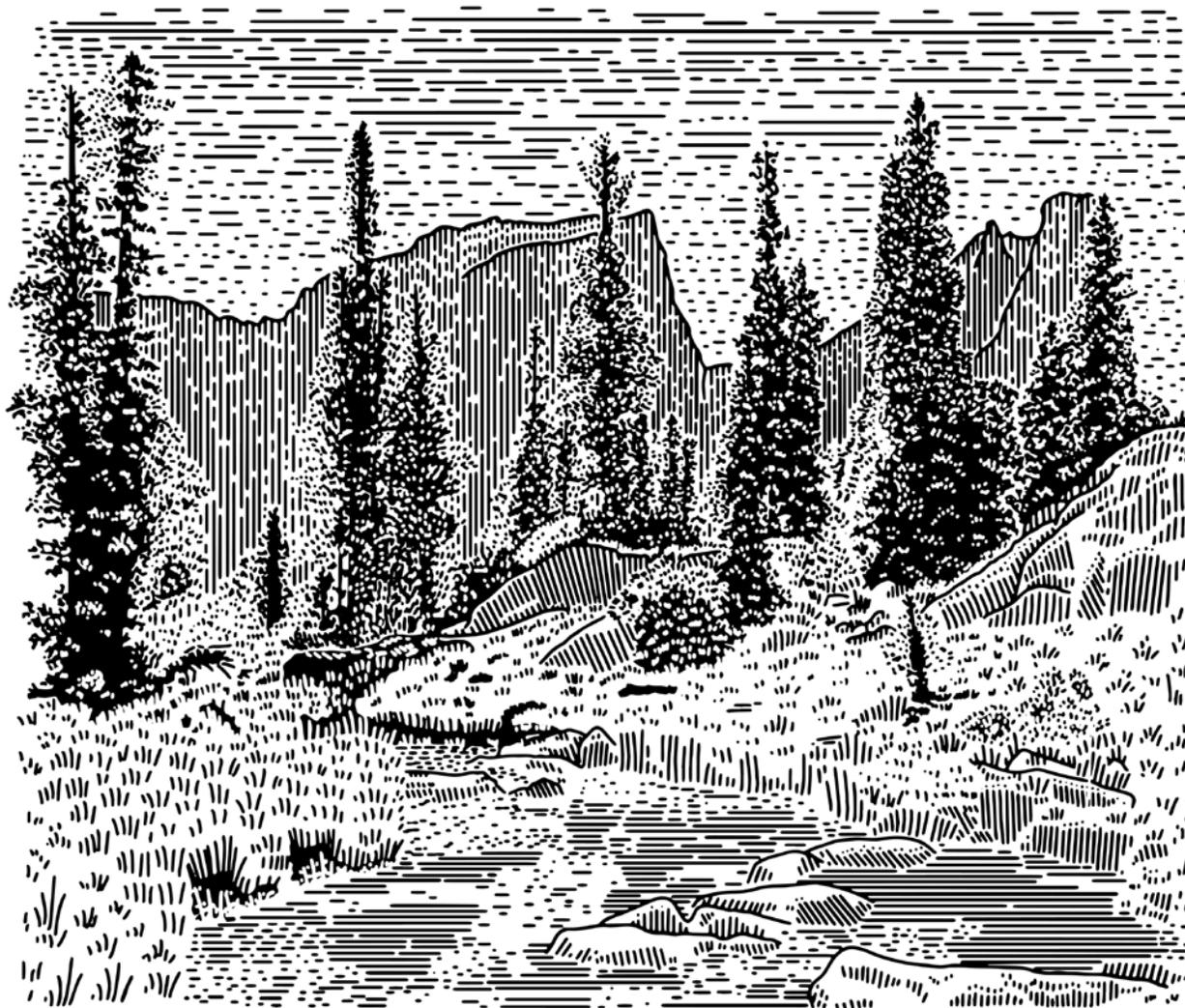
Junior Ranger Program: Program is a great way to learning about the natu- of the park they are visit- Children can complete a earn a junior ranger include hiking, attending and completing educational booklets.

Junior Ranger Explorer Packs: Some parks offer Junior Ranger Explorer Packs which contain all sorts of fun items like binoculars, field guides, and activity books. They can be checked out at the park's visitor center.

