

TIMELESS

AN EDITORIAL BY BRISTOL PARK CLEBURNE

APRIL 2025



Crafting a
Sustainable
Future



Crafting a Sustainable Future

The generations that follow ours will have new victories and new challenges in a new life we can never understand. That's the way the world works. If history has taught us anything, we have learned our lives are intertwined and affect one another, regardless of how we feel about it. Our work in the world of today plays a role in shaping the opportunities available in the future for the planet and its inhabitants. Sustainable living is a key player in the game of life in the years ahead.

Many countries like Germany and Costa Rica have already taken significant steps to ensure there's a possibility for a better life. Germany has a National Sustainable Development Strategy that is implemented across the board in areas like agriculture, technology and natural resource conservation. They work diligently toward reducing greenhouse gas emissions and do so with high levels of accountability. Costa Rica works toward protecting biodiversity and makes it a priority to protect the land and natural resources, again something with a high level of accountability.

This may seem to prompt the thought: "I can't help in those areas, so what can I do?" Well, there's a lot we can do to help the movement toward more sustainable living. Little things that are part of life in the everyday can easily be changed. Use less plastic. Make less trash. Compost instead of tossing food waste in the garbage. Reuse and recycle what you can. Grow things like vegetables and herbs at home for consumption. Buy less meat. Beautiful parts of the earth are bought up specifically for homing animals raised to be killed and subsequently eaten. We're destroying forests and killing creatures, both of which don't need to happen.

We can have an impact, whether it's good or bad. And, we can inspire others along the way ... even down the road ... if we put just a little bit of effort into it. So why not work toward the greater good and move toward sustainability

Pagans, Pastels and Prophecies

On April 20, you'll find Christians near and far setting their differences aside in observance of Easter, also known as Resurrection Day. People in more than 95 countries worldwide squeeze into the tightest of sacred spaces joyfully and sit side-by-side on solid oak pews in celebration of the resurrection of Lord and Savior Jesus Christ. Easter Sunday holds great significance in Christianity. It symbolizes the sacrifice made for humankind as prophesied in the Old Testament of the Bible, among others, as well as the new life that emerges during the spring season.

The Easter-Spring connection manifests itself in a variety of ways. Images of Easter bunnies and eggs are often portrayed as a palette of pastels, which are colors associated with hope and joy. Such positive feelings foster a sense of renewal and rebirth. It's not surprising to encounter a sea of people in pastels on Easter or Easter eggs dyed in lavender and light pink.

But wait ... what's the story with Easter eggs and bunnies? This dates back hundreds of years to Pagan times when there was a spring celebration focused on rebirth: spring awakenings, the fertility of the land, and baby animals filled with new life. It is nature renewed and in full bloom. One of the pieces that make new life possible is the egg, which represents rebirth, animal life, and fertility. This eventually led to the birth of the Easter egg. The Easter bunny is also a product of Paganism and the goddess of spring and fertility,

Eostre, as symbolized by the rabbit. Rabbits have an extremely high reproduction rate, making them an optimal symbol for fertility and rebirth. Subsequently, the Easter Bunny was born.



Letter from the Executive Director

Dear Bristol Park Family,

As we eagerly welcome the arrival of spring, I want to take a moment to reflect on the joy and renewal this season brings. With warmer days ahead, we can look forward to more outdoor activities, blooming flowers, and vibrant community gatherings.

This month, we celebrate several national days that remind us of the joy of togetherness and appreciation. Let's embrace National Nutrition Month, where we can focus on healthy eating and wellness. We will also celebrate National Volunteer Week, a time to recognize the incredible contributions of our volunteers and the positive impact they have on our community. I want to extend my heartfelt gratitude to our amazing staff and residents. Your dedication and warmth make Bristol Park a cherished home for so many. It's your kindness and commitment that creates a nurturing environment where friendships flourish, and memories are made. Thank you for all that you do.

Let's make this spring a season filled with laughter, connection, and joy!

