

Caesar Salad needs a celebration

Anyone who has ever had a traditional Italian meal or been to an Italian restaurant knows this delicious salad mix referred to as Caesar Salad. Comprised of romaine lettuce and croutons with a delicious blend of parmesan cheese, egg, garlic, black pepper, Worcestershire sauce, and lemon juice (and, in some cases, anchovies), many people feel that this salad is something akin to heaven in a bowl. That's why National Caesar Salad Day came to pass, to celebrate this delicious blend of foliage and seasonings! The best way to celebrate this day is to make sure to eat a traditional Caesar Salad, in the traditional style!

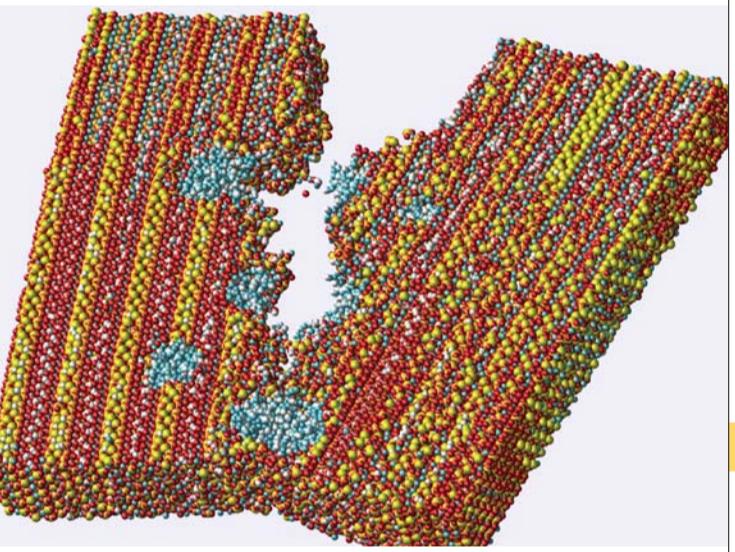
A

#WONDERS

LEARNING FROM ROMANS



Tobermorite forms in layers, like paper stacks that solidify into particles. These particles often have screw dislocations, shear defects that help relieve stress.



Computer models of tobermorite, a key element in the superior concrete Romans used in ancient times, suggest how to make modern concrete that's less likely to crack under stress.



Researchers performed an atom-level computer analysis of tobermorite, a naturally occurring crystalline analog to the calcium-silicate-hydrate (C-S-H) that makes up cement, which in turn holds concrete together.

Their results appear this week in the journal *ACS Applied Materials and Interfaces*. Tobermorite forms in layers, like paper stacks that solidify into particles. These particles often have screw dislocations, shear defects that help relieve stress by allowing the layers to slide past each other. Alternately, they can allow the layers to slip only a little before the jagged defects lock them into place.

The researchers built the first computer models of

Defects aren't a weakness

This 'step-wise defect-induced gliding' around the particle's core makes it more ductile and able to adjust to stress, says Rouzbah Shahsavari, an assistant professor of civil and environmental engineering and materials science and nanoengineering at Rice University.

"The insight we get from this study is that unlike the common intuition that defects are detrimental for materials, when it comes to complex layered engineering systems such as tobermorite, this is not the case," says Shahsavari. "Rather, the defects can aid to dislocate the layers in certain orientations, which acts as a bottleneck for gliding, thus increasing the yield stress and toughness."

These latter properties are key to design concrete materials



The burger wasn't just a fast meal; it became a symbol of American identity and ingenuity, evident in its evolution and innovation. People began to seek out unique flavor combinations, inspiring a tradition of culinary creativity that's still thriving today. Classic beef burgers were diversified with the introduction of new toppings and sauces, expanding the burger's appeal beyond its humble beginnings. Food enthusiasts started venturing to try from the traditional cheddar and lettuce to more adventurous additions like blue cheese and avocado.



Verna Mohon
Imagine biting into a juicy patty, its flavors bursting forth with a comforting familiarity and delicious complexity. As you chew, you may find yourself transported through time, paying homage to the humble beginnings that have evolved into today's culinary masterpiece.

