

EXTRA!

FROM THE OLD FARMER'S ALMANAC

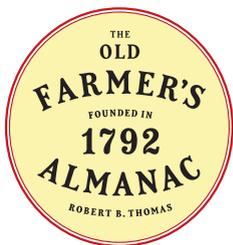
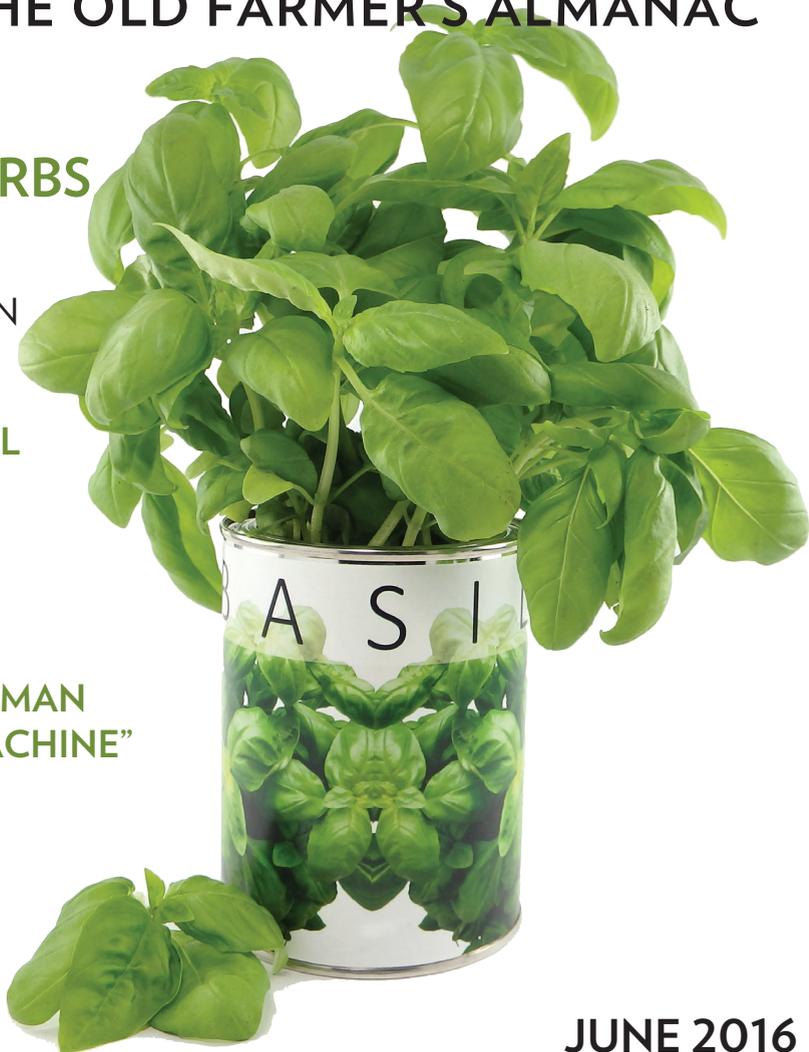
RECIPES
USING HERBS

GROW
VEGETABLES IN
CONTAINERS

FOOD-FRUGAL

THE YEAR
WITHOUT A
SUMMER

CANADA'S HUMAN
"RUNNING MACHINE"



JUNE 2016



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WEATHER FORECASTS

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WIT

Humor Me
Grins and groans from the Almanac

WHAT'S NEXT

See what we have in store for our July issue!



THE MONTH OF JUNE

HOLIDAYS, HISTORY, AND FOLKLORE



MOON VIEW

June's full Moon, the Full Strawberry Moon, occurs on the 20th, at 7:03 A.M. EDT.

 TAP FOR MORE MOON PHASES

 TAP FOR MORE ABOUT THE FULL STRAWBERRY MOON AND OTHER FUN MOON FACTS



JUNE'S ZODIAC SIGNS

Gemini: May 21–June 20

Cancer: June 21–July 22

SAY HAPPY BIRTHDAY!

Humor is just another defense against the universe.

—Mel Brooks, American comedian (b. June 28, 1926)



FOLKLORE FUN

*June damp and warm
Does the farmer no harm.*



JUNE'S BIRTH FLOWER:

Honeysuckle or Rose

- A rose in general indicates love or desire. Specific roses may relate other messages. For example, a white rose may mean “silence” or “I am worthy of you,” while a yellow rose signifies “jealousy.”
- The honeysuckle denotes the bonds of love, or generous and devoted affection.

 TAP FOR MORE ABOUT THE LANGUAGE OF FLOWERS

MONTHLY HAPPENINGS



JUNE 14: FLAG DAY (U.S.)

Bernard J. Cigrand, a Wisconsin schoolteacher, was the first to propose an annual day to honor the American flag. In 1885, he arranged for his students to celebrate June 14 as Flag Day, because on that day in 1777, the Continental Congress authorized the creation of the first U.S. flag. The popular celebration spread, until on May 30, 1916, President Wilson issued

a proclamation calling for a nationwide observance of Flag Day. On August 3, 1949, President Truman established June 14 to be observed every year as National Flag Day.



TAP FOR FLAG CARE AND DISPLAY



TAP FOR MORE U.S. FLAG GUIDELINES

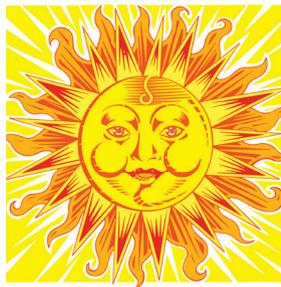
JUNE 20: SUMMER BEGINS

On this day in the Northern Hemisphere, the summer solstice occurs at 6:34 P.M. EDT.

Summer solstice can be defined as the time when the north pole of Earth is tilted directly toward the Sun. This applies to other planets, too.

DID YOU KNOW?

- Mercury has virtually no tilt (less than 1/30th of a degree) relative to the plane of its orbit, and therefore does not experience true seasons.
- Uranus is tilted by almost 98 degrees and has seasons that last 21 years.



FLAG CARE AND DISPLAY

On June 22, 1942, Congress passed a joint resolution, later amended on December 22, 1942, that encompassed what has come to be known as the U.S. Flag Code. It is found in the United States Code, Title 4, Chapter 1. Guidelines include:

- It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.
- The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.
- The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day.



CALENDAR Q&A



Q: Why doesn't the summer solstice fall on the same date each year?

A: The summer solstice in the Northern Hemisphere ranges in date from June 20 to 22. This occurs in part because of the difference between the Gregorian calendar system, which normally has 365 days, and the tropical year (how long it takes Earth to orbit the Sun once), which has about 365.242199 days. To compensate for the missing fraction of days, the Gregorian calendar adds a leap day about every 4 years, which makes the date for summer jump backward. However, the date also changes because of other influences, such as the gravitational pull from the Moon and planets and the slight wobble in Earth's rotation.

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BEST DAYS

These June dates, deemed to be propitious in astrology, are based on the astrological passage of the Moon. However, consider all indicators before making any major decisions. —*Celeste Longacre*

PERSONAL

- Begin diet to lose weight: 3, 26, 30
- Begin diet to gain weight: 11, 16
- Cut hair to encourage growth: 13, 14
- Cut hair to discourage growth: 2, 3, 29, 30
- Have dental care: 10–12
- Quit smoking: 3, 26, 30
- Wean children: 3, 26, 30

AROUND THE HOUSE

- Can, pickle, or make sauerkraut: 25, 26
- End projects: 4
- Start projects: 6

OUTDOORS

- Begin logging: 20–22
- Go camping: 18, 19
- Go fishing: 4–20
- Set posts or pour concrete: 20–22

IN THE GARDEN

- Destroy pests and weeds: 1, 27, 28
- Graft or pollinate: 6, 7
- Prune to encourage growth: 8, 9
- Prune to discourage growth: 1, 27, 28
- Plant aboveground crops: 15–17
- Plant belowground crops: 25, 26
- Harvest aboveground crops: 10–12
- Harvest belowground crops: 2, 3, 29, 30

ON THE FARM

- Breed animals: 15–17
- Castrate animals: 23, 24
- Cut hay: 1, 27, 28
- Set eggs: 13, 14, 22, 23
- Slaughter livestock: 15–17
- Wean animals: 3, 26, 30