Ranger-led programs: Many national parks offer ranger-led programs that are designed for families with young children. These programs may include storytelling, wildlife viewing, or stargazing. Check with the park's visitor center for a schedule of ranger-led programs.

Picnics: Most national parks have designated picnic areas where families can enjoy a meal in a beautiful outdoor setting. Pack a picnic lunch and enjoy the scenery.

ROCKY MOUNTAIN



NATIONAL PARK

of the United States an excellent way to make memories that

Either way, memories make them good things to do with lies

al parks offer easy perfect for families These hiking trails are and making them accessi- examples include the Zion National Park and Park.

The Junior Ranger engage children in ral and cultural history ing. series of activities and badge. Activities can ranger-led programs,

Wildlife viewing: National parks are home to a variety of wildlife, from bison in Yellowstone National Park to tigers in the Great Smoky Mountains National Park.

Rocky Mountain National Park offers visitors a chance to spot elk, bighorn sheep, and other animals in their natural habitat. Take a drive or hike through the park and keep an eye out for wildlife. Water activities: If the park has a lake or river, consider renting a kayak or canoe for a fun family adventure. Be sure to follow all safety guidelines and wear life jackets.

Nighttime activities: Some parks offer campfires or night hikes. These can be a great way for families to experience the park in a different way.

Geocaching: Geocaching is a treasure hunt game that uses GPS coordinates to find hidden containers. Many national parks have geocaching opportunities, which can be a fun and educational activity for families.

Scavenger hunts: Create your own scavenger hunt or look for ones that are already created by the park. These hunts can be a fun way to explore the park and learn about its history and natural features.

No matter what activities your family chooses, visiting a national park is a great way to spend time together in the great outdoors. Be sure to pack plenty of snacks, water, and sunscreen, and enjoy your adventure.

Here is a list of national parks, and the summer hours of operation:

Acadia National Park, Maine: Summer hours are from 8 am to 6 pm.

Yellowstone National Park, Wyoming: Summer hours are from 7 am to 9 pm.

Grand Canyon National Park, Arizona: Summer hours are from 7 am to 8 pm.

Zion National Park, Utah: Summer hours are from 6 am to 10 pm.

Yosemite National Park, California: Summer hours are from 8 am to 10 pm.

Rocky Mountain National Park, Colorado: Summer hours are from 8 am to 6 pm.

The Great Smoky Mountains National Park, southern Appalachian Mountains, spanning across Tennessee and North Carolina: Open 24/7 year round. It's always a good idea to check the official website of the national park you plan on visiting for the most up to date hours of operation. Some parks may have different schedules depending on the season and weather conditions, so make sure to prepare and plan ahead.

Now, for those of you who read to the very end, I have a HOT tip: check with your local public library to see if they have National Park Passes to lend out. This could save you some money on National park fees. Not all states have these, and some have them but do not necessarily publicize them so give your local library a call.

Happy Exploring!



home to a variety of wildlife, from black bears in Great Smoky Moun-

visitors a chance to spot elk, big-natural habitat. Take a drive or hike for wildlife.

river, consider renting a kayak or sure to follow all safety guidelines

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Bastille Day

Experience the ultimate summer celebration in France by visiting during July 14, known as Bastille Day, the country's significant national holiday. This vibrant summer festivity is marked by exuberant all-night parties, lively picnics, and spectacular fireworks displays. The festive atmosphere extends across the entire nation, from quaint villages to the bustling streets of Paris. The day signifies the symbolic beginning of the French Revolution, which resulted in the downfall of the powerful monarchy.

In 1789, France was under the oppressive rule of its king, bishops, and nobles. While the monarchy indulged in lavish spending, the people suffered in poverty. The formidable Bastille fortress, with its eight towers and towering walls, served as a state prison and represented the cruel oppression of King Louis XVI. In the streets of Paris, a revolution was brewing.

