

July 2022

Newel Post News

Newel Post | 1108 Tiffany Place | 319-464-4561



Celebrating July

Deli Sandwich Month

World Watercolor Month

Parks & Recreation Month

Canada Day

July 1

Tour de France Begins

July 1

Independence Day (U.S.)

July 4

Ventriloquism Week

July 13–16

Bastille Day: France

July 14

Ice Cream Day

July 17

Hemingway Lookalike Days

July 21–23

Day of the Cowboy

July 23

**International Day of
Friendship**

July 30

Bombs Bursting in Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

Just Hanging Around



What better way to relax on a hot July day than to swing freely in a hammock while sipping on an ice-cold drink or reading a book? If you've never "hung out" in a hammock, why not try it on July 22, Hammock Day?

Christopher Columbus discovered more than a "New World" in 1492; he also discovered hammocks. On October 17, 1492, he recorded in his journal that "people were sleeping in nets between the trees." These people were the Taino of the Greater Antilles. The Taino fished with nets called *hamaca*. The woven cotton slings were also used as hanging seats, beds, or sacks. The Europeans would eventually turn the word *hamaca* into the word *hammock* and bring hundreds of them back to Europe. Sailors, used to sleeping on the hard, filthy wood floors of sailing ships, quickly adopted the hanging beds as a modicum of comfort. The Taino did not have comfort in mind when they invented their *hamaca*. Sleeping high off the jungle floor protected vulnerable sleepers from venomous insects and reptiles. Hopefully, such dangers don't exist if you enjoy a hammock in your own backyard.

Many hammock lovers tout the restorative benefits of sleeping in a hammock. A study in Switzerland concluded that sleeping in a bed that rocks gently offers a deeper and more restive sleep. Hammocks can replicate this rhythmic motion. Others swear that sleeping in a hammock reduces back pain. A relaxing nap in a hammock might reduce overall tension, which might relieve some back pain. Doctors are skeptical, but if snoozing in a hammock reduces stress, then why not go for it?

Cotton hammocks are easy to find in stores and soft to snooze in, but many modern hammocks are made of lightweight nylon, a fabric sometimes called parachute. This nylon is often strong enough to hold 400 pounds or more, making hammocks a hanging bed built for two. Any way you hang them, hammocks are symbols of summer relaxation.

Lottery Dreams

If you wake up feeling lucky on July 17, perhaps you should take a chance and play the lottery, for it is Lottery Day. The first record of a lottery comes from China's Han Dynasty, where proceeds are believed to have helped finance the construction of the Great Wall of China. Today, most lotteries are still government-run operations with proceeds used to fund municipal projects. Lotteries are a game of chance between the citizens and the state: the chance of a prize in return for much-needed revenue. All lotteries are longshots—the odds of winning are one-in-12 million—but payouts can be astronomical, with the average prize in the tens of millions of dollars. Furthermore, lottery tickets often cost just a dollar or two, making the risk fairly small for an average player. Lotteries played an important role in the American Revolution. Benjamin Franklin sponsored a lottery to purchase cannons to fight the British, and others were used to pave streets, construct wharves, and build churches and universities like Harvard and Yale. For many, the purchase of a lottery ticket allows them to dream of riches until the numbers are drawn and dreams are dashed.

Lip Service



Countless women will rummage through their handbags looking for lipstick on July 29, Lipstick Day, but there was a time when lipstick was worn by both men and women. The first lipstick was worn by the ancient Sumerians 5,000 years ago. Crushed gemstones were applied to the lips and around the eyes of both sexes. Cleopatra, it is said, favored the color red and used the red pigments from crushed insects to color her lips. By the 1700s, red lipstick was a sign of witchcraft, and marriages could be annulled if a woman was proven to have worn red lipstick during courtship. It wasn't until 1884 that the first commercial lipstick was manufactured in Paris by the perfumer Guerlain, and it wasn't until the 1920s that wearing lipstick became socially acceptable.

Pilgrims at the Peak



On the last Sunday in July, tens of thousands of pilgrims climb Ireland's Croagh Patrick to honor the revered patron saint of Ireland. This tradition, known as Reek Sunday, has occurred for 1,500 years and pre-dates both St. Patrick and Christianity. Some historians believe that climbing the mountain was part of a pagan ritual associated with *Lughnasadh*, the Gaelic festival marking the start of the harvest season. One legend tells of how St. Patrick went to the mountain to convert a pagan king to Catholicism. Patrick battled the king's mother, a demon in disguise, and cast her into a lake far below, successfully converting the king.