Warm Regards,
Jessica Crawford
Executive Director
Bristol Park Assisted Living



April 2025

Bristol Park Directors

Jessica Crawford
Executive Director

Michelle Cortez
Resident Service Director

Timothy Byrd
Culinary Director

Vanessa DeLeon
Lifestyles Director

Becky Whitford
Pathways Coordinator

Rebecca Meredith
Business Director

Sadie Cassel
Sale & Marketing Director

Delaurette Williams
Resident Service Coordinator

Martin Cardona
Maintenance Director



902 Walter P. Holliday
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APRIL 2025 • WEEK ONE



“To plant a garden is to believe in tomorrow”




-Audrey Hepburn

<p>TUE, APR 01</p> 	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:00 Pretty Parlor with Rebekah 10:30 Manicures & Massages</p>	<p>11:00 Dining with Grace 12:30 Relax and Read 1:30 Balloon Volleyball, LR 2:00 Card Games, AR 2:30 Treat and Eat 3:00 Weekly Book Club 4:00 Dining with Grace</p>	<p>5:30 Calming Music 6:00 Movie Night, LR</p>
<p>WED, APR 02</p>	<p>National Peanut Butter and Jelly Day! 7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise</p>	<p>10:30 Garden Love 11:00 Dining with Grace 12:30 Watch and Chat 1:00 Candy Bar Game 1:30 Conversation Card Chats 2:00 Ball Pop Game 3:00 Board Games</p>	<p>3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 5:00 Name 5</p>
<p>THU, APR 03</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:30 Manicures & Massages 11:00 Dining with Grace</p>	<p>12:30 Relax and Read 1:00 Cooking Class 2:00 Fun w/ Brylee from Elara 2:30 Snack Social 3:30 Fact or Fake 4:00 Dining with Grace</p>	<p>5:30 Fit & Fun Exercise 5:30 Family Support Group w/ Michele & Gunner (Interim) 6:00 Movie Night, LR</p>
<p>FRI, APR 04</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Patio Devotionals 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:30 Balloon Volleyball, LR 2:00 Happy Hour 2:30 Music Memories 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace</p>	<p>5:30 Domino Stack 6:00 Reminiscing, LR</p>
<p>SAT, APR 05</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Sippin and Snackin 10:00 Body & Mind Exercise 11:00 Dining with Grace 1:00 Movie Matinee</p>	<p>2:00 Sorting Stations 2:30 Talk & Taste 3:00 Board Games 3:30 Creative Corner 4:00 Dining with Grace 6:00 Read & Relax</p>	

APRIL 2025 • WEEK TWO

<p>SUN, APR 06</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Snacking Social 10:00 Body & Mind Exercise 10:00 Daily Devotion 11:00 Dining with Grace</p>	<p>1:30 Church Service AL C. Room 2:00 Movie Matinee 2:30 Trivia & Treats 3:00 Sit & Fit Exercise 3:30 Card Games 4:00 Dining with Grace 5:30 Music Memories</p>	<p>6:00 Relax and Unwind</p>
<p>MON, APR 07</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 11:00 Dining with Grace 12:30 Watch and Chat</p>	<p>1:00 Conversation Cards 2:30 Treats & Eats 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Calming Music</p>	
<p>TUE, APR 08</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:00 Pretty Parlor with Rebekah 10:30 Manicures & Massages</p>	<p>11:00 Dining with Grace 12:30 Relax and Read 1:30 Balloon Volleyball, LR 2:30 Treat and Eat 3:00 Weekly Book Club 3:30 Timber Tower, AR 3:30 Craft Corner</p>	<p>4:00 Dining with Grace 5:00 Board Games 5:30 Calming Music 6:00 Movie Night, LR</p>
<p>WED, APR 09</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Garden Love 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:00 Candy Bar Game 2:00 Memory Match Game 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 5:00 Name 5</p>	
<p>THU, APR 10</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:30 Manicures & Massages 11:00 Dining with Grace</p>	<p>12:30 Relax and Read 1:00 Cooking Class 2:00 Card Games, AR 2:30 Sippin and Snackin 3:00 Learn about Germany 3:30 Fact or Fake 4:00 Dining with Grace</p>	<p>5:30 Fit & Fun Exercise 6:00 Movie Night, LR</p>
<p>FRI, APR 11</p> 	<p>National Pet Day 7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Patio Devotionals</p>	<p>11:00 Dining with Grace 12:30 Watch and Chat 1:30 Balloon Volleyball, LR 2:00 Happy Hour 2:00 Visit with John & Pets Hopestone 3:00 Board Games</p>	<p>3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Reminiscing, LR</p>
<p>SAT, APR 12</p> 	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Sippin and Snackin 10:00 Body & Mind Exercise 11:00 Dining with Grace 1:00 Puzzle Mania</p>	<p>2:00 Sorting Stations 2:30 Talk & Taste 3:00 Board Games 3:30 Creative Corner 4:00 Dining with Grace 5:00 Board Games 6:00 Read & Relax</p>	