The Humble Beginnings of the Burger

The humble beginnings of the burger can be traced back to the modest sandwich, often seen as America's quintessential comfort food. In the early 19th century, the invention of the sandwich by the British may well be considered a pivotal moment. As folks immigrated to the United States, they brought with them their culinary traditions. The sandwich, versatile and comforting, became a staple. Over time, creative cooks introduced cooked meats into sandwiches. German immigrants, with their beloved Hamburg steak, laid the foundation for what we now recognize as the classic burger. Ground beef patties were eventually tucked between slices of bread or buns, evolving slowly but surely into the burgers we cherish today. Alongside this evolution, deli meats, such as pastrami, played an integral role in shaping American

comfort food culture. Pastrami, with its rich, smoky flavor, often found its way into hearty sandwiches, adding layers of taste and texture. The interplay between sandwich fillings expanded, offering a plethora of options that tantalized taste buds and satisfied diverse palates. As the burger started to gain traction, so did the experimentation with toppings and condiments, further diversifying its appeal. Today, you can find an array of gourmet burgers that celebrate this delightful culinary journey, a testament to innovation. And speaking of pastrami, many burger aficionados find that a slice of this deli favorite can elevate their burger experience. So, next time you're crafting or ordering your perfect burger, think about how these humble beginnings have paved the way for the delicious creations you enjoy now.

The Burger Boom: Rise to Fame

Throughout the mid-20th century, the allure of the burger soared, intertwining itself with quintessential elements of American culture. The post-World War II era was characterized by an economic boom and a burgeoning middle class, eager for both convenience and new dining experiences. Drive-in restaurants and diners, which had been sporadically popping up before, saw a substantial increase in popularity. Chains like McDonald's and White Castle became household names, their widespread success fueled by the efficiency of mass production and the appeal of quick, satisfying meals. These establishments capitalized on the burgeoning car culture, allowing people to enjoy their favorite American comfort food without stepping out of their vehicles. This burst of creativity further cemented the burger's status as an adaptable staple in American dining, giving birth to gourmet options and unique fusions that continue to shape the comfort food history in our kitchens and restaurants today.

During this era, the burger wasn't just a fast meal; it became a

THE AMERICAN BURGER



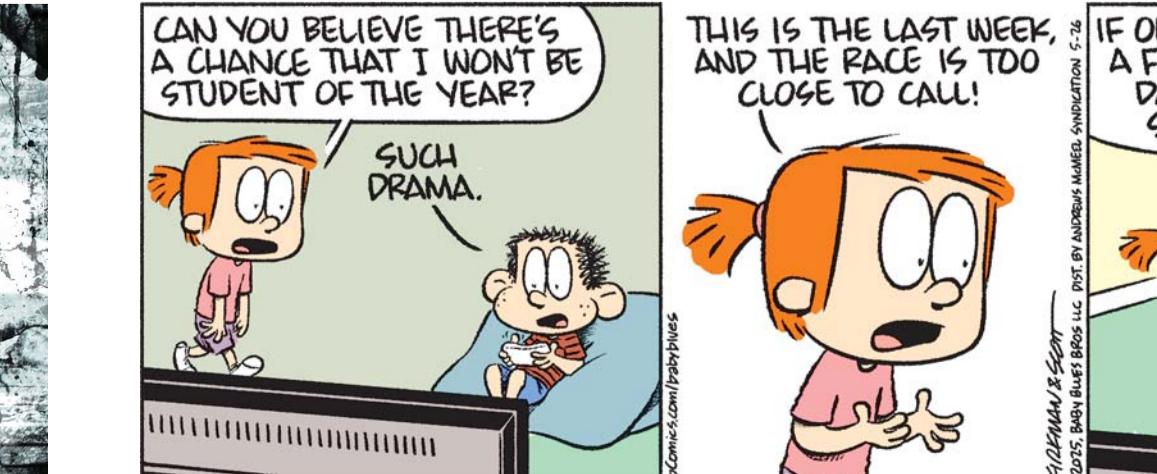
#FOOD ICONS

Burgers and Friends: The Perfect Pairings

The marriage of burgers with their beloved side dishes is a tale just as flavorful and rich as the burger's own history. Among these classic companions, french fries undoubtedly reign supreme. Imagine the golden, crispy exterior giving way to a tender interior, a perfect foil to the savory and juicy burger it accompanies. Fries offer a satisfying crunch that balances the soft bun and patty, creating a textural harmony that delights the senses. As comfort food history has demonstrated, no burger meal feels truly complete without a side of these crispy gems. However, in recent years, many have found joy in the sweater alternative: sweet potato fries. These vibrant orange sticks provide a delightful contrast with their natural sweetness, adding a new dimension to the overall flavor experience. The variety in sauces, whether it's a classic buffalo or a smoky BBQ, can complement the burger's flavors while providing a delightful contrast in taste and texture. Imagine biting into a hot, succulent wing while savoring the smoky char of a grilled burger; it's a match

