

# the Concord Grapevine

July 2017

## JULY IS NATIONAL PARKS MONTH

Here are the top 10 most visited national parks in the United States:

### 1. Great Smoky Mountains

Ensnared at number one is Great Smoky Mountains National Park, which drew more than eleven million visitors last year—about twice the number of the second most popular park. Most visitors see the park from a mountain-skimming scenic highway; many take to the more than 800 miles of hiking trails across North Carolina and Tennessee.

### 2. Grand Canyon

In 2016, 5.9 million people witnessed the wonders of one of the largest canyons on Earth. A mile deep and up to 18 miles wide at spots, the Grand Canyon is so vast that even from the best vantage point only a fraction of its 277 miles can be seen.

### 3. Yosemite

"No temple made with human hands can compete with Yosemite," wrote John Muir, whose crusading led to the creation of the California park in 1890. Over five million visitors come to this temple annually, most of them spending time in the Yosemite Valley. This mile-wide, 7-mile-long canyon was cut by a river and then widened and deepened by glacial action.

### 4. Rocky Mountains

Sweeping vistas are a main attraction at Rocky Mountain National Park in Colorado. The park contains 150 lakes and 450 miles of streams, plus ecosystems ranging from wetlands to pine forests to montane areas to alpine tundra.

### 5. Zion

Rising in Utah's high plateau country, the Virgin River carves its way through Zion Canyon to the desert below. The park's striking vertical topography—rock towers, sandstone canyons, and sharp cliffs—attracted 4.2 million visitors in 2016.

### 6. Yellowstone

The world's very first national park remains the showpiece of the National Park Service, visited by 4.2 million people last year. The vast reserve—covering 2.2 million acres in Wyoming, Idaho, and Montana—has craggy peaks, explosive geysers, alpine lakes, deep forests, and a wealth of wild animals. The stars are bison, bears, sheep, moose, and wolves.



### 7. Olympic

More than three million people a year explore the unspoiled terrain of Olympic National Park in Washington State. No roads cross through the park, which contains three distinct ecosystems: temperate rain forest, subalpine forest and wildflower meadow, and rugged Pacific shore.

### 8. Acadia

Sea and mountain meet at Acadia National Park in Maine. Most of the park is on Mount Desert Island, a patchwork of parkland, private property, and seaside villages.

### 9. Grand Teton

The peaks of the Teton Range, regal and imposing as they stand nearly 7,000 feet above the Wyoming valley floor, make one of the boldest geological statements in the Rockies. The park's jewel-like lakes, blue and white glaciers, and naked granite pinnacles enticed more than 3.2 million visitors last year.

### 10. Glacier

Rounding out the top ten most popular parks is Glacier National Park, which covers over a million acres in Montana and attracted 2.9 million people in 2016. The park's Going-to-the-Sun Road is considered by many to be one of the world's most spectacular drives.

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## July is National Parks Month

4th Independence Day  
14th Bastille Day (France)  
16th National Ice Cream Day  
19th National Hot Dog Day  
23rd Parents' Day  
30th International Friendship Day

# Movie Madness

## Coming to Theatres this Month...

### Spiderman: Homecoming - July 7th

A young Peter Parker/Spider-Man, who made his sensational debut in Captain America: Civil War, begins to navigate his newfound identity as the web-slinging super hero in Spider-Man: Homecoming. Thrilled by his experience with the Avengers, Peter returns home, where he lives with his Aunt May, under the watchful eye of his new mentor Tony Stark. Peter tries to fall back into his normal daily routine—distracted by thoughts of proving himself to be more than just your friendly neighborhood Spider-Man—but when the Vulture emerges as a new villain, everything that Peter holds most important will be threatened.



### War for the Planet of the Apes - July 14th

In War for the Planet of the Apes, the third chapter of the critically acclaimed blockbuster franchise, Caesar and his apes are forced into a deadly conflict with an army of humans led by a ruthless Colonel. After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind. As the journey finally brings them face to face, Caesar and the Colonel are pitted against each other in an epic battle that will determine the fate of both their species and the future of the planet.