GARDENING BY THE MOON'S SIGN

Use the June dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

PLANT, TRANSPLANT, AND GRAFT: Cancer, Scorpio, or Pisces

HARVEST: Aries, Leo, Sagittarius, Gemini, or Aquarius

BUILD/FIX FENCES OR GARDEN BEDS: Capricorn

CONTROL INSECT PESTS, PLOW, AND WEED: Aries, Gemini, Leo, Sagittarius, or Aquarius

PRUNE: Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

THE MOON'S ASTROLOGICAL PLACE IN JUNE

1 Aries	9 Leo	17 Scorpio	25 Pisces
2 Taurus	10 Virgo	18 Sagittarius	26 Pisces
3 Taurus	11 Virgo	19 Sagittarius	27 Aries
4 Gemini	12 Virgo	20 Capricorn	28 Aries
5 Gemini	13 Libra	21 Capricorn	29 Taurus
6 Cancer	14 Libra	22 Capricorn	30 Taurus
7 Cancer	15 Scorpio	23 Aquarius	
8 Leo	16 Scorpio	24 Aquarius	

TAP FOR
MERCURY IN
RETROGRADE
DATES

APP EXTRA!
TAP FOR JUNE
MOON PHASES

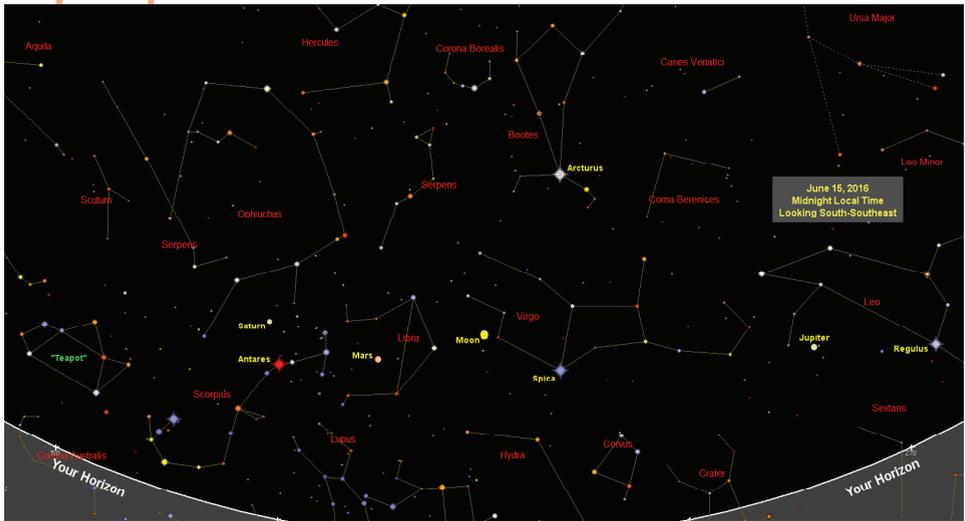
MERCURY IN RETROGRADE

Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion retrograde motion.

Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. **Mercury will be retrograde from August 30–September 22, and December 19–January 9, 2017.**

—Celeste Longacre



A MAGNIFICENT CELESTIAL LINEUP

If you stay up late during the month of June, the night sky offers a gorgeous lineup of stars and planets, plus the Moon. The display is at its best in the first 3 weeks of the month.

We'll be looking at a series of bright objects stretching in a long line from due west through south and into the southeast. You'll want to view it from a location where bright lighting does not interfere and where trees and buildings do not intrude on the horizon.

Beginning in the west, the bright star Regulus and the giant planet Jupiter are paired near one another in the constellation Leo, the Lion.

Regulus, whose Arabic name means “the heart of the lion,” is the 21st brightest star. Jupiter is markedly brighter than Regulus and shines with a steady light, whereas Regulus appears to twinkle. That’s one way to distinguish a star from a planet. Stars typically twinkle, but planets do not. Earth and Jupiter are currently moving away from one another, so Jupiter will become slightly dimmer as the month wears on.

APP EXTRA!
TAP TO GET
A PRINTABLE
JUNE
SKY MAP

APP EXTRA!
TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



Next in line as we gaze leftward is the star Spica in Virgo, the Virgin. Shining brighter than Regulus, Spica ranks 16th among the brightest stars.

Brighter still and located high above Spica is Arcturus in the constellation Boötes, the Herdsman. Arcturus is the 4th brightest star, and some keen-eyed observers note that it has a very pale orangish color. Compared to Spica, which is most definitely a blazing white, Arcturus should appear at least off-white, if not with a hint of orange. The comparison will be easiest in the first week of June, when the Moon is not in the vicinity to wash out the view.

Ah, Moon! It appears on the map at its location on the night of June 15, when it will be in its gibbous phase, about halfway between first quarter and full. The gibbous Moon shape is that of a lopsided oval. Just 5 days earlier, on June 10, the Moon will be far to the right, between Regulus and Jupiter, and will appear less than half-illuminated. On each succeeding night, the Moon grows “fatter” (more of it becomes sunlit from our perspective) and moves left.

Farther left on the map is the trio of Mars, Saturn, and Antares—three objects that will remain in close proximity for the next few months. The planet Mars is the brightest of the three, with the planet Saturn next, followed by the star Antares. Note how Antares twinkles but Mars and Saturn do not.

Antares is the 15th brightest star, just a fraction brighter than Spica. There is a nice color contrast between the two, with Antares slightly orangey-white compared to Spica’s bright white.

The word “planet” derives from a Greek word meaning “wanderer.” Planets do indeed wander compared to the barely moving stars.

A simple but rewarding sky-gazing project for the summer is to note the changing positions of planets Mars and Saturn with respect to the star Antares. It can be fun to make a simple sketch of the area once every week or two. You will notice that Antares stays in precisely the same location at all times. Like nearly all stars, Antares’s movement is imperceptible during a person’s lifetime.

Not so, the planets; they are always on the move! Relative to Antares, Saturn will spend the summer meandering very slowly to the left and then reverse course and move slowly right. Mars will zip along much faster, passing close to Antares in late August before speeding on to the “Teapot” of Sagittarius by October.

—Jeff DeTray

STAFF PICK FAVORITES!



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Recipes Using Herbs

Fresh herbs can take a dish from good to great. When using delicate herbs such as cilantro, parsley, and chives, add them 1 to 2 minutes before the end of cooking or sprinkle on top when a dish is served. Hardy herbs, including marjoram, thyme, and rosemary, can be added during cooking, without fear that they will lose flavor or become chewy. Here are some recipes that incorporate herbs.

FOOD

Herb Butter

+ TAP FOR RECIPE





SHARE
THIS
RECIPE

HERB BUTTER

This zesty condiment adds flavor to vegetables, cooked steak (melt a pat on top!), hot biscuits, and sandwiches.

- 1 pound butter, softened**
- 1 clove garlic, chopped**
- 1 shallot, chopped**
- 1/2 tube (1.6 ounces) anchovy paste**
- 1/2 bunch parsley, chopped**
- 2 tablespoons freshly chopped basil**
- 2 tablespoons freshly chopped thyme**
- 2 tablespoons Worcestershire sauce**
- 1/2 teaspoon paprika**
- 1/2 teaspoon freshly ground black pepper**

Beat butter until fluffy, then add remaining ingredients. Form into a log on aluminum foil. Roll foil, twisting the ends. Freeze, then slice as needed.

Makes 1 pound.

FOOD

Tomato Herb Bread

 TAP FOR
RECIPE



SHARE
THIS
RECIPE

TOMATO HERB BREAD

Fresh tomatoes and herbs create a moist quick bread reminiscent of summer.

- 2-1/2 cups all-purpose flour**
- 1 cup quick-cooking oats**
- 1/4 cup sugar**
- 6 tablespoons freshly grated Parmesan cheese, divided**
- 3 teaspoons baking powder**
- 1/2 teaspoon salt**
- 2 eggs**
- 1 cup milk**
- 1/4 cup (1/2 stick) butter, melted**
- 3 tomatoes, peeled, seeded, and chopped**
- 1 tablespoon fresh basil**
- 1 tablespoon fresh oregano**

Preheat oven to 375°F. Generously grease a 9x5-inch loaf pan.

In a bowl, combine flour, oats, sugar, 4 tablespoons Parmesan, baking powder, and salt. Whisk to blend thoroughly.