St. Patrick is believed to have spent 40 days atop the mountain in the year 441, fasting and praying. A church has been located on its summit since the fifth century. In 1905, a new chapel was built atop Croagh Patrick, and on Reek Sunday, a mass is held and pilgrims are given the opportunity to have their confessions heard.

For some pilgrims, penance is done long before they reach the top. The most devout make the climb barefoot, suffering each nick and scrape from the rocky trail as a form of penance. Others perform rounding rituals, where they walk "sunwise" around special features of the mountain. It is seven times around a cairn marked as the grave of St. Benan, St. Patrick's most devoted disciple, known as the Psalmsinger for his beautiful singing voice; seven times around three ancient burial cairns known as Mary's cemetery; seven around a patch of rock at the summit called Patrick's bed, where the saint is believed to have slept during his 40 days; and 15 times around the summit itself.

All that extra walking makes a demanding hike even more difficult. The mountain stands over 2,500 feet high, and the route is steep and rocky. Each year, pilgrims need rescuing, but still they climb. For some, the climb is a religious rite. For others, it is an Irish rite of passage.

Walk the Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk on Take Your Houseplant for a Walk Day on July 27? While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

This day isn't just a day to take your houseplant for a walk but to shower your houseplants with attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.

Lord of Fantasy



On July 29, 1954, the first book of J.R.R. Tolkien's *The Lord of the Rings* trilogy, *The Fellowship of the Ring*, was published in London. It was a work that would lay a lasting foundation for fantasy literature. After the success of *The Hobbit* (1937), Tolkien's publishers begged him for more stories about the diminutive heroes. A notoriously slow writer, he did not even finish a draft of his story about a "new Hobbit" until 1949. The first volume was envisioned as two books: *The Ring Sets Out* and *The Ring Goes South*. His end products, *The Fellowship of the Ring*, *The Two Towers*, and *The Return of the King*, have sold more than 150 million copies, making them some of the bestselling books of all time. Countless books, the *Dungeons & Dragons* role-playing game, and video game franchises all have been inspired by Tolkien.

Anything but Routine

In 1984, Alan Caruba got fed up with movies that had no plot, celebrities who talked too much without having anything to say, and all the stale routines of life that left us bored out of our minds. Caruba's solution to this boredom epidemic was to create the Boredom Institute, a one-man effort to identify sources of the oppressively mundane and snuff them out. July, Caruba declared, was Anti-Boredom Month.



Sociology professors, public-relations experts, and journalists gave Caruba kudos for his social commentary. What Caruba calls boredom is actually a more sinister social phenomenon. Overexposure to formulaic entertainment, 24-hour news cycles, or uninspiring 9-to-5 jobs have caused people to become numb and apathetic. Caruba has even blamed this extreme boredom and apathy for high school dropout rates, incarceration, and low voter turnout.

While some applauded Caruba's crusade against boredom as effective social satire, others criticized him for attempting to grab his own 15 minutes of fame. But most admit that Caruba hit a sensitive national nerve. Many people do admit that they are bored with their lives. When the human brain falls into predictable, monotonous patterns, it releases lower levels of dopamine, the feel-good chemical. While it is important for the brain to rest and recharge, it is just as important for the brain to feel challenged and engaged. A small amount of boredom is healthy and can lead to those "Eureka!" and "Aha!" moments. But too much boredom might lead to apathy and, at worst, depression.

So how do we fight excessive boredom? Change. Change the regular routine. Find a new hobby or pursuit. Best of all, try something new with a group of friends. Social interaction is often the best way to get out of a funk and find inspiration. Games, sports, gardening, art, volunteering, music, exercise—all of these are more fun and engaging when you do them with a friend. Before you know it, anti-boredom will become routine.

July Birthdays

In astrology, those born from July 1–22 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones. Those born from July 23–31 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings.

Carl Lewis (Olympian) – July 1, 1961
 Richard Petty (racing driver) – July 2, 1937
 Bill Withers (singer) – July 4, 1938
 Anjelica Huston (actress) – July 8, 1951
 Mavis Staples (singer) – July 10, 1939
 Richard Simmons (fitness guru) – July 12, 1948
 Clive Cussler (author) – July 15, 1931
 Nelson Mandela (political leader) – July 18, 1918
 Carlos Santana (musician) – July 20, 1947
 Robin Williams (actor) – July 21, 1952
 Sandra Bullock (actress) – July 26, 1964
 Laurence Fishburne (actor) – July 30, 1961

No Laughing Matter



On July 20, 1715, the "Riot Act" took effect in England. The act stipulated that if a gathering of 12 or more people was found to be loud or unruly, an officer could approach them and compel them to disperse by reading:

"Our Sovereign Lord the King chargeth and commandeth all persons, being assembled, immediately to disperse themselves, and peaceably to depart to their habitations, or to their lawful business, upon the pains contained in the act made in the first year of King George, for preventing tumults and riotous assemblies. God Save the King!"

