



# LIFT



## Life, Information, Fun, Times



Julius Caesar wasn't the only world-shaping genius born in July. Other well-remembered people through history also born in this hot month are Frida Kahlo, Franz Kafka, Marcel Proust, and Nelson Mandela.



Did you know that:



In agriculture, if all is going well and according to plan, the crops of corn are meant to be 'knee-high by the fourth of July'. It is also at this time that crop circles start to appear in the corn fields.



July is the birth month of the famous Roman general Julius Caesar and the Roman senate selected it in his honour.



July was an important time for the space race of the '60s. The first crewed mission to the moon, the Apollo 11 Mission, launched on July 16, 1969. Four days later, on July 20, 1969, Neil Armstrong made history by taking the first step on the moon while declaring, "That's one small step for man, one giant leap for mankind!"



Since July marks the beginning of the second half of the year, it is considered a good time to start on a new foot and start working on those long-forgotten new year resolutions.



On a similar note of achievements, on July 25<sup>th</sup>, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully. He took off from the coast of France and landed across the channel near Dover, England.



On July 5, 1946, the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris. While two-piece forms of swimwear previously existed, none used as little fabric as the bikini.

## 'Beach' in the languages of our teachers.

1. Traeth – Welsh
2. Playa - Spanish
3. Plajă - Romanian
4. Tengerpart - Hungarian
5. Plaj - Turkish
6. De praia - Portuguese
7. Shati bahr - Arabic
8. Plage - French



## `Beach` Idioms

### `There Are Plenty More Pebbles on the Beach`

There are other more suitable people, opportunities or things

### `To Swim Against the Tide`

To act in a way that is contrary to public opinion.

### `To Make Waves`

To cause problems or to make something more difficult.

### `Bury One's Head in the Sand`

To avoid a problem by pretending that nothing happened or to not accept the truth about a difficult situation.

### `To Swim with Sharks`

To spend time with dangerous people

### `To Crawl into One's Shell`

To isolate oneself usually because something embarrassing happened.

## New York City Films on the Green, NY



Showcasing everything from classic to contemporary French films, Films on the Green travels from park to park in New York City, bringing the art of French cinema to the city's denizens. All guests have to do is pack their blankets and favorite French wines for a night of enchanting movies on the luscious lawns of NYC.

## Montreux Jazz Festival, Montreux, Switzerland

Since 1967, this Jazz Festival is a music festival held annually on the Lake Geneva shoreline. Originally a pure jazz festival, it opened up in the 1970s and today presents artists of nearly every imaginable music style.



## Manchester International Festival, Manchester, UK



Manchester is an innovative city that has had its fair share of claims to fame. The fame and innovation continues with the Manchester International Festival, the world's preeminent festival founded in 2007, displaying exclusively original and reimagined work and special events.

## Fiesta de San Fermin, Pamplona, Spain

The festival was originally observed on Saint Fermin's feast day, September 25, but in 1592 the celebration was moved to July. The best-known part of the festival is the running of the bulls, or the *encierro*.





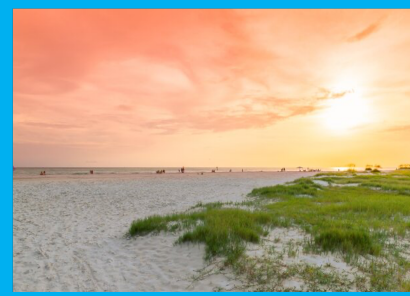
## Beautiful beaches around the world



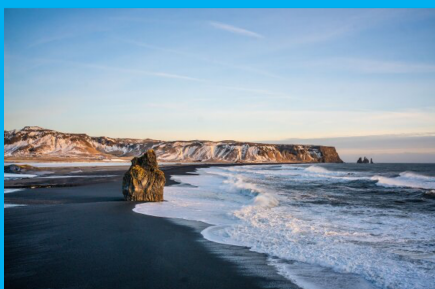
Whitehaven Beach  
Whitsunday Island, Australia



Horseshoe Bay Beach, Bermuda



Siesta Beach, Siesta Key, Florida



Reynisfjara, Iceland



Hidden Beach  
Marietas Island, Mexico



The Baths, Virgin Gorda,  
British Virgin Islands



Anakena, Easter Island



Navagio Beach  
Zakynthos, Greece



Papakolea Beach  
Big Island, Hawaii



South Dune Beach  
House Harbour Island, Quebec



Marinha Beach  
Lagoa, Portugal



Anse Source d'Argent  
La Digue, Seychelles



# Dear John



A light romantic drama about the unlikely connection formed between a soldier with PTSD and a conservative and idealistic college student. It tells the heart-breaking story of the two main characters, who, although mean well, fail to find happiness together as their romance leads to a bitter-sweet loss. The film did not exactly win the recommendations of film critics and the choice of actors was harshly disapproved by audiences but, in the end, it reminds us how hard it is to stay in love.



## Raechel's Bakery Tips

For this month's bakery recommendation, I would like to introduce to you a small shop called "Gen", located in Nakahiro, just on the periphery of Yokogawa. What makes this bakery so special is their commitment to using rice flour instead of white flour for all of their baked goods. According to the nonprofit organization Livestrong, swapping white flour for rice flour has a myriad of health benefits, including lowering cholesterol and stabilizing blood sugar levels, due to its high-fiber content. On top of that, rice flour is gluten-free, which is perfect for those with gluten allergies or those managing Celiac disease. "Gen" boasts a wide selection of breads, sandwiches, and pastries despite the shop's small space. In particular, they have a sizeable assortment of flavored quiches, which are absolutely delectable! My favorite one is the bacon and mushroom quiche. The aromatic mushroom combined with the crispy, smoky bacon layered with a hint of sweetness from the egg make this a harmonious marriage of flavors that leaves you wanting for more. So, the next time you're in the market for a healthy treat, be sure to stop by "Gen" to fill up on gluten-free treats!



〒733-0012 広島県広島市  
西区中広町2丁目24-5