In another bowl, beat together eggs, milk, and butter. Stir in tomatoes, basil, and oregano. Combine with dry ingredients.

Pour into prepared pan and sprinkle with remaining 2 tablespoons Parmesan. Bake for 50 minutes to 1 hour, or until a toothpick inserted into the center comes out clean. Cool on a rack for 10 minutes, then turn out.

Serve warm.

Makes 1 loaf.

FOOD

[+](#) TAP FOR
RECIPE

Herb-Stuffed Pasta

PHOTO: STEPHANIE FREY/SHUTTERSTOCK

HERB-STUFFED PASTA

Two cheeses and several herbs make this a richly flavored dish.

- 8 ounces jumbo pasta shells**
- 1 package (8 ounces) cream cheese, softened**
- 1/2 cup ricotta or cottage cheese**
- 2 eggs, beaten**
- 1 clove garlic, minced**
- 2 tablespoons chopped fresh chives**
- 2 tablespoons chopped fresh parsley**
- 2 tablespoons chopped fresh sage, basil, tarragon, or thyme**
- salt and freshly ground black pepper, to taste**
- 1/2 cup bread crumbs**
- your favorite marinara sauce**

Preheat oven to 400°F. Grease a casserole with a cover. Cook pasta al dente, according to package directions. Drain and set aside.

In a bowl, combine cheeses, eggs, garlic, herbs, and salt and pepper. Fold in bread crumbs.

Stuff each shell with the cheese-herb mixture. Arrange stuffed shells in prepared casserole. Add marinara sauce to cover. Cover and bake for 10 minutes, or until filling is hot.

Makes 6 servings.



SHARE
THIS
RECIPE

FOOD

Cilantro and Mint Sauce



 TAP FOR
RECIPE

CILANTRO AND MINT SAUCE

Pair this sauce with fish.

1/2 cup plain yogurt

1 small onion, diced

1 or 2 jalapeños, seeded and diced

1/2 cup tightly packed cilantro leaves

1/2 cup tightly packed mint leaves

salt and freshly ground black pepper, to taste

In a blender or food processor, combine yogurt, onions, peppers, cilantro, and mint. Process, scraping down the sides every 15 seconds, for 1 minute, or until ingredients are finely chopped and mixture is smooth. Season with salt and pepper.

Makes 3/4 cup.

 SHARE
THIS
RECIPE

GARDENING

GROW VEGETABLES IN CONTAINERS!

Want to have more control over
growing conditions and enjoy higher
yields with a lot less work?
Garden in containers.

GARDENING

And remember this: The bigger, the better. Large plants need lots of space, and most roots need room to grow. Just as important,

THE BIGGER YOUR CONTAINER, THE MORE PLANTS YOU CAN GROW IN IT.

Use barrels (a wooden half-barrel can yield an amazing amount of



food), buckets, baskets, boxes, bath- and other tubs, and troughs—anything that holds soil. Just be sure that it has drainage holes in the bottom.

Keep this in mind, too: Plastic pots won't dry out as fast as unglazed terra-cotta



ones, and black pots absorb heat when they are sitting in the sun.

HANGING BASKETS MAKE GOOD USE OF EXTRA SPACE.

Herbs, cherry tomatoes, and strawberries grown at eye level can be easily tended and harvested.

A LARGE WINDOW BOX CAN PROVIDE THE MAKINGS FOR A HANDY SALAD

within arm's reach.

Whatever the size or type, place your containers where they are most convenient to be cared for and will grow best. Most vegetables need 6 to 8 hours of direct sun in order to thrive and produce well.

Plants in containers need the best possible soil, aeration, and drainage for healthy root growth and optimum harvest. Do not use soil from the garden: It is too heavy, can become



GARDENING

waterlogged, and brings disease and insects with it. Choose instead a soilless mix (quick-draining and lightweight) or use compost, alone or combined with a soilless mix.

To keep plants growing, feed them liquid seaweed, fish emulsion, or manure tea weekly. To ensure growth, vegetables need consistently moist soil.



inside a larger one and fill the space between them with sphagnum moss or crumpled newspaper. When watering the plant, also soak the filler between the pots.

SUPPORT YOUR PLANTS OTHER WAYS, TOO. USE TRELLISES, STAKES, NETTING, TWINE, OR CAGES WITH CLIMBING VEGETABLES. A

teepee of bamboo stakes will hold pole beans or snap peas. Cucumbers trained to climb up a nylon mesh fence will develop fruit that hang down and grow straight. To avoid damaging the plants or their roots, put supports in place at planting time.

To maximize space and thus your harvest, plant root crops, low-growers, and tall climbers together in the same container. The climbers will eagerly scramble up a trellis,



TAP FOR MORE INFORMATION ON CONTAINER SIZES



MANY PLANTS GROWN IN POTS MUST BE WATERED AS OFTEN AS TWICE A DAY.

To keep plants adequately cool and moist during hot summer days, double-pot: Place a small pot

GARDENING



while the small plants spread around their base. You'll hardly need to weed because there won't be any room for weeds to gain a foothold, and during the height

+ TAP FOR GARDEN MENU IDEAS

of summer, some low-growers (leafy greens, for example) will thrive in the shade provided by the taller plants.

Mix quick-maturing plants, such as lettuce or radishes, with longer-growing ones, like tomatoes or broccoli.

Group plants with similar needs for sun and



water, such as pole beans, radishes, and lettuce; cucumber, bush beans, and beets; tomatoes, basil, and onions; and peas and carrots.

Read seed catalogs. Many list varieties of vegetables bred specifically for growing in containers.

DON'T FORGET: EDIBLE FLOWERS SUCH AS NASTURTIUMS, CALENDULA, AND SIGNET MARIGOLDS ADD COLOR TO THE POT AND TO THE PLATE. For

more advice, planting tables, and weather predictions, go to Almanac.com.

—Robin Sweetser

CONTAINER SIZES

Get the growing capacities of some containers by size.

- 10-gallon pot: 15 peas, if spaced 6 inches apart; 15 pole beans, if spaced 6 inches apart; long carrots (plant lots and thin them out as they grow); 1 tomato plant; 24 beets; 3 eggplants; 5 chards; 2 melons; 2 squashes; or 3 cabbages
- 5-gallon pot: 2 broccoli, 1 melon, long carrots, or 1 cucumber
- 2-gallon pot: 6 bush beans, if spaced 4 inches apart; baby carrots; 7 beets; 1 cabbage; 1 chard; or 1 pepper
- 1-gallon pot: lettuce, radishes, or baby carrots

A GARDEN MENU

Plant companions in containers should also complement each other in the kitchen. Here are some themed garden ideas (most require large containers).

- Salsa garden: ‘LaRoma’ tomato, ‘Early Jalapeño’ hot pepper, cilantro, and scallions
- Pizza garden: ‘Milano’ tomato, ‘Carmen’ sweet pepper, and oregano
- French gourmet garden: ‘Nickel’ filet beans, shallots, ‘Chartwell’ lettuce, and ‘Parisiennne’ cornichon cucumber
- Stir-fry garden: ‘Choko’ baby bok choy, ‘Zephyr’ summer squash, ‘New Crown’ daikon radish, and snow peas
- Pickle garden: ‘County Fair’ pickling cucumbers, dill, and onions
- Italian chef’s garden: ‘Tromboncino’ heirloom squash, ‘Corno di Toro’ roasting pepper, broccoli rabe, ‘Roma’ paste tomato, ‘Chiogga’ beets, and ‘Fino Verde’ bush basil
- Thai garden: ‘Siam Queen’ basil, ‘Thai Dragon’ hot pepper, asparagus pea, and ‘Ping Tung’ eggplant
- Mediterranean garden: ‘Black Forest’ climbing zucchini, ‘Marconi’ roasting pepper, Greek oregano, ‘Amira’ cucumber, ‘San Marzano’ paste tomato, and ‘Golden Sunrise’ chard

“Everything you need to plan your vegetable garden”

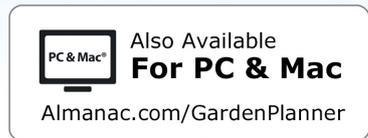


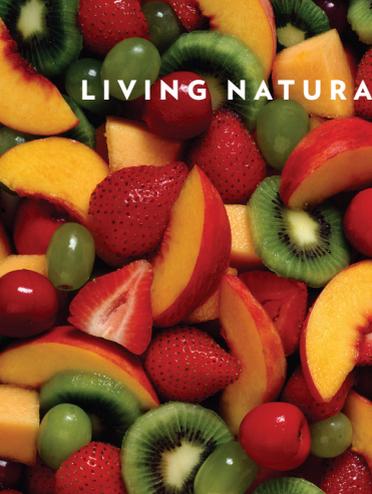
Plan Your Garden the Easy Way

Draw your ideal garden layout

Access detailed growing advice for each plant

View your personalized planting calendar
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LIVING NATURALLY



FOOD- FRUGAL



Food occupies a unique position in our lives at the confluence of health, comfort, culture, social relationships, geography, and family budget. In tough economic times, the question becomes how to eat within a tight budget without sacrificing superior nutrition, cultural tradition, great taste, variety, ease of preparation, and deep-down satisfaction.