### Girls Trip - July 21st

When four lifelong friends travel to New Orleans for the annual Essence Festival, sisterhoods are rekindled, wild sides are rediscovered, and there's enough dancing, drinking, brawling and romancing to make the Big Easy blush.



### The Emoji Movie - July 28th

The Emoji Movie unlocks the never-before-seen secret world inside your smartphone. Hidden within the messaging app is Textopolis, a bustling city where all your favorite emojis live, hoping to be selected by the phone's user. In this world, each emoji has only one facial expression—except for Gene, an exuberant emoji who was born without a filter and is bursting with multiple expressions. Determined to become "normal" like the other emojis, Gene enlists the help of his handy best friend Hi-5, and the notorious code breaker emoji Jailbreak. Together, they embark on an epic "app-venture" through the apps on the phone, each its own wild and fun world, to find the Code that will fix Gene. But when a greater danger threatens the phone, the fate of all emojis depends on these three unlikely friends who must save their world before it's deleted forever.

# Recipes

## Ultimate Chili Dogs

*try a new twist on an old favorite!*

### Ingredients:

- Extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 pound lean ground beef
- 1 medium jar ketchup, about 2 1/2 cups
- 1 teaspoon chili powder
- 2 tablespoons prepared yellow mustard
- Kosher salt and freshly ground black pepper
- 4 all-beef hot dogs
- 4 hot dog rolls

### Directions:

Put a skillet over medium heat and drizzle in a 2-count of olive oil. When the oil gets hazy, add the onion and garlic and cook, stirring, until it is soft and translucent, about 5 minutes. Add the ground beef, and cook until nicely browned, about 10 more minutes. Stir in the ketchup, chili powder, and mustard and simmer for 15 minutes until thickened. Season with salt and pepper. While the chili is cooking, get the grill going. Place a large grill pan on 2 burners over medium-high heat or preheat an outdoor gas or charcoal barbecue and get it very hot. Take a few paper towels and fold them several times to make a thick square. Blot a small amount of oil on the paper towel. Then carefully and quickly wipe the hot grates of the grill to make a nonstick grilling surface. Bring a pot of water up to a simmer and partially cook the dogs for about 5 minutes. Take them out of the water, pat them dry, and grill them just long enough to mark them. (That'll give them a grilled flavor too.) Brush the insides of the rolls with olive oil and lay them face down on the grill; cook until toasty. To serve, put a dog in each roll and top with the chili and some cheddar.



## Easy Chocolate Ice Cream

*combine three ingredients and freeze...what could be simpler?*



### Ingredients:

- 1 14oz. can sweetened condensed milk
- 2/3 cup chocolate syrup
- 2 cups heavy cream

### Directions:

Line a 9x5 inch loaf pan with aluminum foil. In a large bowl, stir together condensed milk and chocolate syrup until color is even. In a separate bowl, whip cream until stiff peaks form. Fold cream into chocolate mixture and pour all into prepared pan. Cover and freeze 6 hours, until firm.

# Your Safety

## July is UV Safety Month

Many of us spend the better part of the year looking forward to the summer months. The sunny weather inspires vacation plans, outdoor activities, summer festivals, and trips to the pool or beach. With so many activities packed in, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself ultraviolet (UV) rays.

July is UV Safety Month. As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine. It helps with our body's production of Vitamin D and has been tied to issues of depression in some people who don't get enough. However, overexposure to the sun can lead to a variety of health risks. You may be surprised about some of the specific dangers of sun exposure and how you can protect yourself.



There are two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that can make the skin leathery and wrinkly in appearance and these also can contribute to certain skin cancers. (An easy way to remember: "A" is for aging and "B" is for burning). Both types are harmful to you in different ways.

UV light can be harmful to the skin as many of us know who have been badly sunburned. However, it can also be very bad for our eyes. Eye structures such as the cornea, retina, and lens are damaged from UV radiation, so protecting your eyes is vital.



# Coloring Fun!

A Special Place Just For Kids!