made in comfort food heaven. Additionally, pairing your burger with wings allows for a mix-and-match experience where you can vary each bite, keeping your palate intrigued and satisfied. Next time you're at the restaurant or cooking burgers at home, consider these beloved sides to elevate your meal from good to unforgettable, creating a symphony of flavors and textures that reaffirms why burgers and their friends are America's favorite comfort food.

BABY BLUES

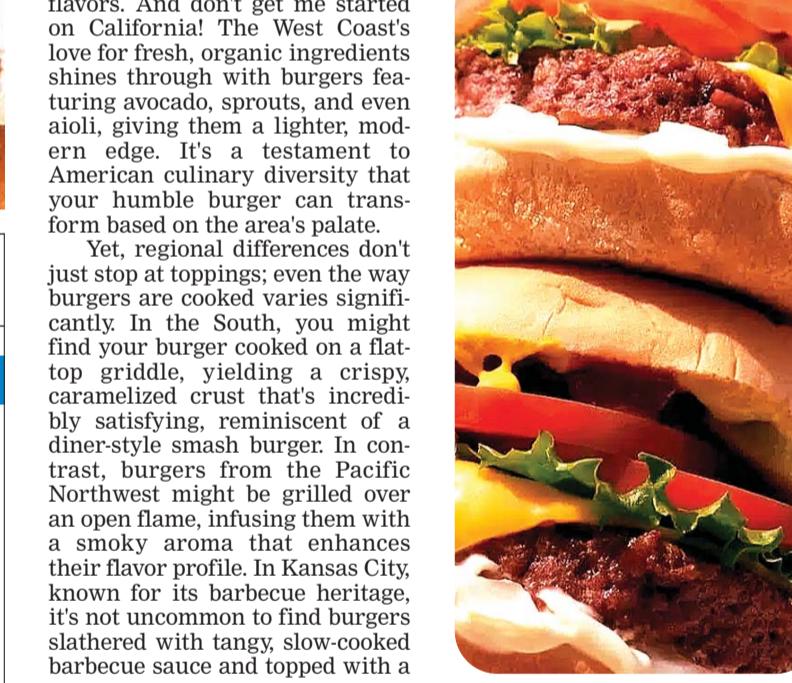


Moreover, the allure of burgers was not confined to traditional beef alone. Variants with chicken, turkey, and even plant-based patties began to make appearances, showing the versatility and ever-expanding nature of this American comfort food. This burst of creativity further cemented the burger's status as an adaptable staple in American dining, giving birth to gourmet options and unique fusions that continue to shape the comfort food history in our kitchens and restaurants today.



Regional Variations: The Burger Across America

Now, let's explore the regional variations that make the burger a canvas for local flavors across America. In the Midwest, for example, you'll find the famous Juicy Lucy, a burger that hides a molten core of cheese within the patty just before serving, melting into the meat and adding a luscious richness that's simply irresistible? Regional specialties like green chile cheeseburgers from New Mexico, topped with roasted green chilies, add a spicy kick that's embraced by local food enthusiasts. So, whether you're biting into a cheddar-topped burger in a Maine lobster shack or savoring a classic double-stack in an Ohio diner, there's a regional burger experience waiting to charm your palate.



The Burger in Modern Cuisine: Gourmet and Beyond

As we journey further into modern cuisine, the burger has ascended to gourmet heights, delighting food enthusiasts with inventive spins and high-quality ingredients. These upscale versions are no longer confined to just the patty and bun; today's gourmet burgers are culinary masterpieces. Chefs are now utilizing artisan buns, whether it's a brioche bun that adds a buttery richness or a pretzel bun that offers a delightful chewy texture. The meat itself, the heart of the burger, is often sourced from grass-fed, organic cattle, ensuring a depth of flavor and tenderness that stands out. For those with a

penchant for seafood, the introduction of salmon and ahi tuna patties provides a luxurious alternative. Plant-based options, too, have seen a renaissance, with patties made from a blend of chickpeas, black beans, and even quinoa, providing a hearty, flavorful bite that caters to vegetarians and vegans alike. In terms of toppings, the sky is quite literally the limit. Think foie gras, truffle aioli, or even a fried egg with a gooey yolk that bursts forth, creating a lush, savory sauce that melds beautifully with each component of the burger.

rajeshsharma1049@gmail.com

#BEAUTY

Summer Hair Care

Keep your hair happy and healthy all summer long using natural, chemical-free methods.