If rabble-rousers did not disperse, they could be jailed or worse. The act was eventually deemed unlawful and was repealed on July 18, 1973, but not before it entered the lexicon as an apt metaphor for expressing frustration.

Monday

Tuesday

Wednesday

Thursday

Friday



<p>4</p> <p>1% Milk BBQ Pork Baked Beans Fruit Cocktail WG Bun</p>	<p>5</p> <p>1% Milk Chicken Alfredo Peas Mandarin Oranges WG Bread</p>	<p>6</p> <p>1% Milk Meatloaf Mashed Potato & Gravy Diced Pears WG Bread</p>	<p>7</p> <p>1% Milk Sloppy Joe's Coleslaw Applesauce WG Bun</p>	<p>1</p> <p>1% Milk Beef Taco Refried Beans Taco Toppings Mandarin Oranges Corn Tortilla</p>
<p>11</p> <p>1% Milk Breaded Chicken Patty Mixed Vegetables Diced Peaches WG Bun</p>	<p>12</p> <p>1% Milk Cheeseburger Green Beans Applesauce WG Bun</p>	<p>13</p> <p>1% Milk Goulash Broccoli & Cauliflower Mandarin Oranges WG Bread</p>	<p>14</p> <p>1% Milk Turkey Carrots Fruit Cocktail WG Stuffing WG Bread</p>	<p>15</p> <p>1% Milk Turkey Carrots Fruit Cocktail WG Stuffing WG Bread</p>
<p>18</p> <p>1% Milk Ham Sweet Potatoes Pineapple Tidbits Yogurt & Granola WG Bread</p>	<p>19</p> <p>1% Milk Salisbury Steak Carrots Diced Pears WG Rice Casserole</p>	<p>20</p> <p>1% Milk Chicken Breast Peas Banana WG Bun</p>	<p>21</p> <p>1% Milk Lasagna Tossed Lettuce Salad Mandarin Oranges WG Crackers WG Bread</p>	<p>22</p> <p>1% Milk Lasagna Tossed Lettuce Salad Mandarin Oranges WG Crackers WG Bread</p>
<p>25</p> <p>1% Milk Chicken & Noodles Mixed Vegetables Diced Peaches WG Bread</p>	<p>26</p> <p>1% Milk Mac & Cheese Peas & Carrots Diced Pears Yogurt & Granola</p>	<p>27</p> <p>1% Milk Pork Chop Corn Fruit Cocktail WG Bread</p>	<p>28</p> <p>1% Milk Ham & Cheese Sandwich Baked Beans Applesauce WG Bun</p>	<p>29</p> <p>1% Milk Ham & Cheese Sandwich Baked Beans Applesauce WG Bun</p>

Water is available with each meal.