On the morning of July 14, an enraged crowd gathered at the main gates of the Bastille, while the king's troops remained barricaded inside. Two citizens scaled the massive wall, severed the chains of the drawbridge, and brought it crashing down. The crowd surged in and faced gunfire. Numerous lives were lost, and hundreds were injured. Nonetheless, the revolutionaries liberated prisoners from the dark dungeons and triumphantly paraded through Paris. The Revolution had begun. Today, virtually no remnants of the original Bastille fortress remain, as the revolutionaries dismantled it brick by brick. However, the spirit of the Revolution lives on in the Place de la Bastille, the square where it all started. This historic event is celebrated annually with pride and vibrant festivities known as "Bastille Day" or simply "le 14 Juillet" in French. In truth, the celebrations commence on the evening of July 13.

Paris hosts the largest and most iconic Bastille Day celebrations, featuring a massive open-air block party centered around the Place de la Bastille. Tens of thousands of people gather around the Winged Liberty statue, creating a lively scene reminiscent of the mobs that swarmed the area centuries ago.

While the main revolve around the Bastille, some of the enjoyable parties in smaller neighborhood These include Fire-Balls, organized by stations to raise charities. Tourists locals alike are wel-join the fun by small donation. and outdoor stages renowned performers and talents. Food, drinks, spill out into the was fortunate celebrate alongside Parisians once, and chaos and intensity, help but think, "I fire marshal doesn't Then it dawned on me were at the fire and the marshal was likely partying in the crowd.



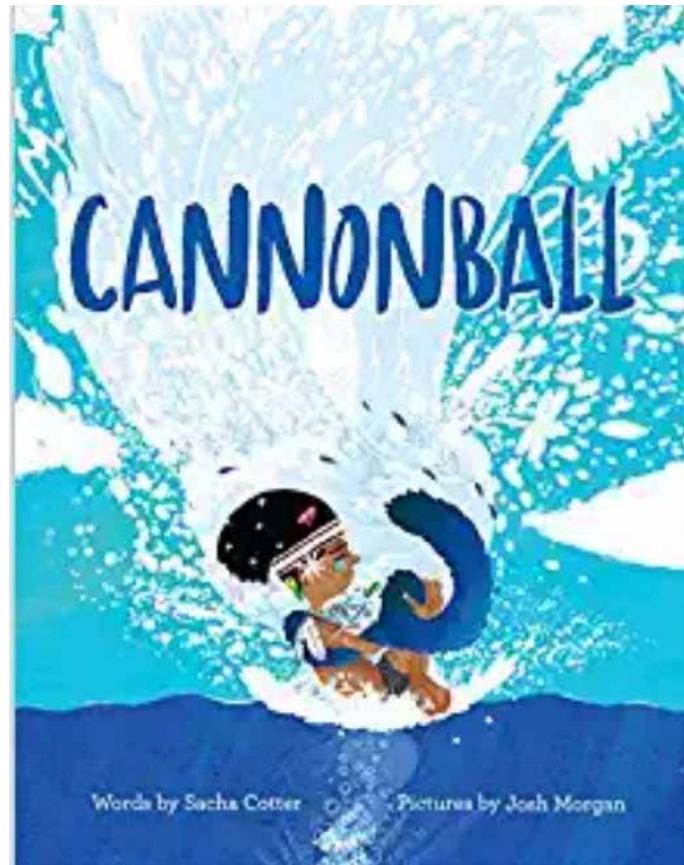
festivities Place de la most take place squares. men's local fire funds for and come to making a Bars, cafes, feature local and music streets. I enough to amidst the I couldn't hope the come by." that we station,

The following morning, on July 14, the festivities take on a more solemn and patriotic tone. Thousands line the Champs-Élysées, Europe's most famous boulevard, to witness a grand military parade. The parade route itself serves as a reminder of the Revolution, commencing at the towering Arc de Triomphe, constructed to honor the Revolution's high point when France's citizen army triumphed over European monarchies. However, the parade concludes at the Place de la Concorde, where a tall obelisk stands as a solemn reminder of the Revolution's darkest days—a place where the guillotine once stood, representing the Revolution's most gruesome and feared symbol.

