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**Staying Cool: Beat the Summer Heat**

The warming Summer weather is a welcome change from the damp cold of Spring and snows of Winter, but as days get hotter, staying cool may become the new priority.

When you find yourself without modern amenities like air conditioning, remember these methods to stay cool.

**Water!** Obviously, drinking water to stay hydrated is key with keeping your body temperature in check.

A damp cloth on your neck, feet soaking in a bowl of water and ice cubes, mist systems, or a refreshing dip in a river can dramatically reduce your body temperature.

Just being near a body of water will reduce ambient temperatures, and tricks like spraying the curtains against

your open window can drop room temperatures.

**Air!** Simple air flow through open windows in your home can ease the heat. Helping out the cross currents with a fan, blowing over a bowl of ice cubes.

**Food Hacks!** Believe it or not, spicy food like hot peppers can improve your body's temperature regulation. Heat receptors in the skin are triggered by spiciness, leading to even more sweating which will cool off your body more efficiently than ice cream. Frozen berries and grapes are another cooling treat for summer heat.



[americantent.com/blogs/taking-care/10-tips-to-stay-cool-in-the-summer-heat](https://americantent.com/blogs/taking-care/10-tips-to-stay-cool-in-the-summer-heat)

## QR Codes – Construction and Cautions



QR codes work along vertical and horizontal axes, which allows them to hold significantly more data than barcodes. If up to 30% of the QR code is destroyed or unreadable, the data can still be recovered.

The QR reader in your phone's camera deciphers the code, and presents an action. If the QR code holds a URL, your phone will show the URL that you can tap to open in your browser.

### **Visiting URLs stored in QR codes can be risky:**

They can take you to phishing websites that try to trick you into entering your username or password for an account or trick a legitimate website into giving an attacker access to your account, or trick another website you are logged into on the same device to take an unauthorized action.

[theconversation.com/how-qr-codes-work-and-what-makes-them-dangerous-a-computer-scientist-explains-177217](https://theconversation.com/how-qr-codes-work-and-what-makes-them-dangerous-a-computer-scientist-explains-177217)

## Mobility Exercises for Longevity

### **Mobility exercises target the range of motion in our joints.**

Not to be confused with flexibility, which increases length in our muscles, improving mobility helps to promote balance and coordination, prevent falls, and maintain independence later in life by allowing us to function better in everyday activities.

The following exercises target back, hip, and core mobility are the three recommended mobility focus areas when it comes to longevity.

**Tightrope walking:** Slowly and deliberately, walk 25 paces along a straight line, one foot in front of the other, arms raised for balance. Turn and repeat.

**Yoga tree pose:** Stand tall with both feet pointing straight ahead. Use a chair, table or partner for balance if needed. Lift one leg and touch your foot against the inside of your other leg. Hold for 10 to 15 seconds, then switch sides.

**Lying down marches:** Lie on your back with your hips flexed so thighs are perpendicular to



the floor, knees in the air bent to 90 degrees, and shins parallel to the ground. Engage your abs while slowly lowering one leg towards the ground, maintaining the bend in your knee. Gently tap your foot on the floor, then lift back up to the starting position using only your core muscles. Switch legs, alternating sides for 8 to 10 reps per leg.

Try to do these moves and others like foot taps, standing marches, and single leg stance for the hips, back, and core daily or multiple times per week, moving slowly and deliberately and focusing on proper form. If you experience any pain or discomfort, stop and consult your healthcare provider.

[wellandgood.com/best-mobility-exercises-for-longevity](https://wellandgood.com/best-mobility-exercises-for-longevity)

## Preparing to Survive Summer Storms



**Welcome summer heat can bring on unexpected turbulent storms, but a little preparation can improve resilience in the event of a weather emergency.** Give yourself some peace of mind by thinking ahead.

Make sure you have 3 days' worth of clean drinking water -1 gallon per family member. FEMA recommends two weeks of shelf stable food stored for your family as well – cans and also some items that do not need to be cooked if the power goes out.

If you live in a hurricane, tornado, earthquake, flood, or fire zone, consider your family's emergency evacuation plan. Discuss as a family and have a practice run including packing your belongings.

