

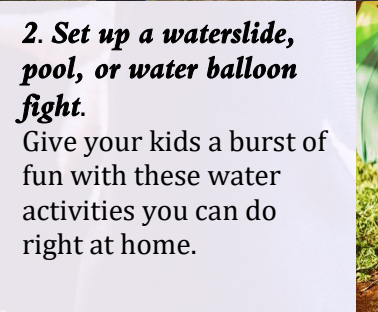
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4th of July Celebration Ideas



1. Hike at a nearby trail or visit a garden

Reserve a spot for your family to visit an open trail or garden. Most trails are open with partial capacity to ensure visitor safety.



2. Set up a waterslide, pool, or water balloon fight.

Give your kids a burst of fun with these water activities you can do right at home.



3. Catch some waves at the beach

You can find a beach near you that is open for active recreational use like surfing or fishing. Be sure to check the beaches guidelines first.



4. Have a Carryout Picnic

Get some fresh air with the family in your backyard with a pizza picnic.



5. Attend a Drive-In Theatre or Outdoor Movie

Drive-Ins like the [Paramount drive-in](#) are still open for families to visit. Or have an outdoor movie screening at home with a projector, movie screen & speakers.

Social Distancing CDC Guide

By DBI Staff Writer

Stay-at-home orders, shutdowns, and closings have created a national flattening of COVID-19 cases throughout the last few months, but with states reopening we are becoming more tempted to venture out for some fresh air. Thankfully, the CDC has provided us with guidelines to social distance safely to minimize the rise in future COVID-19 cases. As a reminder, it is important to stay home as often as possible.

Things to consider before leaving your home:

- Find out if COVID-19 is spreading in the area you are going to.
- Consider if the activity will put you in close contact with other people
- Reflect on if you or someone you live with is at risk for severe illness
- Make sure you are prepared for travel with a face cloth, hand sanitizer, & disinfectant wipes.



Activities that are the safest are ones that you can maintain at least 6 ft of space between you and others outdoors.

Gym, Dine-Restaurants, Nail Salons:

- Check that they adhere to COVID-19 safety guidelines.
- Seek businesses with outdoor options. Maintain 6 feet distance.
- Book services in advance so you don't have to wait to be serviced.

Hosting Gatherings or Cook-Outs

- Host outdoors when possible and keep indoor spaces well-ventilated with open doors and windows.
- Minimize close contact. Wear masks when less than 6 feet apart or indoors. Consider providing face coverings and hand sanitizer.
- Arrange tables and chairs to allow for social distancing.

For more information view the CDC "Deciding to Go Out" guideline at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html>

July Box Office 🎬

1. *The Old Guard* on Netflix July 10th
2. *Hamilton* stream on Disney+ July 3rd
3. *Mulan* in theatres July 24

Watermelon Pizza Recipe from Australian Blueberries



Pineapple Hot Dog Recipe from Endless Meal



Ingredients

- 1/2 pineapple, cut in half then sliced
- 1 teaspoon grape seed oil
- Optional: 1/2 teaspoon cayenne pepper
- 8 hot dogs – meat or veggie, your choice!
- 8 hot dog buns (gluten-free, if needed)

For Teriyaki Mayo:

- 1/4 cup mayonnaise or vegan mayo
- 3 tbsp teriyaki sauce
- 1/2 tsp lime juice with a pinch of salt

Ingredients

- 1/2 c of ricotta cheese
- 1/4 c of softened cream cheese
- 1 tbsp of honey
- 1/2 tsp of vanilla
- 1" thick watermelon slice
- 1 kiwi sliced
- Blueberries to garnish

Directions

1. In a small bowl mix ricotta, cream cheese, honey, & vanilla together until combined.
2. Spread mixture onto slice of watermelon & top with berries. Serve immediately.

Directions

1. Preheat your grill/broiler to medium high and oil the grate.
2. Combine all teriyaki mayo ingredients together in a small bowl & mix.
3. Toss the pineapple slices with the grapeseed oil & grill until grill marks appear & flip. After two minutes remove the pineapple from the grill.
4. Grill the hot dogs for 7-10 minutes, turning a few times. Lightly toast the buns on the grill for about 1 minute.
5. Serve the hot dogs with slices of grilled pineapple & teriyaki mayo.



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