2. Put your hair up in loose, comfortable styles

A messy braid is ideal for keeping your hair under control and minimizing exposure to the sun. Tight hairstyles can be damaging because they tend to pull and tear hair, especially if your hair is dry from the summer heat.



3. Wash less often

Frequent washing strips your scalp of its natural oils, which in turn stimulates additional oil production and makes you feel the need to wash it even more. Try just rinsing in the shower after a day at the beach or pool, and see if that gets rid of

some extra oil. Use a homemade or natural dry shampoo, such as cornstarch, in place of regular shampoo to go a bit longer without washing. Another quick fix is to dab a cotton ball soaked in witch hazel along your scalp to dissolve excess oil.

4. Reduce the heat



Try to blow-dry your hair as little as possible. It is already exposed to a significant amount of heat on a daily basis. In the summer, and it will probably air-dry quickly anyways, so give the blow

dryer a break and go au naturel if you can. Avoid flat-irons, too, as they will do further damage to already-dry hair. Plus, a sleek hairstyle only makes that frizz stand out more.

5. Spritz & Seal



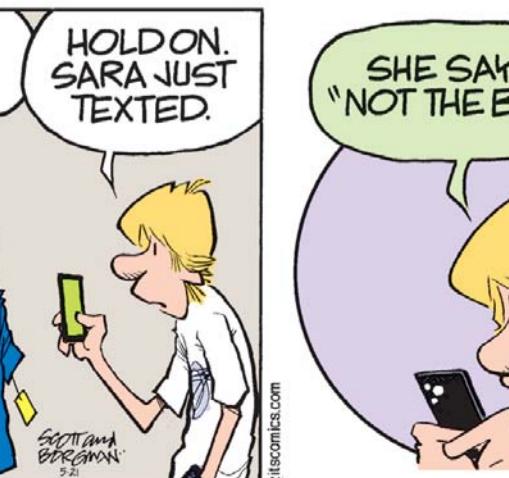
Make a concoction of water, aloe vera juice, and avocado oil. Keep it on hand to spritz when

ever a bit of moisture and/or control is needed. Another good option is argan oil mixed with water.



Avoid pulling anything through your hair when it's wet, since that's when it's most susceptible to breaking. Wide-tooth combs are most gentle for untangling hair, as brushes can pull and tear when they snag strands.

6. Try a hot oil rinse



Cocnut, olive, and avocado oils are good at penetrating the hair shaft. Shampoo hair as usual, then work in oil from ends to roots. Rinse, then condition as usual. Your hair should feel moisturized afterwards, but not greasy.



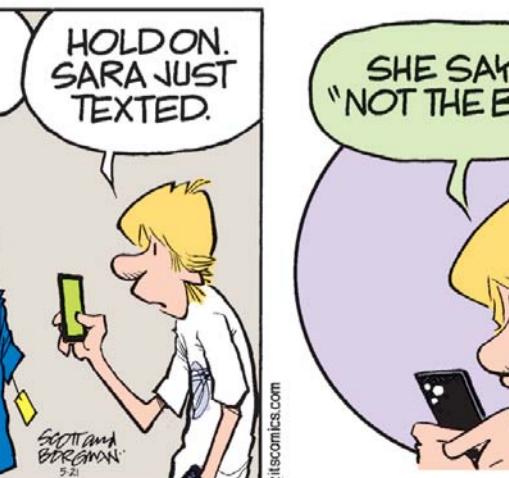
Rinse with apple cider vinegar diluted in water for a quick natural conditioner. Use some coconut oil or shea butter (careful with this, since it can be heavy) to smooth, de-frizz, and moisturize your locks after washing. The oil will give some shine and, if you have wavy hair, create natural, air-dried curls. Plus, a sleek deep conditioning treatment once a week to get that extra bit of moisture into your hair.



