



Grab your passports, because we are heading to Barbados for a little fun in the sun! Being the birthplace of rum and the outrageously beautiful Hollywood mogul, Rihanna Fenty, you know there is so much fun to be had. But before we order our ride to board the next plane out, let's learn a little more about this gorgeous island, shall we?

- ❖ Barbados is an island nation surrounded completely by the Atlantic Ocean. It belongs to the Lesser Antilles (a group of islands in North America).
- ❖ Rihanna, the iconic pop singer/songwriter/actor/beauty influencer and so much more, was born and raised in Barbados.



- ❖ Barbados is one of the most popular and preferred tourist destinations in the Caribbean.
- ❖ Two Barbados dollars are approximately equal to one US dollar.
- ❖ The Barbados Museum provides rich insights into the country's history and culture.

**PET'S THERAPY:
BRITISH SHORTHAIR
CAT!**



Do you have a dream pet? Surely all of us do. Mine has always been a sea otter, panda, elephant, a couple of ferrets, and at least 5 cats of varying breeds. Now, I know you're probably thinking, "Where is she going to put all of them?"

You would be surprised how much can fit into a two-bedroom apartment when you use your imagination!

Anyway, here are a few fun facts about the adorable and oh so fluffy British Shorthair!

- 🐾 British Shorthairs come in a bevy of colors, most commonly some sort of grey. But as you can see by the chunky fur potato in the above image, they can also come perfectly toasted!
- 🐾 While they can lean toward obesity, the British Shorthair is a pretty healthy breed. Many have been known to live up to 20 years--this fact makes me very happy.
- 🐾 They're fairly easygoing cats; they love affection but in moderation. They may follow you around, but that does not mean they are overly dependent and want affection in that moment. They're playful but not overwhelmingly so.
- 🐾 They are considered one of the oldest cat breeds!
- 🐾 Along with their built-in smile and being very good family cats, British Shorthairs are very intelligent and easygoing.

CHEF'S CORNER:

Ribbony Shrimp & Pasta Scampi!



This week we have another healthy and incredibly easy pasta recipe for whomever is stumped on what they should prepare for dinner. Not only is this recipe beautifully colorful and so nice to look at, but it's flavorful and so easy to prepare.

What's your favorite pasta dish?

Ingredients:

Kosher salt

8 ounces whole spaghetti

1 yellow squash

1 zucchini

1 pound peeled and deveined medium shrimp, tails removed

Freshly ground black pepper

2 tbsp olive oil

1 cup cherry tomatoes, halved

4 cloves garlic, finely chopped

Pinch crushed red pepper flakes, optional

½ cup low-sodium vegetable or chicken broth

2 tbsp chopped fresh chives

Instructions, [here!](#) 😊



Quote of The Day

"Stay close to anything that makes you glad you are ALIVE."

-Hafez