The climax of Bastille Day unfolds at the expansive Champ de Mars field, where the inaugural Bastille Day anniversary was celebrated in 1790. The Revolutionaries marked the occasion with a festival known as "La Fête de la Fédération." They gathered in this location, which would eventually be the site of the Eiffel Tower, and reflected on the incredible changes of the previous year. The first Bastille Day was a joyous celebration of newfound freedom. Individuals from all social classes mingled as equals, embracing and kissing one another. The night sky illuminated with fireworks, and the once-deprived people indulged in sumptuous food and fine wine. Amidst jubilation, they shouted the sentiments they had long held within: Liberty! Equality! Fraternity!

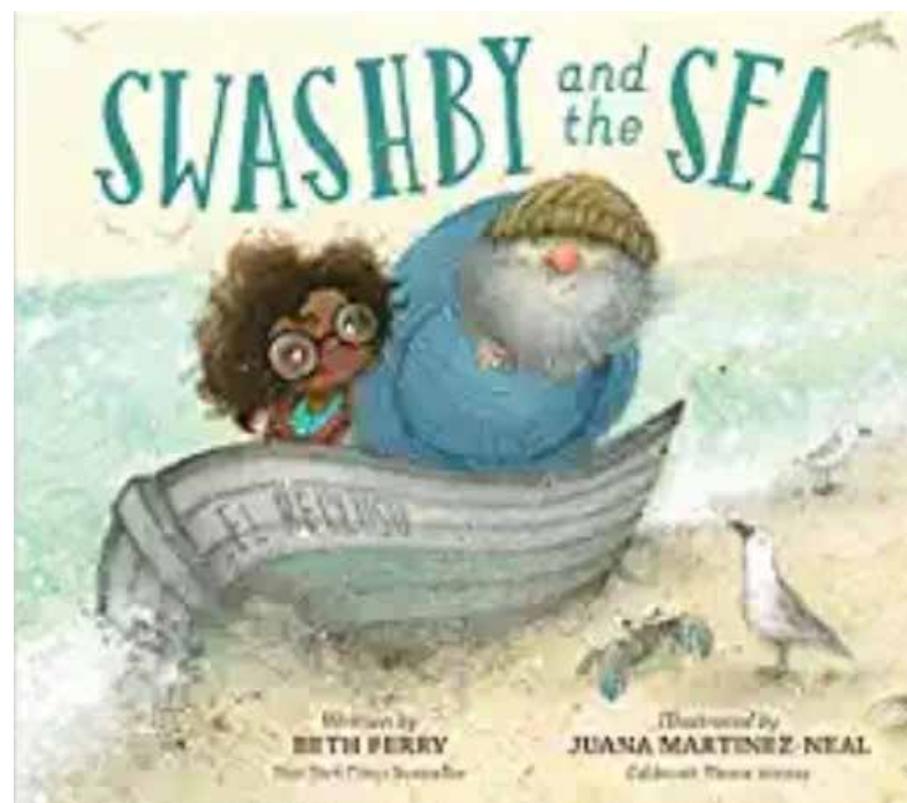
Cannonball by Sacha Cotter

This book is full of action packed adventure through the eyes of a Maori boy who wants to achieve the perfect cannonball. The book encourages children to be brave, be themselves, and to find their confidence and just go for it. It is a story of resilience and finding your own way of doing things. We can see through the message of the book that when you are truly yourself, you can do anything.