APRIL 2025 • WEEK THREE

<p>SUN, APR 13</p> 	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Snacking Social 10:00 Body & Mind Exercise 10:00 Daily Devotion 10:30 Bean Bag Games</p>	<p>11:00 Dining with Grace 1:30 Church Service AL C. Room 2:00 Movie Matinee 2:30 Trivia & Treats 3:00 Sit & Fit Exercise 3:30 Card Games 4:00 Dining with Grace</p>	<p>5:00 Evening Weather Watch 6:00 Relax and Unwind</p>
<p>MON, APR 14</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 11:00 Dining with Grace 12:30 Watch and Chat</p>	<p>1:00 Conversation Cards 2:30 Treats & Eats 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Calming Music</p>	
<p>TUE, APR 15</p> <p><i>Income Tax Day</i></p> 	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:00 Pretty Parlor with Rebekah 10:30 Manicures & Massages</p>	<p>11:00 Dining with Grace 12:30 Relax and Read 1:30 Balloon Volleyball, LR 2:00 Card Games, AR 2:30 Treat and Eat 3:00 Weekly Book Club 4:00 Dining with Grace</p>	<p>5:30 Calming Music 6:00 Movie Night, LR</p>
<p>WED, APR 16</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Garden Love</p>	<p>10:30 Church w/ Brian from Enhabit 11:00 Dining with Grace 12:30 Watch and Chat 1:00 Candy Bar Game 1:30 Conversation Card Chats 2:00 Ball Pop Game</p>	<p>3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 5:00 Name 5</p>
<p>THU, APR 17</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:30 Manicures & Massages 11:00 Dining with Grace</p>	<p>12:30 Relax and Read 1:00 Cooking Class 2:00 Birthday Bash w/ John from Hopestone Hospice 2:30 Snack Social 3:30 Fact or Fake 3:30 Tootsie Toss and Roll</p>	<p>4:00 Dining with Grace 5:30 Fit & Fun Exercise 6:00 Movie Night, LR</p>
<p>FRI, APR 18</p>  <p>GOOD FRIDAY</p>	<p>Easter Fun 7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Patio Devotionals</p>	<p>11:00 Dining with Grace 12:30 Watch and Chat 1:00 Easter Party 1pm-3pm 1:30 Balloon Volleyball, LR 2:00 Happy Hour 2:30 Music Memories 3:00 Board Games</p>	<p>3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 5:30 Domino Stack 6:00 Reminiscing, LR</p>
<p>SAT, APR 19</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Sippin and Snackin 10:00 Body & Mind Exercise 11:00 Dining with Grace 1:00 Movie Matinee</p>	<p>2:00 Sorting Stations 2:30 Talk & Taste 3:00 Board Games 3:30 Creative Corner 4:00 Dining with Grace 6:00 Read & Relax</p>	

All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

Bristol Park Cleburne MC

APRIL 2025 • WEEK FOUR

<p>SUN, APR 20</p> 	<p>Happy Easter! 7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Snacking Social 10:00 Body & Mind Exercise 10:00 Daily Devotion</p>	<p>11:00 Dining with Grace 1:30 Church Service AL C. Room 2:00 Movie Matinee 2:30 Trivia & Treats 3:00 Sit & Fit Exercise 3:30 Card Games 4:00 Dining with Grace</p>	<p>5:30 Music Memories 6:00 Relax and Unwind</p>
<p>MON, APR 21</p> 	<p>National Tea Day! 7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:00 Conversation Cards 2:30 Treats & Eats 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Calming Music</p>	
<p>TUE, APR 22</p> 	<p>Earth Day! 7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:00 Pretty Parlor with Rebekah</p>	<p>10:30 Manicures & Massages 11:00 Dining with Grace 12:30 Relax and Read 1:30 Balloon Volleyball, LR 2:30 Treat and Eat 3:00 Weekly Book Club 3:30 Timber Tower, AR</p>	<p>3:30 Craft Corner 4:00 Dining with Grace 5:00 Board Games 5:30 Calming Music 6:00 Movie Night, LR</p>
<p>WED, APR 23</p> 	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Garden Love 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:00 Candy Bar Game 2:00 Memory Match Game 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 5:00 Name 5</p>	
<p>THU, APR 24</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:30 Manicures & Massages 11:00 Dining with Grace</p>	<p>12:30 Relax and Read 1:00 Cooking Class 2:00 Card Games, AR 2:30 Sippin and Snackin 3:00 Learn about Costa Rica 3:30 Fact or Fake 4:00 Dining with Grace</p>	<p>5:30 Fit & Fun Exercise 6:00 Movie Night, LR</p>
<p>FRI, APR 25</p> 	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Patio Devotionals 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:30 Balloon Volleyball, LR 2:00 Happy Hour 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Reminiscing, LR</p>	
<p>SAT, APR 26</p>	<p>7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Sippin and Snackin 10:00 Body & Mind Exercise 11:00 Dining with Grace 1:00 Puzzle Mania</p>	<p>2:00 Sorting Stations 2:30 Talk & Taste 3:00 Board Games 3:30 Creative Corner 4:00 Dining with Grace 5:00 Board Games 6:00 Read & Relax</p>	