Make a concoction of water, aloe vera juice, and avocado oil. Keep it on hand to spritz when

ever a bit of moisture and/or control is needed. Another good option is argan oil mixed with water.

7. Condition always

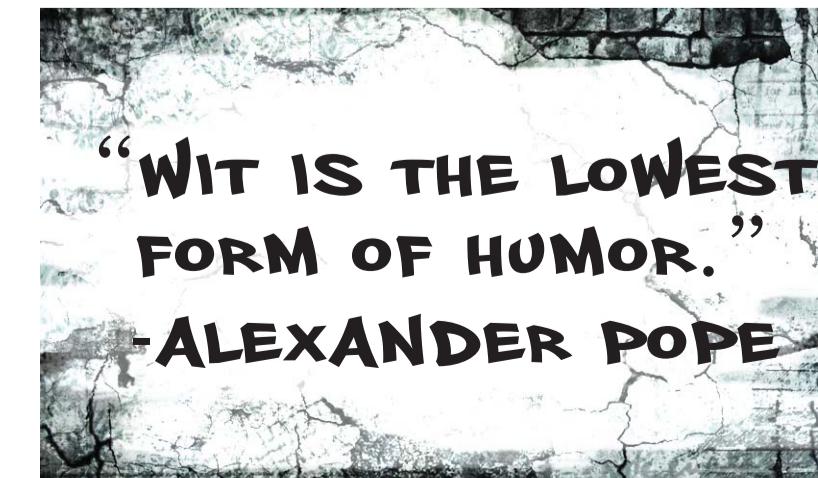


Rinse with apple cider vinegar diluted in water for a quick natural conditioner. Use some coconut oil or shea butter (careful with this, since it can be heavy) to smooth, de-frizz, and moisturize your locks after washing. The oil will give some shine and, if you have wavy hair, create natural, air-dried curls. Plus, a sleek deep conditioning treatment once a week to get that extra bit of moisture into your hair.



Make a concoction of water, aloe vera juice, and avocado oil. Keep it on hand to spritz when

THE WALL



BABY BLUES

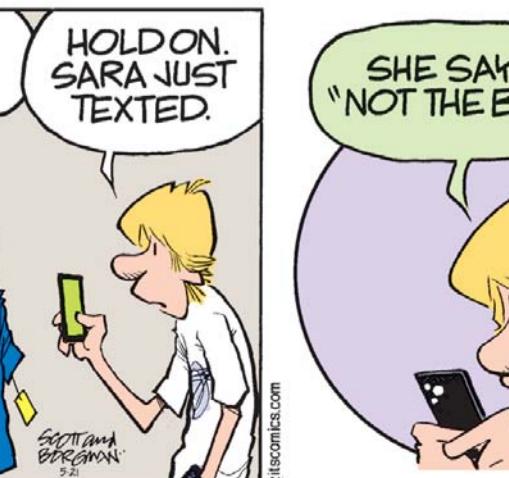


By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman



Well, maybe Sara should take you shopping! Mom, she wants control, not responsibility!



मुझे लगता है कि मैं जो एकमात्र बदलाव
करना चाह शायद एकदिवसीय क्रिकेट
को अंतर्राष्ट्रीय क्रिकेट से दूर रखना है।
- हेनरिक क्लासेन

पूर्व दक्षिण अफ्रीकी बल्लेबाज़,
वनडे को अंतर्राष्ट्रीय क्रिकेट से
बाहर करने को लेकर बोलते हुए।

खेल जगत्

जोआओ फोंसेका

जोआओ फोंसेका ने बुधवार को बिंबलडन के तीसरे दौर इंवेंट में फोंसेका ने अपनी उम्र से कहीं ज्यादा परिपक्वता में पहुंचकर इतिहास रच दिया। 18 वर्षीय ब्राजीलीय खिलाड़ी ने तीन घंटे से ज्यादा समय तक चले एक कठिन खिलाड़ी ने तीन घंटे से ज्यादा समय तक चले एक कठिन मुकाबले में अमेरिकी जेनसन ब्रॉक्सबी को 6-4, 5-7, 6-2, 6-4 से हराया अपने करियर के सिर्फ़ चौथे दूर सेवल पर सफलता हासिल की।