LIVING NATURALLY

In a consumer culture that is so aggressive, it makes it especially difficult to stay away from the trendy new food innovations. After all, the latest product promises to make you healthier, smarter, thinner, younger, better-looking, hipper, more lovable, and a better parent. It'll save time, give you a break, and show your sophistication. And it will cost a lot more, often without offering much nutritional value.

But frugal households can latch on to one burgeoning trend, the movement toward artisanal foods, edibles supposedly made from scratch by human hands rather than cranked out in industrial facilities.

Even if you can afford expensive food, go “frugal-artisanal” for the health, the flavor, and the sheer adventure of it.

To get started:

- Make everything from scratch: bread (including flatbreads and pizza doughs), biscuits, and soups. You can add your own healthy ingredients and experiment with herbs and spices. Scratch cooking takes more organizing and learning, but once you commit to it, you'll find that it doesn't take that much more time.
- Make and store your own mixes. Next time you're making biscuits, bread, or pancakes, make extra, minus





LIVING NATURALLY

▶ FOR MORE GRAIN TIPS, TAP HERE

▶ FOR MORE KALE TIPS, TAP HERE

the wet ingredients. Mix the dry ingredients together, add one batch to a sealable bag, label, and freeze. When you're ready to bake, add eggs, oil, milk, or other wet ingredients to a bag of mix, then bake as usual. For soups, store the dry ingredients, including herbs and spices, in glass or metal containers.

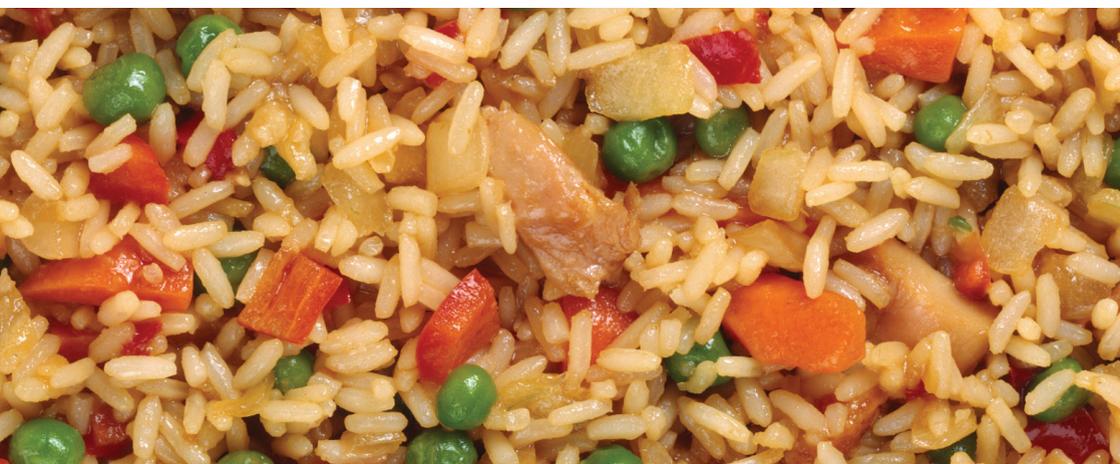
● Don't skimp on fruit and vegetables. Sneak them into every meal. Use them as snacks. People who eat the most produce have more energy, fewer illnesses, and less chronic disease. They

manage their weight more easily.

● Use cheap, nutritious, and suddenly trendy vegetables: kale, collards, cabbage, Swiss chard, carrots, onions, winter squash. Buy fruit in season.

● Sneak more whole grains into your diet. Add a handful of rolled oats into that recipe for meatloaf or fish cakes (rather than bread or cracker crumbs). Toss a handful of brown rice or barley into a long-simmering soup. Microwave a rice pudding for breakfast with leftover brown rice.

● Eat more legumes: lentils, dried



LIVING NATURALLY

TAP TO READ MORE
OF MARGARET
BOYLES'S POSTS
IN HER "LIVING
NATURALLY" BLOG

beans, and dried peas. Cheap, incredibly versatile, and nutritious.

- When the price is right, stock up on nutrient-dense foods that keep well outside the fridge and don't take much storage space: dry beans, lentils, whole grains, sunflower seeds, unprocessed nuts, peanut butter, onions, garlic, dried fruit. Store in glass or metal containers out of direct sunlight.
- Save nutrients by making savory broths from vegetable scraps and leftovers that you'd ordinarily throw out. Freeze or use immediately in soups or for cooking rice or other grains.

BE FRUGAL WITH FUEL, TOO

- When you have the oven on, fill it up. Cooking a turkey or a roast? Bake bread, biscuits, and/or a casserole at the same time. Roast a pan of vegetables or try an oven-braised cabbage.
- Soak rice, lentils, beans overnight before cooking.
- When you make a broth or a big soup, half-fill a clean knee-high sock or nylon stocking with brown rice, barley, or pinto beans; tie it loosely and toss it into the pot to cook for use in another meal.
- Investigate pressure-cooker and slow cooker cooking. These are real energy savers.

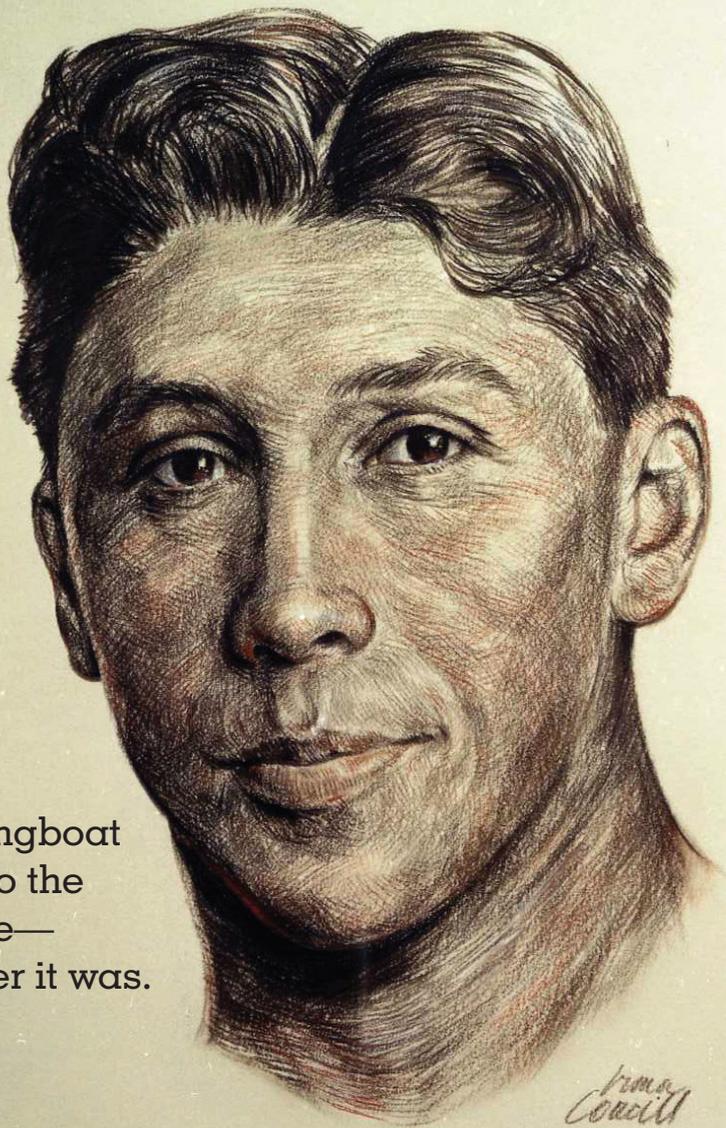
—Margaret Boyles



SPORTS

Canada's Human "Running Machine"

Tom Longboat
could go the
distance—
whatever it was.