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Bristol Park Cleburne MC

APRIL 2025 • WEEK FIVE

<p>SUN, APR 27</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Snacking Social 10:00 Body & Mind Exercise 10:00 Daily Devotion 10:30 Bean Bag Games</p>	<p>11:00 Dining with Grace 1:30 Church Service AL C. Room 2:00 Movie Matinee 2:30 Trivia & Treats 3:00 Sit & Fit Exercise 3:30 Card Games 4:00 Dining with Grace</p>	<p>5:00 Evening Weather Watch 6:00 Relax and Unwind</p>
<p>MON, APR 28</p>	<p>National Superhero Day! 7:00 Morning Glam 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:00 Conversation Cards 2:30 Treats & Eats 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace 6:00 Calming Music</p>	
<p>TUE, APR 29</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Taste & Talk, DR 10:00 Body & Mind Exercise 10:00 Pretty Parlor with Rebekah 10:30 Manicures & Massages</p>	<p>11:00 Dining with Grace 12:30 Relax and Read 1:30 Balloon Volleyball, LR 2:00 Card Games, AR 2:30 Treat and Eat 3:00 Weekly Book Club 4:00 Dining with Grace</p>	<p>5:30 Calming Music 6:00 Movie Night, LR</p>
<p>WED, APR 30</p>	<p>7:00 Sunrise Spark 8:00 Dining with Grace 9:00 Morning Meet Up 9:30 Trivia & Treats 10:00 Body & Mind Exercise 10:30 Garden Love 11:00 Dining with Grace</p>	<p>12:30 Watch and Chat 1:00 Candy Bar Game 1:30 Conversation Card Chats 2:00 Ball Pop Game 3:00 Board Games 3:30 Afternoon Fitness Circle, AR 4:00 Dining with Grace</p>	<p>5:00 Name 5</p>





Lend Mother Nature a Hand

One of the most delightful things about spring and April is that there's life. While we soak in the color and liveliness of creation and embrace opportunities for rejuvenation, we can easily overlook how life on the planet is at risk. How do we treat the resources gifted to us through nature? April's Arbor Day and Earth Day can help us learn a little more about that, as they educate, provide awareness and highlight ways to protect and preserve life on this planet.

Arbor Day is observed on the last Friday in April annually. Each state's observance date varies based on the planting cycles of that state. Arbor Day focuses on trees and the preservation of life. Trees are vital to human existence, serving as a source of oxygen, protector from the sun and canopy of coolness in oppressive heat. Earth Day is April 22 and focuses on the overall protection of the planet we call home. It tackles topics related to climate change, renewable energy and the use of natural resources for a better earth, better health, and clean air and clean water.

Supporting Arbor Day and Earth Day is a *tree-mendous* idea. Let's branch out and celebrate these holidays!

- Plant a tree! There are hundreds of species of trees from which to choose.
- Volunteer to join a tree-planting group in your area.
- Start tree seedlings in preparation for future planting endeavors.
- Cut down on waste. Compost. Reduce, reuse and recycle.
- Educate and share! Learn about our natural resources and take your knowledge to the streets. Serve as inspiration to act.
- Set aside intentional time to embrace nature. This could mean taking hikes, visiting parks, painting or drawing nature scenes, engaging in nature photography, journaling about personal inspiration found in nature, or even talking to plants.
- Research and review trees and natural resources. How can you help preserve them?

Costa Rica and Ecotourism

Costa Rica is one of the smallest countries in the world, sure, but it's also an excellent home for 5 percent of the world's biodiversity. That's roughly half a million different species of living things. There's no doubt that sustainable living is paramount in Costa Rica and a movement that's well supported by its residents. It's an ecofriendly place not just for its residents, but tourists, too.