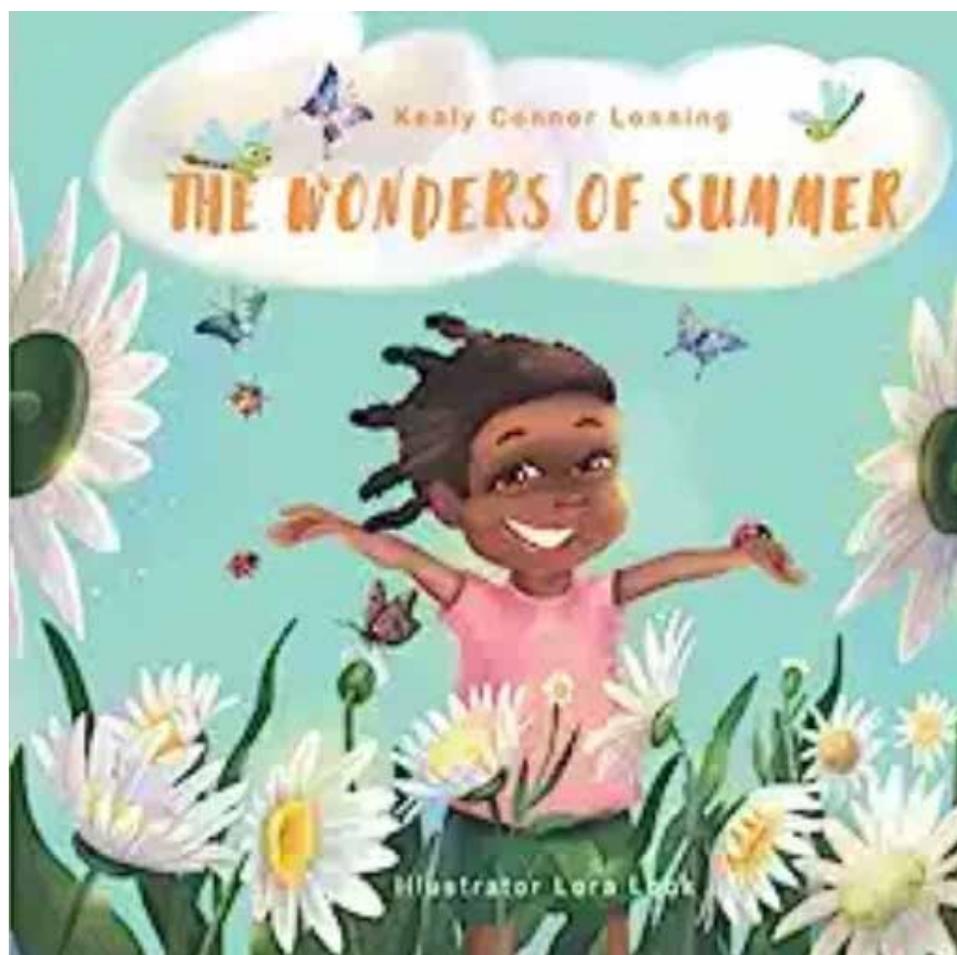
Swashby and the Sea by Beth Ferry

Clever, humorous, warm and beautiful, this book has a bit of mystery in it, and children will enjoy trying to figure out how the sea is rewording Swashby's messages in the sand. Adults may notice it is very similar to a game of telephone. The adorable illustrations will also keep children engaged.



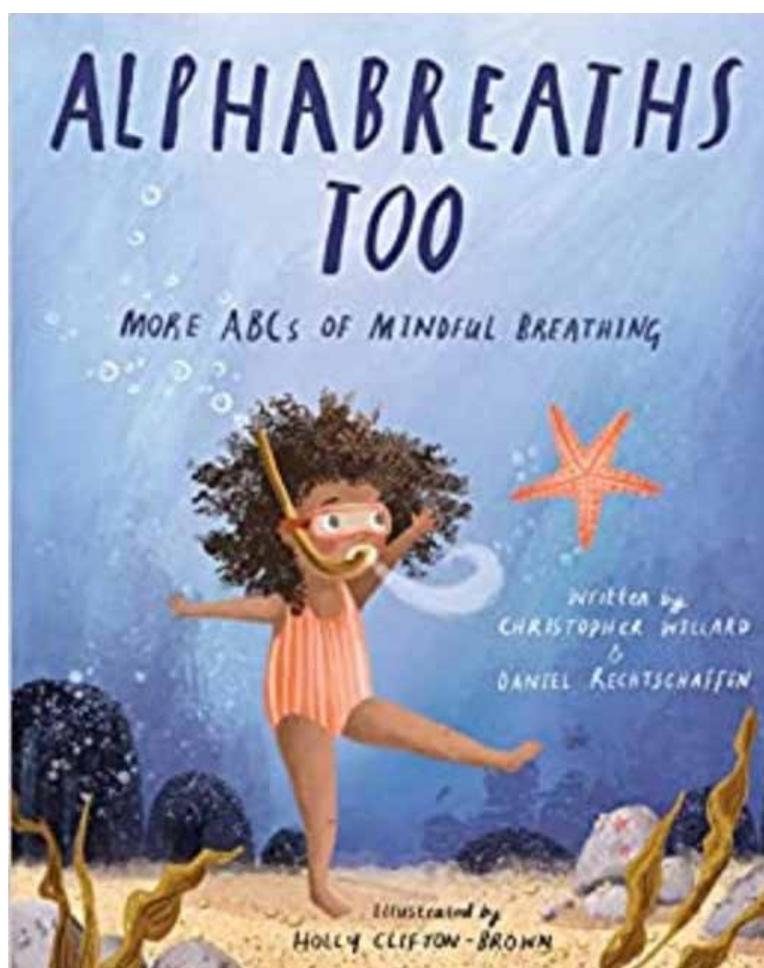
The Wonders of Summer by Kealy Connor Lenning

