

The Concord GRAPEVINE

FUN SUMMER DAYS

Eating Better, Getting Active

School's out. Things are slow at work. And the warmer weather brings lots of new opportunities to improve your health—plenty of fresh, local produce and more choices for outside activities. Here's how to make the most of the summer months.

Take evening walks around the neighborhood. Sign the kids up for sports programs at the local community or recreation center. Go swimming together. Ride your bike or take a hike through a park. Plan a family softball or soccer game.

Just make sure to exercise a little caution. Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. Older people are at particularly high risk for hyperthermia because the body's ability to respond to summer heat can become less efficient with advancing years.



JULY 2025

2nd	World UFO Day
4th	Independence Day!
7th	World Chocolate Day
8th	Cow Appreciation Day
14th	Bastille Day (France)
18th	Nelson Mandela Day
25th	St. James the Greater
27th	World Day for Grandparents
30th	International Day of Friendship
30th	Day Against Trafficking in Persons



Look out for the warning signs of hyperthermia, which include headache, nausea, dizziness, muscle spasms and fatigue. If you suspect someone is suffering from hyperthermia, get the person out of the sun and into a cool place. Offer fluids, preferably water. Urge the person to lie down and rest in the coolest place possible. Encourage them to shower, bathe or sponge off with cool water.

Another potential danger comes from the summer sun. Exposure to ultraviolet radiation (UV)—invisible rays that are part of the energy that comes from the sun and artificial sources like sun lamps and tanning beds—is strongly associated with skin cancer.

Wear protective clothing. Choose shirts with long sleeves and long pants to protect as much as your body from the sun as possible. Many modern fabrics are light and breathable yet protect your skin from the sun. Some clothes are now marked with an "Ultraviolet Protection Factor" or "UPF." UPF measures the amount of UV radiation that can penetrate the fabric.

Put on sunscreen. It may help prevent skin cancer, although sunscreen can't replace avoiding the sun during peak hours, staying in the shade and wearing protective clothing. Look for sunscreen with a sun protection factor (SPF) of at least 15. Those with an SPF of 30 or higher will provide the most protection.

Put on a hat. Choose hats that are broad brimmed all around to shade the ears and neck as well as the face.

And finally, wrap on sunglasses. The label should say that the lenses block at least 99% of UVA and UVB radiation.

With some planning, you can enjoy the opportunities that summer brings and avoid the health risks.

Source: <https://newsinhealth.nih.gov/2010/06/fun-summer-days>



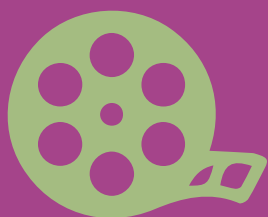
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ConcordRents

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Movie MADNESS

July 2025 Movie Theatre and Streaming Releases



July 2nd **Jurassic World Rebirth**

Five years after the events of Jurassic World Dominion, the planet's ecology has proven largely inhospitable to dinosaurs. Those remaining exist in isolated equatorial environments with climates resembling the one in which they once thrived. The three most colossal creatures within that tropical biosphere hold the key to a drug that will bring miraculous life-saving benefits to humankind.



July 2nd **Dora and the Search for Sol Dorado**

The world's greatest explorer and her friends will trek through the perilous dangers of the Amazonian jungle in search of the ancient treasure of Sol Dorado to prevent it from falling into enemy hands.



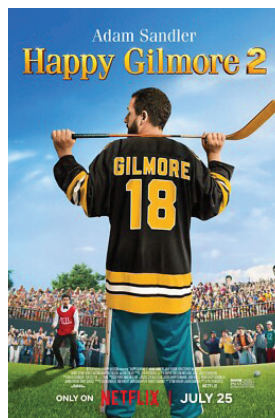
July 10th **Jaws @50: The Definitive Inside Story**

The authorized documentary celebrating the film that redefined Hollywood, 50 years after its premiere. Steven Spielberg charts the extraordinary journey from Peter Benchley's bestselling novel to one of the most iconic films ever made. Featuring rare archival footage and interviews with acclaimed Hollywood directors, top shark scientists, and conservationists, the documentary uncovers the behind-the-scenes chaos and how the film launched the summer blockbuster, inspired a new wave of filmmakers, and paved the way for shark conservation that continues today.



July 11th **Superman**

The story of Superman's journey to reconcile his Kryptonian heritage with his human upbringing as Clark Kent of Smallville, Kansas. He is the embodiment of truth, justice and the American way, guided by human kindness in a world that sees kindness as old-fashioned.



July 25th **Happy Gilmore 2**

A new golfing adventure with Happy Gilmore. Thirty years after winning his first Tour Championship, retired golfer Happy Gilmore returns to the sport to pay for his daughter Vienna's ballet school. Shooter McGavin looks to take back his title from Gilmore.



July 25th **Fantastic Four: The First Steps**

Join Marvel's First Family—Reed Richards/Mister Fantastic, Sue Storm/Invisible Woman, Johnny Storm/Human Torch, and Ben Grimm/The Thing as they face their most daunting challenge yet. Forced to balance their roles as heroes with the strength of their family bond, they must defend Earth from a ravenous space god called Galactus and his enigmatic Herald, Silver Surfer. And if Galactus' plan to devour the entire planet and everyone on it weren't bad enough, it suddenly gets very personal.



Culinary CREATIONS

It's Breakfast for Dinner!