क्या आप जानते हैं?... शुभमन गिल इंग्लैंड और सेना देशों में दोहरा शतक जड़ने वाले भारतीय कप्तान बने।

8वीं हाजी गनी बाबा स्मृति लीग कम नॉकआउट क्रिकेट प्रतियोगिता

जयपुर, 3 जुलाई। सबा क्रिकेट बल्लब द्वारा आयोजित क्रिकेट प्रतियोगिता के एक दैन सैनी ग्रीष्मकालीन में नीराजा में नीराजा क्रिकेट एकड़मी में पहले बल्लेबाजी करते हुए विजय चौधरी 29 रन, अनिल कुमार 27 रन की पारीयों की मार्नी जयसवाल व आदित्य ज्ञाता प्रत्येक 1-1 विकेट लेकर सफल गेंदबाज़ रहे। ज्ञाता पारी में नीराजा में नीराजा क्रिकेट एकड़मी ने 4 ओवर में 9 रन पर 2 विकेट, जिनमें से 3 ओवर में 11 रन देकर 2 विकेट तथा मानी जयसवाल व आदित्य ज्ञाता प्रत्येक 1-1 विकेट लेकर सफल गेंदबाज़ रहे। ज्ञाता पारी में नीराजा में नीराजा क्रिकेट एकड़मी ने ग्रीष्मकालीन में 60 रन (50 में 7 चौके 4 छक्के), त्रिलोक सैनी 21 रन नाबाद, विकेट सैनी 15 रन की मदद से विजय लक्ष्य 113 रन 4 विकेट खोकर 17 ओवर में हासिल कर 6 विकेट से जीत दर्ज कर ली।

महाराणा प्रताप एवं गुरु वशिष्ठ पुरस्कार के लिए आवेदन आमंत्रित

आवेदन 31 तक भिजावाये जा सकेंगे

जयपुर, 3 जुलाई। राजस्थान राज्य क्रीड़ा परिषद द्वारा वर्ष 2023-24 और 2024-25 के लिए राज्यकृष्ण प्रदर्शन करने वाले खिलाड़ियों और प्रशिक्षकों के लिए महाराणा प्रताप एवं गुरु वशिष्ठ पुरस्कार के आवेदन आमंत्रित किए गए हैं। राजस्थान राज्य क्रीड़ा परिषद के सचिव राजेन्द्र शिंह सिसारिया ने बताया कि जिला खेल अधिकारियों को अपने-अपने जिलों के उक्त प्रदर्शन करने वाले खिलाड़ियों और प्रशिक्षकों के लिए महाराणा प्रताप एवं गुरु वशिष्ठ पुरस्कार के आवेदन आमंत्रित किए गए हैं। राजस्थान राज्य क्रीड़ा परिषद के सचिव राजेन्द्र शिंह सिसारिया ने बताया कि जिला खेल अधिकारी कार्यालय से प्राप्त कर सकते हैं। साथ ही आवेदन का प्रारूप खेल परिषद की वेबसाइट www.rssc.in से प्राप्त कर सकते हैं।

जयपुर जिला एथलेटिक संघ के चुनाव 27 जुलाई को

एनएस यादव टिटायर्ड सेल टैक्स ऑफिसर चुनाव अधिकारी नियुक्त

जयपुर, 3 जुलाई। संघेजक, जयपुर जिला एथलेटिक संघ समिति, गोपाल सैनी ने बताया कि अजय जयपुर जिला एथलेटिक संघ की साधारण सभा को मीटिंग हुई। उसमें 20 में से 19 क्लबों ने भाग लिया और सर्व समिति यह निर्णय लिया गया कि 27 जुलाई को जयपुर जिला एथलेटिक संघ के चुनाव कराया जाए। जिससे कि खेल सुचारा रूप से हो जाए और चुनाव को लिए एनएस यादव टिटायर्ड सेल ऑफिसर को चुनाव अधिकारी नियुक्त किया गया है।

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत ने बताया कि अजय

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल में

जयपुर, 3 जुलाई। राजस्थानी स्टेट जनियर बलिका फुटबॉल प्रतियोगिता 2025-26 को अजय दो मुकाबले खेले गए। राजस्थान फुटबॉल संघ के सचिव दिलीप सिंह शेखावत को लिए

झंझूनूं की अंजमेर पर 3-0 जीत के साथ सेमीफाइनल म