Ecotourism is growing in popularity as it aims to protect both the environment and its residents. It's a means of having a tourism-based economy but one that actually tries to minimize damage and danger to the people, plants and animals that live there. Ecotourism supports actions that create a safer, healthier home, and Costa Rica is a legitimate hot spot when it comes to such endeavors.

Did you know that the national park system protects more than 13 percent of Costa Rica? Upwards of 15 percent is additionally protected through other means, like being labeled a wildlife refuge or reserve. The country takes great strides to protect the land and its resources. Visitors benefit from the lush growth and thriving animal kingdom as they're able to engage in activities like bird watching, hiking and diving, and exploring national parks, volcanoes, and waterfalls. There's a lot to see and do outdoors in Costa Rica, and there's no shortage of educational opportunities when engaging in these excursions. It's imperative that visitors walk away with not only a wonderful and memorable experience in an ecotourism destination but also the knowledge to sustain such places in the future.

April 2025 Dates to Celebrate

April Fool's Day	4/1
National Pet Day	4/11
Passover	4/12-20
Full Moon	4/13
Income Tax Day	4/15
Good Friday	4/18
Easter	4/20
National Volunteer Week	4/20-26
Earth Day	4/22
Arbor Day	4/25

Birthstone: Diamond

Flower: Sweet Pea | Zodiac: Aries & Taurus

Slow Dough to Sourdough

While April 1 is commonly known as April Fool's Day, there is another unique observance that also occurs on April 1. It's National Sourdough Bread Day. Ways to observe this holiday are obvious: Eat sourdough at any or all meals and learn how to bake sourdough bread. It's relatively simple to research both of these ways to celebrate. There are plenty of recipes online and in cookbooks for all sorts of bready meals and snacks, even desserts! If you open your oldest cook book, odds are there is more than one recipe in it that uses sourdough bread.

Baking sourdough bread has become somewhat of a craze. Creating this healthy and flavorful delight isn't too terribly complicated, and you might even have all the ingredients at home. The most challenging piece of the process, according to many sources, is the timing of it all, which is lengthy. But it's worth it.

This tasty treat's fermentation process is known to help with breaking down gluten. That can be a huge plus for those with allergies and gluten sensitivities. And its level of "sour" is controlled by you, the baker. Its tanginess comes from acetic acid and lactic acid, and by adjusting the flavor profile in your sourdough starter, you can amplify that tanginess level to mouth-wrenching or take it all the way down to barely taste any tang.

How are you going to celebrate National Sourdough Day this year?



Fashion Forward

The fashion industry is one of the highest consumers of water. It's a strong source of carbon emissions around the globe. It pollutes our oceans with microplastics. It produces significant amounts of trash, including plastic, that overflow landfills. Worker rights are violated in every component of the industry. Animals suffer. Humans suffer. That's just the tip of the iceberg. Fast fashion is exceptionally detrimental to the planet and people.

Fast fashion is a business model in the clothing industry that focuses on rapidly producing trendy, inexpensive garments to meet consumer demand. Brands using this approach quickly design, manufacture, and distribute new styles inspired by runway shows or celebrity culture, often at the expense of quality, sustainability, and ethical labor practices. While fast fashion allows consumers to access the latest styles at affordable prices, it contributes to environmental

issues, such as textile waste and pollution, and raises concerns about poor working conditions in factories. As awareness of these problems grows, many people are advocating for more sustainable and ethical alternatives.

However, clothing is a necessity to some degree. Not even one percent of material is recycled and made into another garment. Clearly that's an area in need of improvement, and one among many. Sustainable fashion makes sense as it guides people away from the lifestyle

modeled by fast fashion. Sustainable fashion includes creating transparency in the workplace and supply chains; producing clothes, accessories and footwear through methods that have minimal environmental impact; participating in a collaborative economy; implementing ethical standards for laborers; and recycling, recirculating and up-cycling materials. How can you support these efforts?



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DIFFICULT

A Greener Tomorrow

- BIODIVERSITY
- COMPOST
- CRAFTSMANSHIP
- CREATIVITY
- DIY
- ECOFRIENDLY
- FUTURE
- GENERATIONS
- HANDMADE
- RECYCLE
- REPURPOSE
- RESOURCES
- SUSTAINABLE
- TEXTILES
- UPCYCLE

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