SPORTS

No one could have foreseen the future that would unfold for the baby boy born on June 4, 1887, to the Longboat family at the Six Nations Reserve near Brantford, Ontario. The parents, members of the Onondaga tribe, gave the baby the Native name Cogwagee, meaning “Everything” and named him Tom.

From his earliest years, Longboat loved to run. He ran to work in the fields and ran to collect the tribe’s cows and herd them home. When his parents sent him away to a school for Natives, he was so unhappy that he ran back home—about 12 miles.

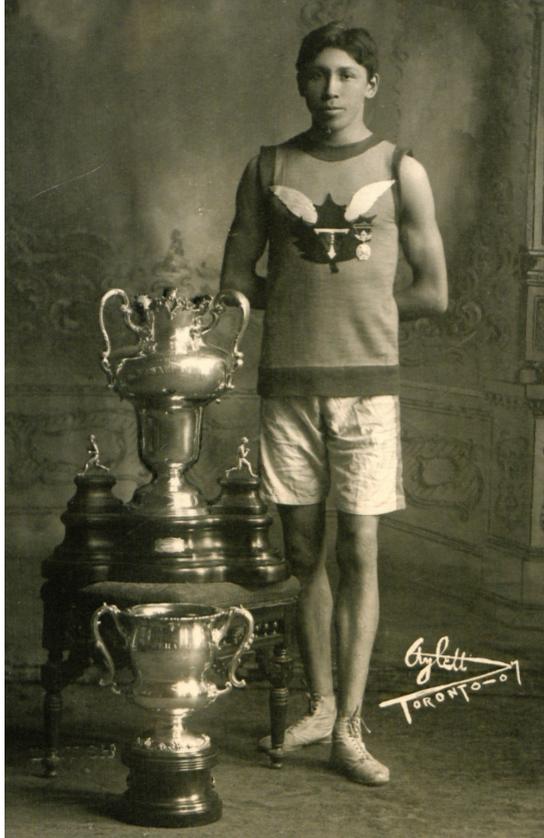
At age 17, Longboat entered the Victoria Day 5-mile race in Caledonia. He finished second, and losing convinced him to train harder.

Longboat went everywhere on foot, and his family often didn’t believe his tales of how far and fast he had run—

+ TAP FOR TOM LONGBOAT’S TRAINING REGIMEN

until he beat his brother to Hamilton, some 20 miles distant, even though his brother had had a head start and driven a horse and buggy!

In 1906, Longboat entered the Victoria Day race again, and this time he won. Watching him was Bill Davis, another Native runner, who soon became his coach.



Later that year, Davis entered Longboat in the 19-mile “Around the Bay” race in Hamilton. Spectators placed wagers on runners, although few bet on Longboat. Some laughed at him. On Davis’s advice, Longboat followed the pace of the race favorite, John Marsh. It was a strategy that worked: Longboat won and nearly broke the course record. As he won more races that year, he began to make headlines.

On April 19, 1907, a cold, rainy, sleety day, Longboat ran the biggest race of his life—the Boston (Massachusetts) Marathon, then a 25-mile course. Reporters, some of whom had nicknamed Longboat “The Speedy Son

TOM LONGBOAT'S TRAINING REGIMEN

Many of Tom Longboat's training ideas were ahead of their time. Each day, he walked about 20 miles and lifted weights for an hour. He limited long runs to two per week. After a big race or long training session, he rested.

SPORTS

of the Forest,” “The Indian Iron Man,” and “The Running Machine,” begged to interview him. Thousands turned out to watch 124 runners compete.

Longboat led from the start, with Charlie Petch, also a Canadian, dogging him. He was so worried that Petch might get ahead of him that he skipped several breaks for lemons and tea.

After 22 miles, the runners arrived at the foot of Heartbreak Hill, a series of famously steep climbs. Here, Longboat pulled ahead of Petch and secured the lead. *The Boston Globe* reported that Longboat smiled at the crowd as he passed and described him as “the most marvelous runner who has ever sped over our streets.” He ran the last mile in 4 minutes 45 seconds—30 seconds shy of the world record of 4:15.

Spectators cheered and tossed hats, canes, and umbrellas into the air as Longboat crossed the finish line. His



time of 2:24:24 was 5 minutes faster than the course record and put him $\frac{3}{4}$ of a mile ahead of the second-place finisher.

Canadians welcomed Longboat home with a victory parade. He rode in an open car to a celebration at Toronto’s City Hall.

Tom Longboat has been called the greatest marathon runner of all time. He died in 1949 at age 61.

—adapted from *The Old Farmer’s Almanac for Kids* (Vol. 3, 2009). For more information: Almanac.com/product/old-farmers-almanac-kids-volume-6.

DID YOU KNOW?

- Tom Longboat spent 4 years in the Canadian Army as a runner and message carrier during World War I. (People joked that he could outrun bullets.)
- The Longboat Roadrunners of Toronto formed in 1980 in Longboat’s honor. They hold an annual 10k race and award a scholarship at the University of Toronto to a Native Canadian who excels in running.
- In 1998, a Canadian magazine proclaimed Longboat to be one of the 100 most important Canadians in history. In the category “Stars,” he was number one, ahead of hockey legend Wayne Gretzky and singer Celine Dion.

WEATHER ANNIVERSARY

THE YEAR

WITHOUT

A SUMMER

1816

THEN CAME THE SUMMER WHICH WAS NO SUMMER; BUT ONLY A WINTER PAINTED GREEN.

This year we celebrate the 200th anniversary of The Great Cold Summer of 1816, which will long be remembered. Even now, this year is spoken of as “1816 and near froze to death”—or The Year Without a Summer.

+ TAP FOR CHILLING TALES OF THE TIMES

Among the hardest hit were the people of New England. All through July, heavy frosts and occasional ice storms were commonly seen. Most people took off their winter clothing, only to have to put it on again. So many

young (and old) birds were frozen that but a few were around New England in the following 3 years.

Suicides were not uncommon: Drought, financial panic, and lack of food goaded many to desperation.

In sum, as one anonymous poet put it:

*The trees were all
leafless, the mountains
were brown,*

*The face of the country
was scathed with a frown;
And bleak were the hills,
and the foliage sere*

*As had never been seen
at that time of year.*

The anniversary of this cold summer should

not be passed over without at least a cursory examination of what were thought to have been the causes of the phenomenon.

● “The Sun’s rays seemed to be destitute of heat throughout the summer; all nature was clad in a sable hue.” —*Albany (N.Y.) Almanac*, 1852

● “During the entire season, the Sun arose each morning as though in a cloud of smoke, red and rayless, shedding little light or warmth and setting at night as behind a thick cloud of vapor, leaving hardly a trace of its having passed over the face of the Earth.”

—*American Magazine of History*

**ALL THROUGH JULY, HEAVY FROSTS AND OCCASIONAL
ICE STORMS WERE COMMONLY SEEN.**

CHILLING TALES OF THE TIMES

- **At least one Vermont farmer**, according to the recollection of his nephew, James Winchester, was frozen to death in the great snowstorm of June 17 of that year:

“I was at my uncle’s when he left home to go to the sheep lot, and as he went out the door, he said, jokingly, to his wife: ‘If I am not back in an hour, call the neighbors and start them after me. June is a bad month to get buried in the snow, especially when it gets so near July.’ . . . Three days later, searchers found him . . . frozen stiff.”

- **The Rev. Thomas Robbins of East Windsor, Connecticut**, kept a diary of this cold year. It tells of a man in Maine freezing to death, of a foot of June snow in the Berkshires, and ice in Massachusetts that would bear the weight of a man. The entire corn crop, except in fields nearby ponds or the ocean, failed. Hailstones beat the blossoms off all fruit trees.

- **Caleb Emery of Lyman, New Hampshire**, visited a well in his town that was completely frozen over on the 4th of July—8 feet below the surface of the earth and it remained that way until the 25th. The 120-day drought, which began in August, created fearsome forest fire conditions and led to fires that only the November snows could quell. Sheep froze to death in their pastures. Mackerel had to be introduced as a main course instead of pork and beef.

