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Cozy Up With 'The Repair Shop'

A Slower, Kinder Type of TV

Reality television can be a great way to turn off your mind, but most options are full of petty drama and sarcastic remarks. For some of us, it can get a little tiring. One show out of the U.K. is taking a refreshingly gentler approach. "The Repair Shop" follows passionate craftspeople as they fix antiques, and every object they work on has a story behind it.

There are no high-stakes prizes or biting comments in "The Repair Shop." Instead, viewers peek inside a warm and inviting workshop filled with collaboration and sentimental stories. In each episode, you watch the experts perform amazing transformations and hear heartwarming tales about the connections people build with family heirlooms.

The main cast includes upholsterer Jay Blades, woodworker Will Kirk, clock repairer Steve Fletcher, leatherworker Suzie Fletcher, ceramicist Kirsten Ramsay, and metalworker Dom Chinaea. They are joined by a painting restorationist, stuffed animal repairers, and experts in glass, jewelry, and musical instruments as needed. The eclectic mix means viewers are in for a new treat every episode. The cast may work on a grandfather clock and rocking horse in one episode, only to restore a beloved teddy bear and repair a pinball machine in another.



Some of the best moments happen when the craftspeople work together. When an old writing desk has a leather inlay or an antique clock needs a newly painted face, everyone in the shop is glad to pitch in and help restore any object. They do so with good humor, a collaborative spirit, and dedication to their craft.

But the show's real heroes are the guests who bring in their beloved keepsakes. From war mementos to antique furniture and favorite toys passed down from parents, each person who visits has a deep connection with the object that needs repairing. They tell their stories, and we see their emotional reactions to their items receiving new life.

U.S. viewers can catch "The Repair Shop" on BBC One or stream it on Discovery+. Cozy up with a cup of tea — plus a box of tissues, if you're the sentimental type — and prepare to be moved.

Atticus Finch Has Much to Share

Life Lessons From 'To Kill a Mockingbird'

If you didn't read Harper Lee's "To Kill a Mockingbird" in high school or have yet to see the movie, then you've surely heard it referenced in conversation — I know I have! After all, it's a classic! Whether you're familiar with the story or not, I want to share a few of the many useful lessons it teaches.

Don't judge a book by its cover.

Throughout the novel, we see Atticus Finch, the noble Southern lawyer with a passion for justice, constantly reminding others, including his daughter, Scout, to try and see things through the perspective of others. "You never really understand a person until you consider things from their point of view — until you climb inside of his skin and walk around in it," Atticus tells Scout in the novel.

Before forming opinions about others, it's important to try to understand where they are coming from, where they've been, and where they're going. Whether it's in personal or professional relationships, Atticus teaches us to learn about the lives of others.

Follow your moral compass.

Throughout the story, Atticus acts upon his own beliefs and values, despite what others think and believe, which allows him to make a difference and give others a fighting chance.

As Atticus says, "They're certainly entitled to think that, and they're entitled to full respect for their opinions ... but before I can live with other folks, I've got to live with myself. The one thing that doesn't abide by majority rule is a person's conscience." Thus, you are the only person who can tell you how to think, act, and live your life. Allow your morals and values to guide you.

Courage isn't about winning fights.

Scout gets into a fight at school over her father's work. Atticus, when speaking to his daughter about the incident, stresses how resisting the urge to fight is braver than throwing punches. "You just hold your head high and keep those fists down. No matter what anybody says to you, don't let 'em get your goat. Try fighting with your head for a change," Atticus tells Scout. It's more noble to fight with your mind than with



your fists.

Reading is extremely important.

In the novel, Scout admits she took reading for granted. She says, "Until I feared I would lose it, I never loved to read. One does not love breathing." Atticus is an avid reader and ensured his children were strong and capable readers as well. Reading is a timeless form of education and a great way to cultivate wisdom.

It's a sin to kill a mockingbird.

Always protect those who are innocent. As Atticus Finch says, "Mockingbirds don't do one thing but make music for us to enjoy. They don't eat up people's gardens, don't nest in corncribs, they don't do one thing but sing their hearts out for us. That's why it's a sin to kill a mockingbird." In today's world, we need to be kind to others and stand up for what is right. Far too often, innocent people are bullied and shamed.

"To Kill a Mockingbird" is an absolute classic. Even if you've read the novel, I suggest rereading it because, sometimes, you have to look twice to find the deeper messages! And these are but a few.

- Bill Steffens

'Mom, Dad, There's Nothing to Do!'

Keeping Kids Entertained Through Summer

Kids look forward to summer vacation all year long, but it often only takes a few days before the "I'm bored" whines begin. It gets worse; many kids will happily spend months staring at their devices, wasting time they'll never get back. So, how do you get children active and keep them entertained?

Make a summer bucket list. It even happens to adults: We blink, and the season is over. All those things we "meant" to do somehow end up having to wait another year (or more). Don't let that happen to you or your kids this year. Make sure everyone gets their fill of summer fun by making a list of can't-miss activities. Include staples like visiting the pool or the zoo — but also entertain ideas about backyard crafts and water balloon fights. Don't forget to incorporate plenty of things the kids can do at or near home. The next time they're bored, point them to the list and urge them to complete one of their activities.

Learn something new. Hear us out — this is designed to be fun. The goal here isn't to make your kid memorize multiplication tables over summer break. (Though, if you suggest it, they might find

something else to do very quickly!) What interests do your kids have? Whether it's firetrucks, dinosaurs, fashion, or something else entirely, they have countless opportunities to learn more through your local library or the World Wide Web. You don't have to restrict them to book learning, either. Your kid might love the opportunity to try countless hobbies like sewing, sculpting, or even gardening.

