



Dear REACH families,

Summer 2014

Note from Vicki

We are winding up Year 2 of the REACH study. We will be starting to contact our final cohort of participants this summer - meaning if you haven't heard from us in the past 2 years, you will hear from us soon! For those of you who we interviewed in person 2 years ago and on the phone last year, this is your FINAL year in the study. We will be trying to schedule one last in-person interview if you are around (or by phone if you have moved out of the area).

If you have moved out of the area, first and foremost please let us know how to reach you. Second, if you plan to return to the area for some brief period of time over the year (for example, holiday or wedding), please let us know and we will try to interview you during that time.

Once again, thank you for hanging in there with us for all of these years. This newsletter is a mix of a few things that we thought might be interesting for you to ponder over the summer. Enjoy!

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Ways to Be Productive This Summer

	<u>Learn a new skill</u>	<u>Volunteer</u>	<u>Make the most of your contacts</u>
Despite how hot and humid it may get this summer, especially when all you want to do is lay on the beach and forget about the world, it is important to stay productive. Stay on top of things using the following tips on three simple ways you can be productive this summer:	C h e c k o u t www.noexcuselist.com/testing to pick up a new skill this summer. This website is totally free and features many different topics. It will provide you with various links to websites relevant to your topic of interest. As they say, there is no excuse not to learn a skill!	With everything going on in your life, volunteering may be the last thing on your mind. However, it can be a very rewarding experience and may even provide some solace in what can seem like an otherwise chaotic life! There are tons of sites that are looking for volunteers. Try www.volunteermatch.org for local sites that coincide with your interests.	It is important to continue to build your list of contacts, but it is equally important to strengthen your current relationships. You can do this by reaching out to some of your current contacts and requesting either a formal meeting (going to their office) or an informal meeting (going for coffee or lunch) depending on your relationship with this individual.

Three Quick & Easy Summertime Snacks

Strawberry Smoothie Pops

(Soy & Gluten Free!)

- 1/2 cup sliced pineapple or mango (or banana)
- 1/2 cup sliced strawberries
- 1/3 cup raw kale or spinach
- 1/4 cup milk or yogurt of choice
- 1/4 tsp cinnamon
- 1/2 tsp pure vanilla extract

sweetener of choice, to taste (amount will depend on your taste buds and also on what type of milk you use. Remember that the frozen product will be much less sweet.)

Directions:

Combine everything in a blender, food processor, or Magic Bullet until super-smooth. Pour into popsicle molds or paper cups, and insert spoons or popsicle sticks. Enjoy!



Blueberry Corn Salad

(Serves 6-8 people)

- 6 ears of fresh sweet corn (husked)
- 1 cup blueberries
- 1 cucumber (sliced)
- 1/4 cup finely chopped red onion
- 1/4 cup fresh cilantro (chopped)
- 1 jalapeno pepper (seeded and chopped)
- 2 tbsp. lime juice
- 2 tbsp. olive oil
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

In a large pot, bring water to boil. Add corn. Cook for 5 minutes, or until tender. When cool enough to handle, cut corn from the cobs. Discard cobs. In a large bowl, combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno. To make the dressing, whisk together lime juice, oil, honey, cumin, salt, and pepper. Pour dressing over salad and stir until combined. Cover and refrigerate until ready to serve.



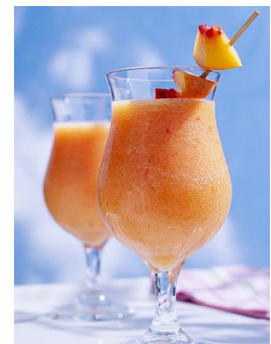
Summer Fruit Daiquiris

(Use fresh fruit for better taste!)

- 3 cups fresh peaches (pitted, peeled, and sliced), frozen (thawed) unsweetened peach slices, **or** fresh (or frozen) unsweetened strawberries
- 1/2 of a 12 oz. can of frozen limeade or lemonade concentrate (thawed)
- 1/4 cup light rum or orange juice
- 2 tbsp. powdered sugar
- 2-3 ice cubes
- (optional) fresh peach chunks or small fresh strawberries

Directions:

In a blender combine 3 cups fruit, limeade concentrate, rum, and powdered sugar. Cover and blend until smooth. With blender running, gradually add ice cubes through opening in lid until mixture is desired thickness. If you like, garnish with peach chunks or small fresh strawberries thread on wooden skewers.



Full Recipes (and more!) can be found on the following websites!

Strawberry Smoothie

Pops: <http://chocolatecoveredkatie.com/2012/08/01/strawberry-smoothie-popsicles>

Blueberry Corn Salad:

<http://www.twopeasandtheirpod.com/blueberry-corn-salad>

Summer Fruit

Daiquiris: <http://www.recipe.com/summer-fruit-daiquiris>

12 Websites That Will Make You Smarter

If you are looking to keep your mind active and engaged this summer while working or taking a break from school, take a look at the following websites. There is a little something for everyone here!

- 12.) InformationIsBeautiful.net: presents information in beautiful graphs and models
- 11.) Lumosity.com: exercise your core cognitive abilities with this website & app
- 10.) Duolingo.com: learn a new language— for free
- 9.) Livemocha.com: Learn a new language & polish your skills by interacting with native speakers
- 8.) Quora.com: question-and-answer styled website featuring topics that interest you, with answers from the professionals
- 7.) Unplugthetv.com: presents short educational YouTube videos on a randomly selected topic
- 6.) Investopedia.com: financial advice and information on investment options that you have now

5.) Ocw.mit.edu: free MIT lectures on a variety of topics

4.) Spreader.com: free online speed reading software designed to improve reading speed and comprehension

3.) CodeAcademy.com: learn to code interactively— for free

2.) Ted.com: self-described as a “non-profit devoted to spreading ideas, usually in the form of short, powerful talks”

1.) Clipped: an app that can be downloaded on iPhone, Android, or as a Google Chrome plug-in. It turns articles & documents into easy-to-read, summarized bullet points



Source: <http://www.collegefashion.net/college-life/12-websites-that-will-make-you-smarter/>

20 Good Habits to Start in Your 20's

20.) Focus on the activities and people that make you happy

19.) Trust your instincts on new opportunities

18.) Build the courage to face your fears

17.) Focus on the resources you do have access to

16.) Be less busy, and more productive

15.) Make your goals a priority

14.) Accept your humanness

13.) Seek less approval from others

12.) Ignore society's comparisons

11.) Believe in your ability to succeed

10.) Manage your money before it starts to manage you

9.) Let the wrong people go

8.) Appreciate your true friends, and return the favor

7.) Understand right from wrong

6.) Choose happiness

5.) Learn to cope with anger effectively

4.) Make your own destiny

3.) Create priorities

2.) Stay away from a routine based life

1.) Always keep in mind that life is somewhat unpredictable

