

MUST-SEE VIDEOS



Secrets to Making In-Flight Meals

Catering chefs for Singapore Airlines pump out 19 million in-flight meals a year with military precision. But it's not easy.



Beaver Builds Dam With Toys

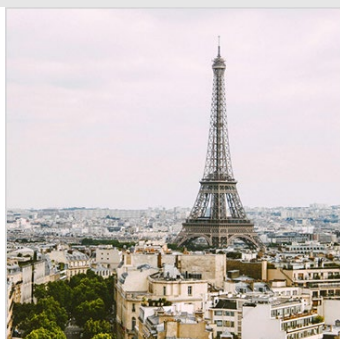
A wildlife rescue worker and her family take in a baby beaver found sick and alone. See how Tulip adjusts.

NEWS AND VIEWS

Olympic Coverage with Cunningham TVNow

Watch your favorite events with exclusive coverage and extra Olympic content included with Cunningham TVNow. Additional dedicated Olympic channels coming this summer to help keep track of Team USA as they compete for gold. If you're not a Cunningham TVNow customer, contact one of our local offices today and make your couch a front row seat!

SITES OF THE MONTH



**FOOD
&
WINE**

W

Follow the Olympics

NBC will be your eyes and ears at the Paris 2024 Summer Olympics. Turn to this site for TV schedules and more.

[Learn more...](#)

Be a Host With the Most

Use these tips and recipes from *Food & Wine* and your summer parties will impress your guests without wearing you out.

[Learn more...](#)

Where to Wander Next?

If you're looking for travel inspiration, look no further than this site. It highlights amazing destinations near and far.

[Learn more...](#)

CUSTOMER ALERT



THAT EMAIL ISN'T FROM FACEBOOK SECURITY

Scammers sometimes create fake emails that look like they're from Facebook...

[CLICK HERE FOR DETAILS ►](#)

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COOKING DEMOS



Tips for Grilling Fruit

Did you know you should leave the peel on when grilling bananas? Learn how to perfectly grill, and serve, all kinds of fruit.



5 Go-To Summer Recipes

Try quick and easy dishes such as Salsa Ranch Chicken Wraps Mediterranean Orzo Salad, and Stuffed Peppers.

INSTAGRAM FOCUS



olympics and 2 others


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mnstatefair

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4,096 likes

Get Ready for Skateboarding

Skateboarding talent will be on display at the Paris 2024 Summer Olympics. Check out some of the amazing moves.





1,493 likes

State Fair Butter Sculptures

Michelangelo sculpted in marble. This artist created masterpieces out of butter for the Minnesota State Fair.

DO-IT-YOURSELF TIPS



Repurposed File Cabinet

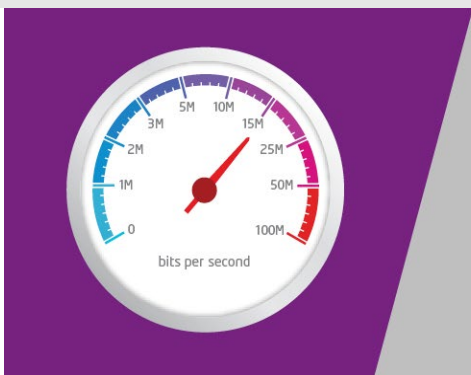
Go from files to flowers with this file cabinet hack! It's simple to do, and you'll end up with a contemporary flower planter.



Chalkboard Paint Projects

Chalkboard paint is a fun product that can be used in just about any room for notes or artwork. Watch the five easy steps.

FAQ / TUTORIAL



WHY ARE MY SPEED TEST RESULTS LOWER THAN EXPECTED?

When I recently did a speed test on my home's internet connection, the speeds didn't match what's stated for my internet plan. How come?

[CLICK HERE FOR THE DETAILS](#) ▶

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