Breakfast Grilled Cheese

Ingredients:

- 2 slices of sandwich bread
- 2 large eggs, scrambled
- 3 slices of American cheese
- 2 tablespoons unsalted butter, divided
- 2-3 slices of cooked bacon

Directions:

Scramble the eggs until cooked. Season with salt and pepper. Cook the bacon and drain. Place the American cheese on both pieces of bread (1 ½ slices of cheese per slice of bread). Place the cooked bacon on one of the pieces of bread. Top with the scrambled eggs. Cover with the other piece of bread to make the sandwich. Butter the top of the sandwich with about 1 tablespoon of butter. Heat the remaining tablespoon of butter in a medium skillet over medium-high heat. Once melted, place the sandwich (buttered bread up, non buttered bread down) in the skillet. Cook for 2-3 minutes, until the bottom piece of bread is browned and the bottom cheese has started melting. Carefully flip the sandwich over and press down with a spatula. Cook another 1-2 minutes until the bread is browned and the cheese is melted.



Breakfast Pizza

Ingredients:

- 1 (13.8 oz.) package of refrigerated pizza dough
- 1 cup shredded mozzarella cheese
- 9 large eggs
- 8-9 pieces cooked, crumbled bacon
- 1 cup shredded cheddar cheese

Directions:

Preheat oven to 400. Grease a 15x10 inch baking sheet with cooking spray. Unroll the pizza dough and press to spread out across the entire baking sheet. Pierce the dough with a fork all over. Bake at 400 for 8 minutes, or as instructed on the package. Remove and set aside. Crack the eggs in a large bowl and whisk well with a fork. Add a splash of water and season with salt and pepper. Heat a large skillet over medium low heat. Coat with butter, oil or cooking spray. Add eggs and cook until set, stirring occasionally. While the eggs are cooking, cook your bacon. You can cook it in the microwave, oven or in a skillet. Crumble the bacon and set aside. Add the scrambled eggs to the pre-baked pizza dough, spreading them out so they are evenly distributed. Add the mozzarella and cheddar cheeses then sprinkle with the bacon. Return the pizza to the oven and bake at 400 for 5-7 more minutes, until cheese is melted.



Breakfast Nachos

Ingredients:

- 1 pound Italian turkey sausage
- 8 oz tortilla chips
- 5 large eggs, lightly beaten
- 1 ½ cups shredded cheese (cheddar, Mexican blend, etc.)
- 2 roma tomatoes, chopped
- 1 jalapeno, seeded and finely chopped

Directions:

Preheat oven to 350. Cook turkey sausage in skillet, breaking it up with a spoon or spatula as it cooks. Once cooked through and no longer pink, remove with a slotted spoon to paper towels to drain. With turkey sausage, there's a perfect amount of leftover grease to cook the eggs and remaining ingredients. If you've got a lot of grease, drain some of it out or use a paper towel to soak up some. If your pan is pretty dry, add a teaspoon or two of olive oil or butter to coat the bottom. Add your eggs and jalapeño and scramble until eggs are soft and *mostly* cooked. Stir in the tomatoes. Layer tortilla chips on the baking sheet then top with sausage, egg and tomato mixture and cover with cheese. Bake at 350 for 7-10 minutes, until cheese is melted. Serve with your favorite nacho toppings and enjoy!





Helpful TIPS

Have a Safe 4th of July

The 4th of July is just around the corner and the American Red Cross offers these tips to help keep you and your loved ones safe during the upcoming holiday.

FIREWORKS SAFETY

The safest way to enjoy fireworks is to attend a public firework show put on by professionals. Many states outlaw most fireworks, so consider celebrating with glow sticks, noise makers or silly string instead. If you choose to set fireworks off at home, follow these safety steps:

- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Always follow the instructions on the packaging.
- Keep a supply of water close by.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.
- Never use fireworks around pets, keep pets indoors. Exposure to lit fireworks can potentially result in severe burns or trauma, and many pets are also fearful of loud noises and can become lost, scared or disoriented.



HEAT SAFETY

No matter where you live, there's a good chance you'll experience a hot 4th of July. The Weather Channel reports that this summer parts of the U.S. could see record-setting heat. According to the Associated Press, the climate crisis is causing heat waves to happen 67% more often compared to 1979, and last longer with higher temperatures than we experienced 40 years ago.

WHAT YOU SHOULD DO

- Slow down, stay hydrated and spend time indoors.
- Slow down by postponing or limiting outdoor activities. If you must work outdoors, take frequent breaks and avoid the hottest part of the day. Never leave children or pets in your vehicle alone.
- Stay hydrated by drinking plenty of water and avoiding sugary, caffeinated and alcoholic drinks. Check that animals also have access to fresh water and shade.
- Spend time indoors in an air-conditioned place. If you don't have air conditioning, go to a public library, shopping mall or public cooling center. Check on loved ones and neighbors who may be at risk and don't have air conditioning.



Source: <https://www.redcross.org>

Make a Bubble Wrap Butterfly!



You will need:

Crayola Scissors
Crayola Washable Paint
Crayola No-Run School Glue
Fishing Line
Crayola Take Note Permanent Markers
Crayola Paint Brush
Bubble Wrap
Craft (Popsicle) Sticks

- 1** Cut two pieces of bubble wrap of equal height, one slightly wider than other.
- 2** Color bubble wrap with markers.
- 3** Pinch pieces of bubble wrap together at center points. Wrap fishing line around bubble wrap and tie to secure.
- 4** Cover craft stick with paint. Dry 1-2 hours. Add second coat. Dry 1-2 hours.
- 5** Glue craft stick to middle of bubble wrap to create butterfly body. Dry 1-2 hours.
- 6** Flutter and fly with your colorful butterfly!

Source: <https://www.crayola.com/crafts/bubble-wrap-butterfly-craft/>