This is a beautiful and heartwarming story about the strong bond between a little girl and her dad, and how they experience and discover the wonders of summer together. The illustrations are fun and bright and pair well with the rhyming text. Recommended for children around the ages of 4-7.



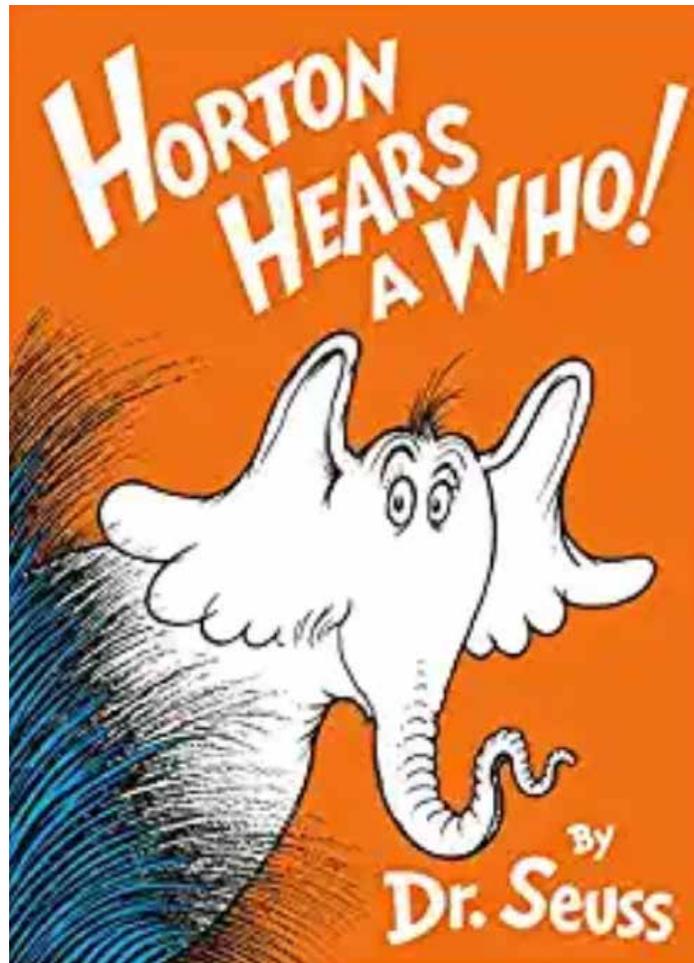
Alphabreaths Too: More ABCS of Mindful Breathing by Christopher Willard and Daniel Rechtschaffen

This is a book the whole family will enjoy. It teaches children and adults alike to take time to think and centers around the idea of making them more aware and mindful of their breathing. It offers some fun techniques in imaginative ways. Alphabreaths Too works well as both a large group read aloud, or to smaller groups of children.



