

“FROM OUR PLACE TO YOURS . . .”

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Interesting Facts About Indiana

Tomato Juice was first served at a French Lick, Indiana hotel in 1925

The world's largest orchid species collection is found at Ball State University in Muncie, Indiana.

The steepest railroad grade in the world is in Madison, Indiana.

An average of 400 funnel clouds are sighted each year in Indiana.

Summer Savings Tips

Summer Tip #1: To save on your air conditioning bill, turn off unnecessary lights during the day. Much of the energy used by incandescent bulbs is emitted as heat.

Summer Tip #2: To save 1-2 percent on your energy bill, unplug electronic devices and chargers when they aren't in use. Most new electronics use electricity even when switched off. Turn computers and printers off at the power strip.

Summer Tip #3: For a more energy efficient way to cook, use your microwave instead of your stove. Microwaves use two thirds less energy than conventional stovetops.

Summer Tip #4: Consider replacing your incandescent bulbs with compact fluorescent light bulbs, or CFLs. They use about 75 percent less energy and give off 75 percent less heat but produce the same amount of light as incandescent bulbs.

Summer Tip #5: Makes some shade! Awnings, blinds and drapes keep sunlight from entering your home. Install them on windows, skylights, doors and other places where the sun comes through. During the day, closing the blinds and drapes to filter the sun will keep the room's temperature from rising.



Summer Tip #6: Planting trees in strategic areas can reduce the energy a house uses for cooling by up to 25 percent. Deciduous trees (that lose their leaves) help block the sun during the summer and still allow the winter sun to warm your home. Also planting trees and shrubs around your air conditioning unit can increase its efficiency by up to 10 percent. Just make sure to place them at least 18 inches away so they don't block the vents.

Summer Tip #7: "Summerize" your home by adding insulation and sealing air leaks around the house. Add insulation to the attic or add to already existing insulation. Weather stripping and sealing drafty doors and windows will keep your house comfortable year-round and potentially save you hundreds of dollars.

Summer Tip #8: Have an extra refrigerator in the garage that you're not using? Unplug or recycle that spare refrigerator if you don't really need it, and it could save you up to 10 percent or more on your energy bill.

Scheduling Downtime for Kids

There might not be a correct number of activities for every child, but ask if your child exhibits some of these warning signs. It might be time to scale back the activity schedule:

- ♥ Acts grumpy, mopey or irritable
- ♥ Can't fall asleep at bedtime
- ♥ Overeats
- ♥ Zones out in front of the TV
- ♥ Throws tantrums or "loses" control when it's time to leave for activities
- ♥ Can't keep track of activities
- ♥ Complains of stomachaches, headaches or mysterious illnesses
- ♥ Over anxiousness about getting approval of authority figures
- ♥ Picks fights with siblings or complains you don't love him or her as much as siblings
- ♥ Activity schedule drains you and/or the rest of the family

Checklist for July

- ◆ **Sun danger:** Ask your physician or pharmacist whether any drugs or supplements you take make you extra-sensitive to sunlight..
- ◆ **Kidney stone danger:** The painful disorder is most common in summer. Protect yourself by drinking fluids throughout the day. Particularly helpful: real (not powdered) lemonade—lemon juice increases the amount of citrate in the urine, which helps prevent kidney stones from forming. Caution: Iced tea and colas can make the problem worse.
- ◆ **Swimmer's ear self-defense:** After swimming, dry your outer ear gently with a soft towel or cloth. Tip your head to the side to help water drain from the ear canal. Use a blow-dryer on the lowest setting, and hold it at least one foot away from your ear. Consider using alcohol-based eardrops if you have trouble getting water out of your ear.
- ◆ **Fight the bite:** Relieve insect bites by applying ice, baking soda moistened with water, meat tenderizer or a product containing menthol, such as BenGay or Vicks VapoRub. If you are allergic to aspirin, do not use BenGay. If you are not allergic to aspirin, you can rub an uncoated aspirin tablet on damp skin.
- ◆ **Plant a Row for the Hungry:** Donate surplus produce to local groups that help people in need.



SOME GRILLING TIPS—

IF YOU'RE LOOKING FOR A HELPING HAND WITH GRILLING THIS SUMMER,

TRY THESE TIPS TO GET YOUR GRILL ON:

⇒ **GET THE GRILL SCREAMING HOT.**

FOR STEAKS, CHOPS, AND BURGERS, HOLD YOUR HAND THREE INCHES ABOVE THE GRILL GRATE AND START COUNTING, "ONE MISSISSIPPI, TWO MISSISSIPPI, ETC." IF "OUCH" COMES AT TWO OR THREE MISSISSIPPI, YOUR GRILL IS PROPERLY PREHEATED.

⇒ **KEEP IT CLEAN.**

ALWAYS CLEAN YOUR GRATE IMMEDIATELY BEFORE AND AFTER COOKING, USING A LONG-HANDLED STIFF WIRE BRUSH. IN A PINCH ,

Calling All Chefs... we need your help!

The Wells Team is putting a special cookbook together to support the Gleaners Food Bank. We are asking you, our wonderful clients, to help make this a reality. Please send us a few of your family favorite recipes for us to share. We will be publishing these in time for the holiday season. All proceeds will be donated to this fabulous cause. You can email them

to: Vicki @TheWellsTeam.com or mail them to:

Vicki Allen 650E. Carmel Drive Suite 160 Carmel, IN 46032.

Thank you and Bon Appetit!

Recipe Category:

- Appetizers, Beverages* *Soups, Salads* *Vegetables*
- Main Dishes* *Breads, Rolls* *Desserts* *Miscellaneous* *Other*

RECIPE TITLE _____

Ingredients:

Method:

Submitted by: _____

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We're on the Web!
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Compliments
of
The Wells Team



TO OUR WEBSITE READERS!

FROM OUR KITCHEN TO YOURS . . .

Crunchy Oriental Salad

2 packages Ramen noodles, chicken flavor
1/2 cup slivered almonds
4 1/2 T. sesame seeds
3 T. Butter
2/3 cup salad oil
2 T. Soy Sauce
2 T. Rice Vinegar
4 T. Sugar
1 tsp. black pepper
1 packet chicken flavor (from Ramen noodles)
1 16 ounce package cole slaw mix
6 green onions, sliced thin

Crush Ramen noodles in the package before opening; reserve one flavor packet. Brown crushed noodles, almonds and sesame seeds in butter until browned; put aside to cool.

Mix oil, vinegar, sugar, pepper, flavor packet and soy sauce in a small bowl or bottle. Right before serving, mix browned noodle mixture with cole slaw mix and green onions; toss with dressing and enjoy!