- **Elisha Clark of China, Maine**, according to his granddaughter, Nellie Clark Strong of Somerville, Massachusetts, often picked Baltimore orioles off the branches of orchard trees in the cold summer and brought them into the house to warm them up.

“THE SUN SET AT NIGHT . . . LEAVING HARDLY A TRACE OF HAVING PASSED OVER THE FACE OF THE EARTH.”

● “What would happen if the Sun should become tired of illuminating this gloomy planet?”—*North American Review*, 1816

 TAP FOR MORE THEORIES
ABOUT THE CAUSE

Nobody, apparently, had an immediate answer, but many had conjectured causes, including the positions of the planets, the distance between Earth and the Moon, and sunspots.

However, a more likely cause seems to have been the volcanic eruption of Mt. Tambora, a

13,000-foot-high volcano on the island of Sumbawa, near Bali, in the East Indies. This happened in April of 1815 and was one of the greatest volcanic eruptions in history. Its toll: perhaps as many as 90,000 lives.

The volcanic dust from this eruption was blown into the stratosphere in such quantities that it covered Earth like a great cosmic umbrella, dimming the Sun’s effectiveness during this whole cold year. Such an eruption would explain the appearance of the 1816 Sun as “in a cloud

of smoke.”

To which must be added the speculation surrounding a complete eclipse of the Sun on May 26, 1816, and of the Moon on June 9 and the “greater number of conjunctions of the planets than usual,” which would favor, wrote Robert B. Thomas, editor of this Almanac, “old maids and bachelors.”

He, according to an apocryphal story that goes back to as early as 1846, had predicted for July 13, 1816, “Rain, Hail, and Snow”—all three of which, greatly to his amazement, did fall on this day.

—*excerpted from The 1966 Old Farmer’s Almanac*

**THE PREDICTION FOR JULY 13, 1816:
“RAIN, HAIL, AND SNOW” . . .**

MORE THEORIES ABOUT THE CAUSE

- The anonymous author of the *Physician's Almanack*, published in Boston in 1817, quoted one Ferguson, a prominent astronomer of this time, to the effect that planets in the same quarter of the heavens, from their mutual attractions, create disturbances.
- This Almanack also pointed out that the ancients believed that the varying distance between Moon and Earth might influence the seasons.
- Astronomer and almanac maker Dudley Leavitt attributed the cold to sunspots. The sunspot count of 48.7 for May 1816 was the absolute peak in the sunspot cycle that had begun at zero in the year 1810.



WEATHER FORECASTS

RAIN ON ST. JOHN'S DAY [JUNE 24],
AND WE MAY EXPECT A WET HARVEST.



HOW WE MAKE OUR PREDICTIONS

We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

Over the years, we have refined and enhanced this formula with state-of-the-art technology and modern scientific calculations. We employ three scientific disciplines to make our long-range predictions: solar science, the study of sunspots and other solar activity; climatology, the study of prevailing weather patterns; and meteorology, the study of the atmosphere. We predict weather trends and events by comparing solar patterns and historical weather conditions with current solar activity.

Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Most-recent tabulations span the period 1981 through 2010.

We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

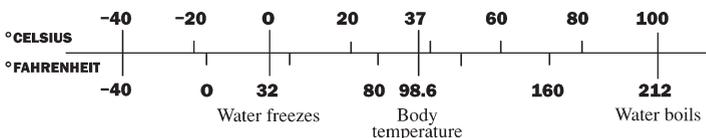


TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

CELSIUS-FAHRENHEIT TABLE





WEATHER FORECASTS

MAP OF U.S. WEATHER REGIONS



MAP OF CANADIAN WEATHER REGIONS





WEATHER FORECASTS

RAIN ON ST. JOHN'S DAY [JUNE 24], AND WE
MAY EXPECT A WET HARVEST.

U.S. FORECASTS JUNE 2016

REGION 1: NORTHEAST

Temp. 66° (1° above avg.); precip. 3.5" (avg.). 1–7 Showers, then sunny, cool. 8–14 Scattered t-storms, turning hot. 15–22 Sunny, seasonable. 23–30 T-storms, hot, then sunny, cooler.

REGION 2: ATLANTIC CORRIDOR

Temp. 73° (2° above avg.); precip. 3" (0.5" below avg.). 1–4 Sunny, cooler. 5–13 T-storms, then sunny, turning warm. 14–24 A couple of t-storms, very warm. 25–30 Sunny, turning hot.

REGION 3: APPALACHIANS

Temp. 68° (1° above avg.); precip. 4.5" (0.5" above avg.). 1–5 Sunny north, t-storms south. 6–10 Rainy periods, cool. 11–25 Scattered t-storms, very warm. 26–30 Sunny, nice.

REGION 4: SOUTHEAST

Temp. 78° (avg.); precip. 5" (0.5" above avg.). 1–4 Sunny, cool north; t-storms south. 5–12 A few t-storms; turning cool north, hot south. 13–19 Scattered t-storms. 20–27 T-storms, then sunny, cool. 28–30 Tropical storm threat.

REGION 5: FLORIDA

Temp. 82° (1° above avg. north, 1° below south); precip. 8.5" (2" above avg.). 1–5 Scattered t-storms, cool. 6–14 A few t-storms north and central, sunny south; hot. 15–21 Scattered t-storms, seasonable. 22–30 A few t-storms, warm.

REGION 6: LOWER LAKES

Temp. 69° (3° above avg.); precip. 3" (0.5" below avg.). 1–3 Sunny, cool. 4–12 T-storms, then sunny, turning hot. 13–15 T-storms, then sunny, cool. 16–19 Scattered t-storms, warm. 20–24 A few t-storms, hot. 25–30 Scattered t-storms; cool, then hot.



WEATHER FORECASTS

REGION 7: OHIO VALLEY

Temp. 74° (3° above avg.); precip. 3" (1" below avg.). 1–4 Sunny, nice. 5–11 T-storms, then sunny, cool. 12–17 T-storms, then sunny, very warm. 18–23 Scattered t-storms, hot. 24–30 Isolated t-storms, warm.

REGION 8: DEEP SOUTH

Temp. 79° (1° above avg.); precip. 6" (1" above avg.). 1–8 Scattered t-storms, turning hot. 9–14 T-storms, warm. 15–19 Sunny north, t-storms south; hot. 20–30 A few t-storms, cool.

REGION 9: UPPER MIDWEST

Temp. 66° (3° above avg.); precip. 4" (avg.). 1–2 Sunny, very warm. 3–12 A few t-storms, warm. 13–19 Isolated t-storms, cool. 20–25 T-storms, then sunny, cool. 26–30 Scattered t-storms, warm.

REGION 10: HEARTLAND

Temp. 75° (3° above avg.); precip. 3.5" (1" below avg.). 1–8 A few t-storms, warm. 9–12 Sunny, hot. 13–21 T-storms, then sunny, turning hot. 22–25 T-storms, then sunny, cool. 26–30 T-storms, turning hot.

REGION 11: TEXAS-OKLAHOMA

Temp. 80° (1° above avg.); precip. 3" (1" below avg.). 1–10 A few t-storms north, sunny south; hot. 11–15 Daily t-storms. 16–19 Sunny, warm. 20–25 Scattered t-storms, warm. 26–30 Isolated t-storms, hot.

REGION 12: HIGH PLAINS

Temp. 68° (1° above avg.); precip. 2.5" (avg.). 1–12 Scattered t-storms, warm. 13–19 Scattered t-storms north, sunny south; very warm. 20–28 Scattered t-storms, cool. 29–30 Sunny; turning cool north, hot south.

REGION 13: INTERMOUNTAIN

Temp. 65° (1° below avg.); precip. 0.5" (avg.). 1–4 Rainy north, sunny south; cool. 5–15 A few showers north, sunny south; hot. 16–22 A couple of t-storms, cool. 23–30 Sunny, cool.



WEATHER FORECASTS

REGION 14: DESERT SOUTHWEST

Temp. 83° (avg.); precip. 0.5" (avg.). 1–7 Sunny, warm. 8–19 Isolated t-storms, warm east; sunny, hot west. 20–24 Sunny, warm. 25–30 Isolated t-storms, warm.