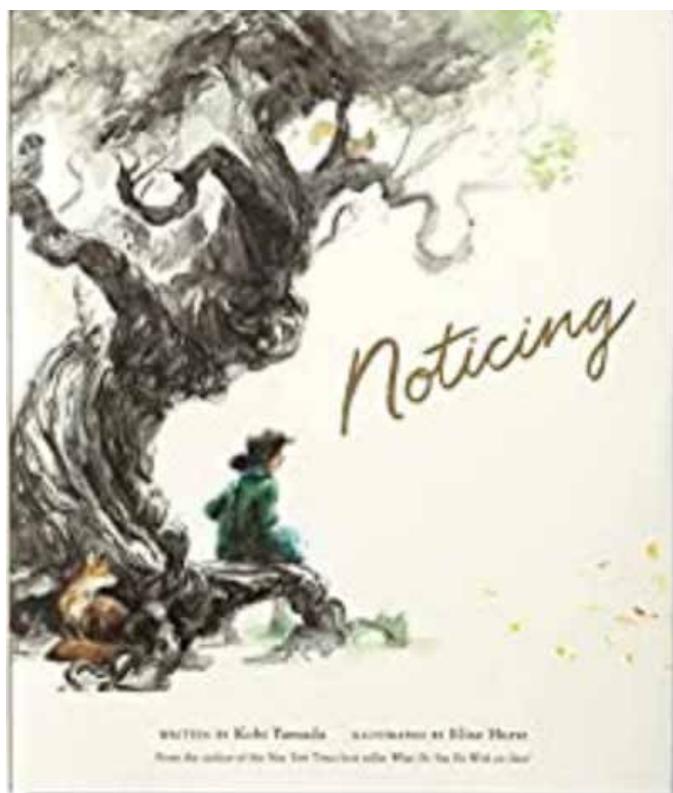
Horton Hears a Who! By Dr. Seuss

This is another one of Dr. Seuss's hilarious and zany stories with pictures to compliment his humorous rhymes. Horton is a very kind elephant, trying to save the Whos who live on a speck of dust. The problem is - no one believes they exist. He eventually gets people to believe him, convincing them that "A person's a person, no matter how small!" This book has many great messages, and shows that everyone is important and can make a difference.



Noticing by Kobi Yamada -

Noticing encourages readers to notice the extraordinary in ordinary things, and to see the best in people. There are many mysteries in this world to be discovered, and what we sometimes need to notice isn't always seen with the eye. This is a book about caring, wonder, little things and the not-so-little things. Gorgeous illustrations done by Elise Hurst accompany this story.



Cherry Wine Pie Recipe

My daughter and I made this pie right before our trip to Europe for our July 4th edition.

It was so fun making it because I have never made a pie that I like to eat. It's finally cherry season here in California, so we were able to take advantage of the bounty of cherries and purchased some at our local farmers market. I took this recipe from Sally's Baking Edition, but we did so many tweaks along the way that it basically became our own recipe!

Homemade Pie Crust or All Butter Pie Crust (both recipes make 2 crusts, 1 for bottom and 1 for top)

- 4 and 1/2 cups halved & quartered pitted fresh cherries (see note)
- 2/3 cup (135g) granulated sugar
- 1/2 cup (118 ml) red wine
- 1 Tablespoon (15ml) lemon juice
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon almond extract
- 1 Tablespoon (14g) cold unsalted butter, cut into small cubes
- egg wash: 1 large egg beaten with 1 Tablespoon (15ml) milk
- optional: coarse sugar for sprinkling on crust

Directions for the crust: Prepare either pie crust recipe through step 5.

Directions for the filling: In a large bowl, stir the cherries, sugar, cornstarch, lemon juice, vanilla, and almond extract together until thoroughly combined. Cover filling and place in the refrigerator as you roll out the pie dough or for up to 24 hours.



Directions for Assembling Pie:

On a floured work surface, roll out one of the discs of chilled dough (keep the other one in the refrigerator). Turn the dough about a quarter turn after every few rolls until you have a circle 12 inches in diameter. Carefully place the dough into a 9x2-inch pie dish. Tuck it in with your fingers, making sure it is smooth. Spoon and spread the cherries into the crust with a slotted spoon. Reserve the juice for the next step. Refrigerate pie, uncovered, as you reduce the juices in the next step. Pour the few Tablespoons of leftover juice into a small saucepan over low heat. Cook and stir for 3-4 minutes or until juice has slightly reduced and thickened. Cool for 5 minutes, then pour over cherries in the filling. Do your best to gently toss together—it doesn't have to be perfect. The reduction will harden and thicken as a result of mixing with the cold cherries.

This is normal and it will melt again in the oven. Dot the pieces of butter on top of the filling.



