

July 2023 Newsletter

4th July Sensory Poem

by Kelly

I see colorful fireworks that were so beautiful!

I hear pops and cracks. I hear laughter and people talking.

I taste potato salad, ribs, beans, and yummy homemade popcorn.

I smell the yummy food and fireworks!

I feel so happy! Happy Birthday America!



July Birthdays

July 4th Robert

July 8th Tiffani

July 12th Cienna

July 14th Carole

July 18th Joe B

July 20th Chris E

July 22nd Brandon

July 24th Jolie & Josh



Rachael Rays Big BBQ Burgers with Bacon and Cheddar Summer Recipe Found By: Chris M

Ingredients:

- ¼ cup butter
- 3 medium onions or 2 large, ½ cup finely chopped, remainder chopped or quartered and thinly sliced
 - 1 fresh bay leaf
 - Salt and pepper
- 6 slices meaty bacon, halved crosswise
- 2 large cloves garlic, chopped or grated
- 2 tablespoons apple cider vinegar
- 2 tablespoons molasses or light or dark brown sugar
 - 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cayenne pepper sauce
- Rach's go-to is Frank's RedHot
 - One 8-ounce can tomato sauce
- Cooking spray or extra-virgin olive oil (EVOO), for pan
- 1½ pounds ground sirloin (80%) or two 12-ounce packages plant-based meat product (Rach likes Impossible)
 - Salt and pepper
- 8 ounces sharp white cheddar, sliced or crumbled
- 4 brioche burger rolls or sesame seed rolls, split
- Upland cress or leaf lettuce and sliced dill or bread-and-butter pickles

Preparation:

Heat 2 tablespoons butter over medium-low heat. When it bubbles, add larger chopped or quartered and sliced onions and bay leaf, and season with salt and pepper. Cook slowly 30 to 40 minutes to caramelize in color and very soft. Midway add about 1 cup water and let it cook away.

Preheat oven to 425°F.

Arrange bacon on slotted pan and bake to very crisp at center oven, 13 to 15 minutes.

Meanwhile, heat a saucepot or small skillet over medium heat with the remaining 2 tablespoons butter and finely chopped onion.

Grate in the garlic, then add apple cider vinegar, molasses, ketchup, Worcestershire, hot sauce, and tomato sauce. Let that bubble and cook together to thicken, 12 to 15 minutes at low bubble.

Preheat a cast iron skillet over medium-high to high heat, and spray or brush with oil.

Score the meat or plant-based product before forming patties to ensure even size and season with salt and pepper. Form 4 patties— if using meat, form patties thinner at center than edges for even cooking; plant-based burgers should be formed into thin and even patties. Cook patties 7 to 8 minutes, turning occasionally until browned. Top with cheddar cheese and melt in last 1 to 2 minutes. To build burgers: bun bottoms, greens such as cress or leaf lettuce, pickles, cheeseburgers, 3 half-slices of crisp bacon per burger, barbecue sauce, caramelized onions, and bun tops.



Beauty and the Beast

By: Chris E

Beauty and the Beast is one of my favorite movies! One of my favorite characters is Gaston. I think he is a really nice guy! He is swell, and sings very nice. Belle is also one of my favorites, she is a really nice lady! My favorite part of the movie is the end when Beast turns into the man again. I also got to meet them at Disneyland, that was awesome!!!



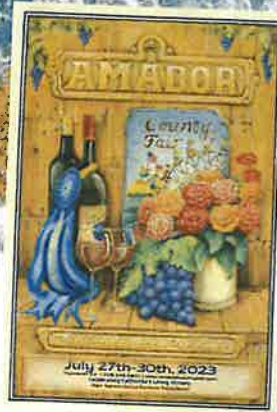
Reminders by Jacob:

Take your trash out when you get out of the van

Dump sodas out before you recycle

Make sure you wear your sunscreen, and drink lots of water; especially at the pool!

Treat others the way you want to be treated



The Amador County Fair

By: Diane

I love the Fair! The fair is happening at the end of July. They have rides, vendors, and yummy food! My favorite thing to eat is the corndog with mustard! Also, it is fun to see all the art exhibits! It's hot at the fair so make sure you drink water!

People First July Luau

By Jacob

We had our July Luau party on Friday the 7th. We had pulled pork sandwich and it was a lot of fun. Some when out on CA, and others stayed in for the party. I hope you all had fun at the party! I sure did! I'd like to thank the staff for serving the food and setting it up for us.



Dreaming About Disneyland

By Jason

I really want to go to Disneyland! I dream about all the new rides. My favorite character is Goofy. I would love to eat a bread bowl full of Clam Chowder. I would also like to see the light shows in person. It would be even cooler if I got to go with my niece and nephew!