

# July Newsletter



## **Cucumber, Tomato, and Red Onion Salad**

### Ingredients

1/4 small red onion, cut into thin slices  
 1/2 seedless cucumber, cut into 1/3-inch dice  
 1 pound vine-ripe or Roma tomatoes, cut into 1/3-inch dice  
 2 tablespoons freshly squeezed lemon juice  
 1/4 cup basil-infused olive oil  
 Kosher salt and freshly cracked black pepper

### Directions

In a small bowl, soak the onion slices in icy cold water for 15 minutes. Remove from the water and pat dry. In a large bowl, add the onions, cucumbers and tomatoes and toss to combine. In a small bowl, whisk together the lemon juice, olive oil and salt and pepper, to taste. Pour over the salad and serve immediately.

## **Ways to Volunteer In Your Community**

Do you have spare time you don't know how to spend? Want to make a difference in your community? Trying to find ways to make friends and learn about the U.S. culture? Volunteering is a great way to use your free time helping others! Not only will you give back, but you're likely to make new friends and truly become a part of the community in which you are living. There are numerous ways to volunteer in every community! You can volunteer once a week or once a month...do what works best with your training schedule. And, it looks great on your CV!

Have no clue how to begin volunteering? Ask yourself these questions.

1. What are you passionate about? Is it hospitality? If so, perhaps you would enjoy showing kindness to the homeless at a local shelter. Do you love animals? Offer your time to the humane society nearby. There are so many ways to use your talents and passions to benefit your community...hospitals, Habitat for Humanity (building houses for those in need), nursing homes, food banks, etc.

2. What organizations or activities are in your area? Ask co-workers or friends from your city. Search the internet. Call local non-profit organizations.

Maybe you are not sure about volunteering. Check out this website to learn more about it. You might find something of great interest to you. Some volunteer organizations also provide social activities in addition to the events they organize to help the community. This is a great way to meet people and start friendships!

[www.volunteering.meetup.com](http://www.volunteering.meetup.com)

3. Are you qualified to serve in the specific area you're interested in? If not, ask local organizations when and if they have training sessions. These sessions are another great way to make new friends, specifically with those who share your passions.

## **Dallas, Texas**

Whether you are near Dallas or hours away, a visit would be a great adventure! Dallas has fun, historical, and educational sites. Plan your trip today!

**Popular Sites:** Dallas Arboretum & Botanical Gardens, Zero Gravity Thrill Amusement Park  
 Dallas, The George W. Bush Presidential Library and Museum, Dealey Plaza National Historic Landmark District, Dallas World Aquarium, White Rock Lake Park

**Restaurants and Nightlife:** Lucia, Pecan Lodge, Stephan Pyles, FT33, Rosewood Mansion on Turtle Creek, Chateau Wine Market and Bodega Bar

**Coffee Shops:** Cultivar Coffee & Tea, The Pearl Cup, Union Coffee, Crooked Tree Coffee-house, Avoca Coffee



Want to kick back with some friends after a long day of work? Take time to watch some of America's favorite summer movies. Check out these blockbusters!



## **SCAM ALERT!!!**

Unfortunately, thieves will use any avenue to steal from you. The Department of State has recently issued a warning regarding a scam targeting exchange students.

In a recent incident, an active intern/trainee participant was contacted by someone posing as a Department of Homeland Security officer. NEVER, under any circumstance, provide personal information (SEVIS ID number, passport number, DS-2019 number, I-94 number, or social security number) to anyone other than your employer or sponsor! There might be instances where you are requesting a service (such as a bank or doctor's office). In those cases, you can share your personal information.

WISE is concerned about your welfare. Please be careful with your personal information!

## **Cultural Components**

**- July 4th Festivities**

**- Beach or Lake Activities**

**- Baseball Game**

**- Rodeo**

**- Amusement Park**

**- Water Park**