Preheat oven to 400°F (204°C)

Arrange the lattice: Remove the other disc of chilled pie dough from the refrigerator. Roll the dough into a circle that is 12 inches wide, sharp knife, or pizza wheel, cut strips 2 inches wide and two strips 1 inch wide. Carefully and under one another, necessary to weave. Press the edges bottom pie crust edges to knife to trim off excess dough. Flute or crimp the Lightly brush the top of egg wash. Sprinkle the top ing. Place the pie onto a bake for 20 minutes. Keep- turn the temperature down to 375°F (190°C) and 30-40 minutes or until the brown and the filling juices have been bubbling up through the lattice/vents

**After the first 20 minutes bake time, I recommend on the crust's edges to over-browning too quick- Remove pie from the oven, and cool for at least 3-4 serving.

Filling will be too juicy if you slice it. Cover leftovers refrigerator for up to 5



diameter. Using a pastry cutter, cut strips of inches wide and two thread the strips over pulling back strips as

of the strips into the seal. Use a small paring

edges with a fork. the pie crust with the with coarse sugar, if us- large baking sheet and ing the pie in the oven,

bake for an additional top crust is golden

around the edges or for at least 5 minutes.

of placing a pie crust shield prevent it from ly.**

place on a cooling rack, hours before slicing and

the pie is warm when tightly and store in the days.

Make Ahead / Freezing Instructions: There are a couple ways to make this pie ahead of time. Prepare the pie in full 1 day in advance—after pie cools, cover tightly and keep at room temperature. The pie crust dough can also be prepared ahead of time and stored in the refrigerator for up to 5 days or in the freezer for up to 3 months. Baked pie also freezes well for up to 3 months. Thaw overnight in the refrigerator and allow to come to room temperature before serving. Prepared filling (with juices) can also be frozen up to 3 months, thaw overnight in the refrigerator before spooning into dough and reducing the juice.

Cherries: You need about 1.5 lbs of cherries for this recipe. Cut half of the cherries into halves and the remaining half of cherries into quarters. Using a mix of halved and quartered cherries helps

JJB Staff Spotlight: Jasper, the Royal Dog

1. **Favorite snack:** dried pollock, baked hamachi collar, fish and fish. My family thinks I'm part cat.

2. **What you hate to do:** I hate having my teeth brushed every night by dad (I pretend I don't hear him when he calls me) and when mom takes me to the groomer.

3. **Best friend:** My best friend is a doodle named George. We were once featured in a magazine together.

4. **Favorite toy:** A snowman that has now lost his scarf. He's my favorite.

5. **Simple things in life that makes you happy:** I love long walks and tummy rubs.

6. **Some tricks other dogs can't do:** I watch movies and dramas with dad, IG dog videos with mom and video lectures with my human sister. I like to Zoom and FaceTime as well.

7. **What annoys my family:** I bark at their friends to let them know who's protecting this house and I follow them around until they leave.

8. **Toys you loved playing with as a child:** I never had toys since I was living in a cage and then on the streets of Korea until my mom flew me to California and gave me a home. I do like to chew on blankets until I fall asleep.



Product Spotlight: Bored Boards

Summer vacation time is here, and this could include long plane, train or automobile rides. The Bored Board Set of Games is the perfect way to get your child to be creative when they are tired of looking out the window at acres and acres of corn fields, or want something else to do besides read a book or bicker with a sibling. Your child can even play with a grandparent or parent. The boards are great for practicing their fine motor skills, social interaction skills, and your child can even create their own game board on the blank one included in the set. The boards are erasable and reusable, so your child can use them again and again. The boards are washable and can be used with our wishy washy markers or dustless chalk to doodle.



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The Bored Board set comes with 4 mini wishy washy markers or Butterstix in a zippered travel pouch so your child can take it with them wherever they go. Each board measures 8" x 8" / 20.3 cm x 20.3 cm, is non-toxic and free of BPA and phthalates. The set comes with 5 erasable and reusable game boards: Tic Tac Toe, Connect the Dots, Four in a Row, Hangman, and a blank board to create their own game. Recommended for ages 3 - 100. Check out our other two Bored Board Sets: the Letter set allows your child to practice cursive and upper and lower case letters, and the Educational set features numbers, shapes and a clock.





UNTIL NEXT TIME!

CREATIVITY UNPLUGGED

www.jaqsquird.com