Some additional items to keep on hand: Bottles of disinfectant and hand sanitizer, flashlights or battery lamps, and battery-operated radio. Keep cell phones charged and at least half tank of gas in your vehicle.

[commonsenseliving.com/summer-storm-preparedness](https://commonsenseliving.com/summer-storm-preparedness)

## Father's Day – History and Origins

**The first Father's day was celebrated in Spokane, Washington on June 19, the third Sunday in June of 1910.**

Initiated by Sonora Smart Dodd in honor of her Father, William Jackson Smart was a twice-married, twice-widowed Civil War veteran and father of 14 children. She would spend the better part of her life campaigning for Father's Day to be adopted nationally.

While the effort received some initial support in 1916 by President Wilson and 1924 by President Calvin Coolidge, and events such as The Great Depression and World War II provided additional momentum, it was not until 1972, in the middle of a contentious presidential re-election campaign that Richard Nixon signed a proclamation making Father's Day a federal holiday.



It's thought that enthusiasm for this effort did not equal that of Mother's Day as men themselves resisted holiday's sentimentality and saw the flowers and gift-giving an ironic commercial gimmick to sell more trinkets and products that were paid for by the father himself.

Sonora was able to witness the culmination of her efforts six years before her death at the age of 96.

[history.com/topics/holidays/fathers-day](https://history.com/topics/holidays/fathers-day)

[history.com/news/man-who-inspired-fathers-day-civil-war-vet-single-dad](https://history.com/news/man-who-inspired-fathers-day-civil-war-vet-single-dad)

## It Happened In ...



**June 5, 1723** – Adam Smith was born in Kirkcaldy, Scotland. He authored *An Enquiry into the Nature and Causes of the Wealth of Nations*, published in 1776.

**June 5, 1883** – John Maynard Keynes was born in Cambridge, England. He authored *The General Theory of Employment, Interest and Money* in 1936.

**June 14, 1777** – John Adams introduced a resolution before Congress mandating a United States flag, describing thirteen stripes to alternate red and white with thirteen stars, white on a blue field. This anniversary is celebrated as Flag Day.

**June 30, 1971** – The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older. The minimum voting age in most states had been 21.

<http://www.historyplace.com/specials/calendar/june.htm>

## How Rising Energy Costs Are Fueling Inflation

The price of food and energy have been surging for months, pushing overall inflation to a 40-year high. Supply shocks in these two intertwined sectors due to the pandemic and also the Ukrainian conflict are expected to keep inflation around for quite some time. Some experts believe we may be at the beginning of a transitional period driven by negative supply shock and de-globalization, which could persist through the foreseeable future.<sup>1</sup>

The war in Ukraine has threatened energy, fertilizer, and certain food supplies, causing prices to spike. In the U.S., energy prices jumped 32% in March 2022 from a year earlier.

This impact ripples throughout the economy because virtually everything we buy or consume requires energy – so until energy prices are under control it's unlikely that inflation will be curbed.<sup>2</sup>

Those on fixed incomes as well as Americans who earn the lowest incomes are more significantly affected than the wealthy. This inflation inequality can cause significant and unequal pain to sectors of

society who can't cut down on necessities such as groceries and heating – while high income consumers are better positioned to stock up on necessities when prices are low.<sup>2</sup>

The Fed is ill equipped to fight this supply side or shortage type of inflation because their tools are limited to interest rates and money supply, not with helping resolve supply chain problems.



The biggest factors influencing inflation are the war in Ukraine and the global shortage of goods, so it will be difficult if not impossible for the central bank to bring inflation down anytime soon.<sup>2</sup>

1 - [ibtimes.com/food-energy-inflation-it-getting-better-or-worse-3498912](https://www.ibtimes.com/food-energy-inflation-it-getting-better-or-worse-3498912)

2 - [theconversation.com/soaring-energy-costs-fuel-fastest-inflation-in-40-years-3-essential-reads-181140](https://theconversation.com/soaring-energy-costs-fuel-fastest-inflation-in-40-years-3-essential-reads-181140)