Camp close to home. Most kids love the outdoors, and they're easily distracted by a bit of novelty. You don't have to travel far to enjoy nature — you just need a backyard, a tent, and some sleeping bags. The prospect of spending the night outside will sound thrilling to most kids. If you have young children, make it a family affair with a campfire, roasted marshmallows, and songs. Let older kids invite some friends for a unique sleepover, complete with flashlight tag and scary stories.

Summer will be over before you know it, but you and your kids can have more to show for those months — and great memories, too! Forget about "I'm bored," and prepare yourself for a new mantra: "When can we do that again?"



He's So Fined

George Harrison's Plagiarism Saga

In November 1970, George Harrison released his first solo single and biggest hit, "My Sweet Lord." The song shot to No. 1 internationally and achieved the rare feat of bringing religious devotion to the pop charts. Only one problem arose — despite what the record label said, George Harrison didn't write it.

"He's So Fine" was written by Ronnie Mack and recorded by The Chiffons only seven years earlier. It became a hit in its own right, with Billboard ranking it as the fifth-biggest single of 1963. Though Harrison had dramatically rearranged the song and written new lyrics, the similarities between "He's So Fine" and "My Sweet Lord" were undeniable to even the casual listener.

Despite Harrison's lyric that "it takes so long," the song's owner, Bright Tunes, wasted no time filing a plagiarism lawsuit in February 1971. It also didn't take Harrison long to realize his mistake. In fact, the "quiet Beatle" later confessed to the similarities in his book "I Me Mine," asking, "Why didn't I realize?"

Harrison's manager, Allen Klein, thought he could make the matter go away by throwing money at it. He suggested that the wealthy Harrison buy Bright Tunes so that he would own the rights to both songs. Bright Tunes rejected the offer, and the case went to court. The judge found Harrison guilty of "subconscious plagiarism" in 1976 and ordered him to pay lost royalties.



But Klein had a ruthless reputation and made an unexpected move. Having been fired by Harrison in 1973, Klein began pursuing a purchase of Bright Tunes on his own starting around 1975. By 1978, Klein owned the catalog and had effectively switched sides in the case, leaving Harrison stunned. It took several more years of legal wrangling (the case was finally resolved in 1998!), but in 1981, Klein sold Harrison "He's So Fine" for \$587,000. Many experts declared that price to be a steal.

Despite the public spectacle, Harrison had few regrets about his copycat hit. "I don't feel bad or guilty about it," he wrote in his autobiography. "It saved many a heroin addict's life. I know the motive behind writing the song in the first place far exceeds the legal hassle." In fact, the ordeal served as inspiration for his tongue-in-cheek single, "This Song," released in 1976 — proving that a good artist can find inspiration anywhere.

TAKE A *BREAK*



SUMMER CRAB AND LEMON CARBONARA

Fresh crab and lemon make this crowd-pleasing pasta dish perfect for summer.

Ingredients

- 12 oz bucatini pasta
- 1/2 cup olive oil
- 2 tbsp garlic, finely chopped
- 1/4 cup drained and rinsed capers, chopped
- 1 tsp coarsely ground black pepper
- 6 large egg yolks, beaten
- 3 oz Pecorino Romano cheese, grated
- 1/2 cup fresh chives, thinly sliced
- 8 oz fresh crabmeat
- 1 tbsp grated lemon zest
- 1 tbsp fresh lemon juice
- Sea salt or kosher salt, to taste

Directions

1. In a pot of boiling water, cook pasta until not yet al dente. Drain and reserve 1 cup cooking liquid.
2. In a large skillet over medium heat, cook oil and garlic until lightly toasted. Add capers and black pepper, then stir for 2 minutes.
3. Add reserved cooking liquid to skillet and bring to a boil over medium heat. Stir in pasta and cook until al dente. Remove from heat.
4. Stirring constantly, pour egg yolks quickly into the mixture. Add cheese and chives, stirring well until sauce is creamy. Add crab, lemon zest, and lemon juice. Toss together and season with salt.

Inspired by FoodAndWine.com

OVERCOMING INATTENTION

Strategies to Fight Distraction

With our phones always on standby, we're more easily distracted than ever. Then there are also interruptions by coworkers or family members, emails or instant messages that divert our attention, household chores that will "only take a minute," coffee breaks, and daydreams. Constant distraction hurts us more than we realize, creating a feedback loop of inattention. It's time we understand what all this multitasking is doing to our minds and figure out how to break the cycle.

No matter how good you think you are at it, multitasking doesn't exist. What we're really doing is called task-switching. Our brains can concentrate on only one thing at a time, and the quicker we go back and forth between tasks, the less we pay attention, and the more likely we are to make mistakes. Even worse, research says it takes us a whopping 23 minutes to regain our concentration after being interrupted.

But what can you do? If you've ever been on a diet, you know that willpower has its limits. Simply promising you won't check your email or phone rarely results in long-term success. But if technology is a big part of the problem, it can also be part of the solution. Try putting your email or phone notifications on silent. Or, consider a website blocker to keep you off distracting websites and an app that will lock distracting features on your phone. Low-tech solutions like a "do not disturb" sign and putting your phone in another room can also help.

And mental tricks can still have their place. You probably tend to become productive when you've got a deadline crunch, and there's a reason for that. Tasks have a way of stretching out unnecessarily when we don't have to follow any restrictions. So, make some! Determine how much time you need to complete a task, and then don't allow yourself anymore. Ask a colleague for help staying accountable. You'll be amazed at how much you get done.

Though we each have to fight our own battles, this isn't entirely our fault. Popular apps make billions of dollars by sucking our attention away from everything else, so we're automatically at a disadvantage. And there may be even more than meets the eye. If you have difficulty concentrating, stress could be the underlying culprit. Get that under control, and distractions might suddenly lose some of their allure.