REGION 15: PACIFIC NORTHWEST

Temp. 58° (2° below avg.); precip. 2" (0.5" above avg.). 1–6 Occasional rain, cool. 7–15 A few showers; cool, then warm. 16–20 Rainy periods, cool. 21–27 Sunny; cool, then warmer. 28–30 Showers, cool.

REGION 16: PACIFIC SOUTHWEST

Temp. 67° (1° below avg.); precip. 0.1" (avg.). 1–4 Sunny, cool inland; A.M. clouds and sprinkles, P.M. sun coast. 5–14 Sunny; hot inland, warm coast. 15–22 Sunny, turning cooler inland; A.M. clouds, P.M. sun coast. 23–30 Sunny, warm inland; A.M. clouds, P.M. sun, cool coast.

REGION 17: ALASKA

Temp. 37° N, 53° EW (2° above avg. north, 2° below south); precip. 0.7" N, 2.5" S (avg. N, 0.5" below S). 1–4 Sunny, warm EC; showers, mild EW. 5–8 Showers, cool. 9–20 Sunny, warm N; showers, then sunny, hot C; showers, mild S. 21–30 A few showers, mild.

KEY: Panhandle (P), Aleutians (A), north (N), central (C), south (S), west-central (WC), east-central (EC), south-central (SC), elsewhere (EW)

REGION 18: HAWAII

Temp. 79° (0.5° below avg.); precip. 0.4" (avg.). 1–3 Scattered showers, cool. 4–7 Sunny, cool C+E; showers W. 8–16 Isolated showers C+E, scattered t-storms W. 17–30 Isolated showers C, scattered t-storms E+W; cool.

KEY: east (E), central (C), west (W)



WEATHER FORECASTS

CUT YOUR THISTLES BEFORE ST. JOHN [JUNE 24],
AND YOU WILL HAVE TWO INSTEAD OF ONE.

CANADIAN FORECASTS JUNE 2016

REGION 1: ATLANTIC CANADA

Temp. 14°C (0.5°C below avg.); precip. 50mm (40mm below avg.). 1–8 Showers, cool. 9–14 Sunny, warm. 15–23 A few showers, turning cool. 24–30 Rain, then sunny, nice.

REGION 2: SOUTHERN QUEBEC

Temp. 19°C (1°C above avg.); precip. 110mm (20mm above avg.). 1–10 Showers, then sunny, nice. 11–17 A few showers, very warm. 18–23 Showers, cool. 24–30 Scattered showers, warm.

RÉGION 2: QUÉBEC DU SUD

Temp. 19°C (1°C au-dessus de la moy.); précip. 110mm (20mm au-dessus de la moy.). 1–10 Averses, puis ensoleillé, agréable. 11–17 Quelques averses, très chaud. 18–23 Averses, froid. 24–30 Averses éparses, chaud.

REGION 3: SOUTHERN ONTARIO

Temp. 19.5°C (2°C above avg.); precip. 90mm (10mm above avg.). 1–5 Scattered showers, cool. 6–13 Isolated showers, turning hot. 14–18 T-storms, then sunny, cool. 19–24 Isolated showers, turning hot. 25–30 Scattered t-storms, warm.

REGION 4: THE PRAIRIES

Temp. 14.5°C (1°C below avg.); precip. 95mm (20mm above avg.). 1–6 A few showers; cool, then warm. 7–13 Scattered t-storms; warm east, cool west. 14–26 Scattered t-storms; warm, then cool. 27–30 T-storms, then showers, cool.



CANADIAN WEATHER FORECASTS

REGION 5: SOUTHERN BRITISH COLUMBIA

Temp. 13.5°C (1°C below avg.); precip. 25mm (20mm below avg.). 1–11 A few showers, cool. 12–16 Showers, warm. 17–30 Scattered showers, cool.

REGION 6: YUKON

Temp. 14°C (1°C above avg.); precip. 20mm (10mm below avg.). 1–6 Showers, mild. 7–11 Sunny, turning warm. 12–18 A few showers, very warm. 19–27 Showers, then sunny, cool. 28–30 Showers, cool.

REGION 7: NORTHWEST TERRITORIES

Temp. 13°C (2°C above avg.); precip. 21mm (avg.). 1–6 Rain and snow showers north, showers south; mild. 7–18 Sunny, warm. 19–25 Scattered showers, warm. 26–30 Sunny, warm north; showers, cool south.



ODD—AND ODDS-ON—WEATHER

Bill Nye, popularly known as “The Science Guy,” recently offered to bet \$60,000 with some of the most vocal of the so-called “climate change deniers” that 2016 will be in the top 10 hottest years on record and that this current decade will be the warmest ever recorded.

What struck my interest about these proposed bets, though, is that whatever the truth is about climate change, Nye is almost certain to win these bets.

The first 5 years of this decade were all among the warmest years since detailed global records have been kept (see “16 Warmest Years” table).

The first 3 months of 2016 each set a record: January was the warmest January ever recorded, the most degrees above normal averaged over the globe. February was not only the warmest February ever recorded, but also was more above normal than any month ever recorded—until March,

16 WARMEST YEARS (1880–2015)

The following table lists the global combined land and ocean annually-averaged temperature rank and anomaly for each of the 16 (two tied at #15) warmest years on record.

Rank 1 = Warmest Period of Record: 1880–2015	Year	Anomaly °C	Anomaly °F
1	2015	0.90	1.62
2	2014	0.74	1.33
3	2010	0.70	1.26
4	2013	0.66	1.19
5	2005	0.65	1.17
6 (tie)	1998	0.63	1.13
6 (tie)	2009	0.63	1.13
8	2012	0.62	1.12
9 (tie)	2003	0.61	1.10
9 (tie)	2006	0.61	1.10
9 (tie)	2007	0.61	1.10
12	2002	0.60	1.08
13 (tie)	2004	0.57	1.03
13 (tie)	2011	0.57	1.03
15 (tie)	2001	0.54	0.97
15 (tie)	2008	0.54	0.97



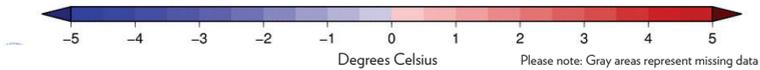
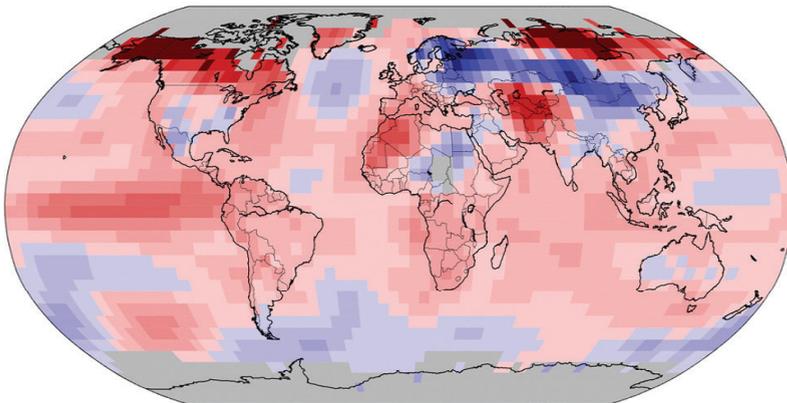
WEATHER UPDATE

LAND & OCEAN TEMPERATURE DEPARTURE FROM AVERAGE

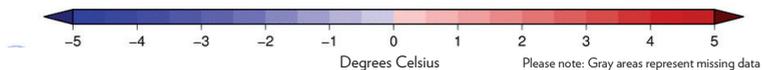
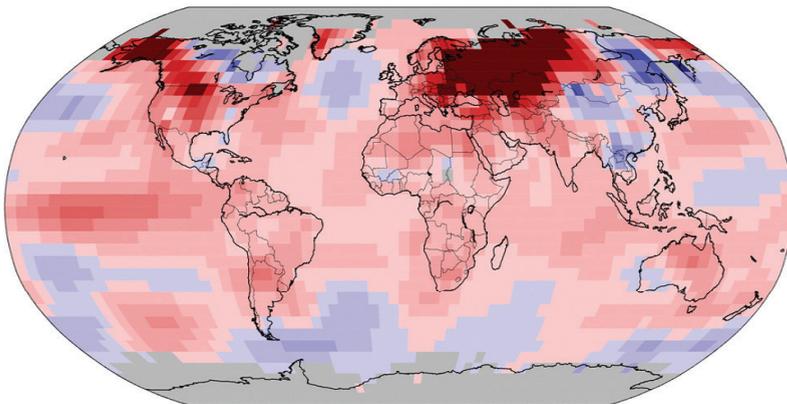
(with respect to a 1981–2010 base period)

Data Source: GHCN–M version 3.3.0 & ERSST version 4.0.0

JANUARY 2016



FEBRUARY 2016





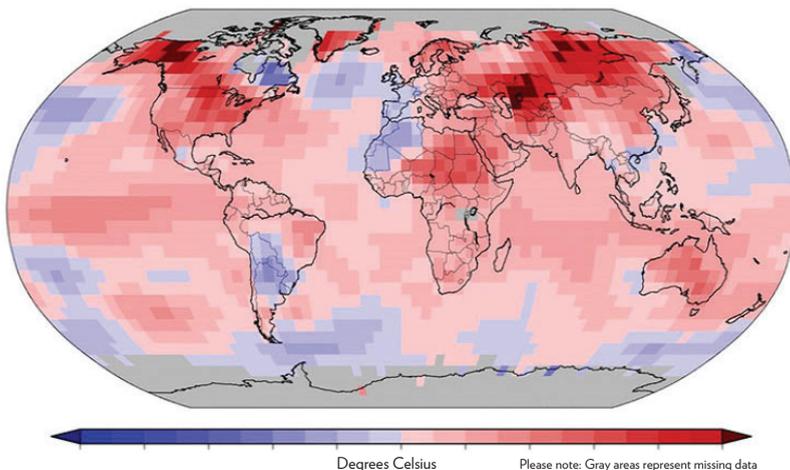
WEATHER UPDATE

LAND & OCEAN TEMPERATURE DEPARTURE FROM AVERAGE

(with respect to a 1981–2010 base period)

Data Source: GHCN–M version 3.3.0 & ERSST version 4.0.0

MARCH 2016



which was not only the warmest March ever recorded, but also broke the record set in February as the most above normal of any month (see “January 2016,” “February 2016,” and “March 2016” graphics).

Now, imagine that your favorite major league baseball (MLB) team starts the season by winning its first 86 games (which is proportionately the same part of a baseball season as the time that has passed in the present decade). Would you be willing to bet that your team, at the end of the season,

would have the best won–lost record in MLB history? All they would have to do is win 37 and lose 39, and they would have the best season win–loss percentage in MLB history, ahead of the 1906 Chicago Cubs, who had a win–loss record of 116–36. And, if we limit the bet to the current 162-game season length, the record holder is the 2001 Seattle Mariners (116–46), which would mean that our team could win 30 and lose 46 and still tie their record for the best win–loss percentage.

I would take either of those bets in a second! Although it is not



WEATHER UPDATE

absolutely certain, if a team wins its first 86 games, it is very likely, in my view, that they will win at least 37 of their remaining 76 and nearly certain that they will win at least 30.

This scenario is akin to the bet of whether or not this will be the warmest decade ever recorded.

While it is not absolutely certain that it is going to happen, the decade thus far has been so much warmer than normal that it would have to be much colder than normal in the remaining years for this not to be the warmest decade ever.

And, given how much warmer than normal the first 3 months of 2016 have been, it would take extraordinary cold over the remainder of the year for 2016 not to finish among the 10 warmest years ever recorded.

So, unless we suddenly switch to one of the coldest periods ever recorded over the remainder of the year and the decade, Bill Nye will win both bets, whatever the truth about climate change.

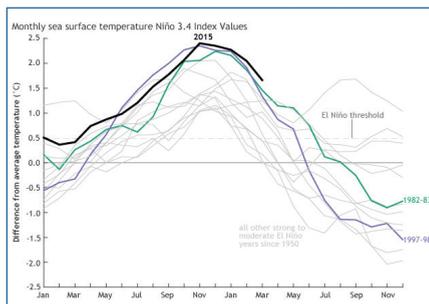
Sorry if I lost you or bored you with that discussion, but I enjoy both playing games with numbers and following baseball.

Just as some say the key to success in baseball is pitching, the key to our upcoming weather is Solar Cycle 24:

It is now well into its declining phase after reaching double peaks in late 2011 and early 2014. Despite having two maxima, this cycle is the smallest in more than 100 years, and solar activity is expected to continue to decline from these low peaks toward its expected minima in early 2019. Considering this, and with the strong El Niño of this past winter well on its way in the transition to a La Niña this summer (see “El Niño Transition” graph, which shows the track of the current El Niño compared with other strong El Niños), we expect temperatures in much of the nation to be hot this spring and summer; we expect an above-normal Atlantic hurricane season; and we predict that the winter of 2016–17 will be much colder than this past winter in most locations. You can bet on it.

—Michael Steinberg, Old Farmer’s Almanac meteorologist

EL NIÑO TRANSITION





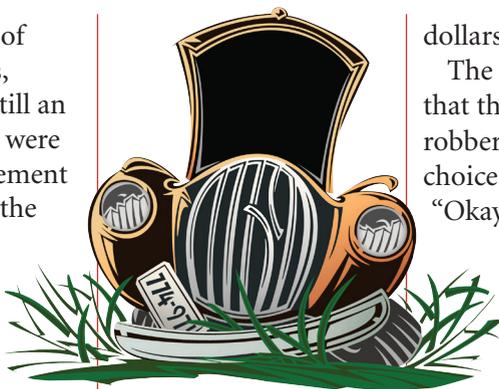
HUMOR ME

GRINS AND GROANS FROM THE ALMANAC

How My Grandpa Made a Good Living

In the early days of the United States, when cars were still an oddity, highways were nonexistent. Pavement usually ended at the city limits, and drivers were on their own to find their way down rutted lanes and across open fields.

One day, a driver of one of the new gas buggies was making his way down a narrow lane and came to a large fence-to-fence mud hole. After some hesitation, he raced his motor and made a run at the puddle, hoping that his momentum



would carry him to solid ground. Halfway across, his vehicle stalled and sank up to its running boards.

As he sat deciding what to do, my grandfather showed up driving a tractor. Grandpa yelled, “Hey, you wanna get pulled out? I’ll do it for five

dollars!”

The driver thought that this was highway robbery, but having no choice, he responded, “Okay.”

Grandpa waded into the hole, hooked a chain to the stalled vehicle, and pulled it onto

solid ground. As the driver handed over the five-dollar bill, he said, “It looks like you have found an easy way to make a living.”

Grandpa replied, “Well, I wouldn’t agree that it’s easy. I have to haul the water for this mud hole all the way from the river.”



IF YOU ANSWER “YES” TO ALL OF THESE QUESTIONS . . .

- Can you start the day without caffeine?
- Can you get going without pep pills?
- Can you always be cheerful, ignoring aches and pains?
- Can you resist complaining and boring others with your troubles?
- Can you eat the same food every day and be grateful for it?
- Can you understand when your loved ones are too busy to give you any time?
- Can you take criticism and blame without resentment?
- Can you ignore a friend’s limited education and never correct him or her?
- Can you resist treating a rich friend better than a poor friend?
- Can you conquer tension without medical help?
- Can you relax without liquor?
- Can you sleep without the aid of drugs?
- Can you live without watching television?



. . . more likely than not, you are the family dog.



Pundemonium

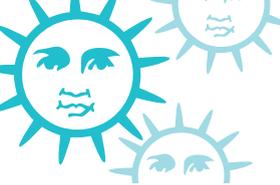
- The fattest knight at King Arthur’s round table was Sir Cumference. He acquired his size from too much pi.
- No matter how much you push the envelope, it’ll still be stationary.



IT’S APPARENT

What is the difference between a bald man, a prince, an orphan, and a monkey’s mother?

- A bald man has no hair apparent.
- A prince is an heir apparent.
- An orphan has nary a parent.
- A monkey’s mother is a hairy parent.



WHAT'S NEXT



LIVING NATURALLY

Household Haiku—bring some calm to your hectic home through “poetry therapy”



AMUSEMENT

How Not to Rob a Bank—amazing tales of total incompetence by would-be thieves



CALENDAR

Full Buck Moon, Acadia National Park, bright star Sirius



GARDENING

Save Room for Some Cosmos—the heart of a summer garden



FOOD

Celebrate National Blueberry Month with tasty recipes



WEATHER ANNIVERSARY

The Heat Wave That Melted Dentures, 1936

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