Monday

Tuesday

Wednesday

Thursday

Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>HAPPY 4th</p> <p>Agency Closed</p>	<p>5</p> <p>8:30 Morning Social 9:30 Music Therapy 10:30 Bucketz 11:30 Lunch 12:30 Pet Pals 1:30 Exercise</p>	<p>6</p> <p>8:30 Morning Social 9:30 Safety/ Client Mtg 10:30 Ring Toss 11:30 Lunch 12:30 Dice Bingo 1:30 Exercise</p>	<p>7</p> <p>8:30 Morning Social 9:30 Monthly Gazette 10:30 Penny Pitch 11:30 Lunch 12:30 State Plate Game 1:30 Exercise</p>	<p>1</p> <p>8:30 Morning Social 9:30 Music Therapy 10:30 Star Toss 11:30 Lunch 12:30 July 4th Fun 1:30 Exercise</p>
<p>11</p> <p>8:30 Morning Social 9:30 Short Story 10:30 Kickball 11:30 Lunch 12:30 Toss Up 1:30 Exercise</p>	<p>12</p> <p>8:30 Morning Social 9:30 June Trivia 10:30 Bullseye Bounce 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	<p>13</p> <p>8:30 Morning Social 9:30 Juicy Fruit Day 10:30 Horseshoes 11:30 Lunch 12:30 Dominoes 1:30 Exercise</p>	<p>14</p> <p>8:30 Morning Social 9:30 Hot Dog Day 10:30 Tic Tac Toe 11:30 Lunch 12:30 Swipe 1:30 Exercise</p>	<p>15</p> <p>8:30 Morning Social 9:30 Music Therapy 10:30 Washer Toss 11:30 Lunch 12:30 Memory Magic 1:30 Exercise</p>
<p>18</p> <p>8:30 Morning Social 9:30 Travelogue 10:30 Bucketz 11:30 Lunch 12:30 EZ Trivia 1:30 Exercise</p>	<p>19</p> <p>8:30 Morning Social 9:30 Music Therapy 10:30 Flyswatter Balloon 11:30 Lunch 12:30 Pet Pals 1:30 Exercise</p>	<p>20</p> <p>8:30 Morning Social 9:30 Bagel Day 10:30 Target Ball 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	<p>21</p> <p>8:30 Morning Social 9:30 Junk Food Day 10:30 Wii Bowling 11:30 Lunch 12:30 UNO 1:30 Exercise</p>	<p>22</p> <p>8:30 Morning Social 9:30 Ice Cream Fun 10:30 Noodleball 11:30 Lunch 12:30 Ice Cream Social 1:30 Exercise</p>
<p>25</p> <p>8:30 Morning Social 9:30 Blue Monday 10:30 Frisbee Golf 11:30 Lunch 12:30 Rock n Roll 1:30 Exercise</p>	<p>26</p> <p>8:30 Morning Social 9:30 RAGBRAI 10:30 Kickball 11:30 Lunch 12:30 Pizza Game 1:30 Exercise</p>	<p>27</p> <p>8:30 Morning Social 9:30 Picnic Day 10:30 Basketball Hoops 11:30 Lunch 12:30 Leap Scotch 1:30 Exercise</p>	<p>28</p> <p>8:30 Morning Social 9:30 Friendship Day 10:30 Parachute Games 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	<p>29</p> <p>8:30 Morning Social 9:30 Music Therapy 10:30 Ring Toss 11:30 Lunch 12:30 R-L-C- Dice Game 1:30 Exercise</p>


Monday

Tuesday

Wednesday

Thursday

Friday

 <p>July 2022 Activities with Sherry</p>					
4	<p>HAPPY 4th Agency Closed</p>	5	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Frisbee Golf 11:30 Lunch 12:30 Matching Game 1:30 Exercise</p>	1	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Parachute 11:30 Lunch 12:30 July 4th Fun 1:30 Exercise</p>
11	<p>8:30 Morning Social 9:30 Monthly Gazette 10:30 Horseshoes 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	12	<p>8:30 Morning Social 9:30 All About Animals 10:30 Flyswatter Balloon 11:30 Lunch 12:30 Pet Pals 1:30 Exercise</p>	6	<p>8:30 Morning Social 9:30 L-R-C Dice Game 10:30 Penny Pitch 11:30 Lunch 12:30 Dominoes 1:30 Exercise</p>
18	<p>8:30 Morning Social 9:30 Did You Know 10:30 Target Ball 11:30 Lunch 12:30 Zero Difference 1:30 Exercise</p>	19	<p>8:30 Morning Social 9:30 Leap Frog 10:30 Noodleball 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	13	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Basketball Hoops 11:30 Lunch 12:30 Which Word 1:30 Exercise</p>
25	<p>8:30 Morning Social 9:30 Travelogue 10:30 Kickball 11:30 Lunch 12:30 State Plate Game 1:30 Exercise</p>	26	<p>8:30 Morning Social 9:30 Detective 10:30 Bucketz 11:30 Lunch 12:30 Pet Pals 1:30 Exercise</p>	14	<p>8:30 Morning Social 9:30 Spiritual Time 10:30 Kick Ball 11:30 Lunch 12:30 Short Story 1:30 Exercise</p>
8	<p>8:30 Morning Social 9:30 Safety/ Client Mtg 10:30 Ball Toss 11:30 Lunch 12:30 Name that Tune 1:30 Exercise</p>	7	<p>8:30 Morning Social 9:30 Pictionary 10:30 Noodleball 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	20	<p>8:30 Morning Social 9:30 Balloon Volleyball 10:30 Name Game 11:30 Lunch 12:30 Table Pong 1:30 Exercise</p>
15	<p>8:30 Morning Social 9:30 Toss Up 10:30 Bowling 11:30 Lunch 12:30 Hot Dog Day 1:30 Exercise</p>	21	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Washer Toss 11:30 Lunch 12:30 Swipe 1:30 Exercise</p>	22	<p>8:30 Morning Social 9:30 Ice Cream Fun 10:30 Ring Toss 11:30 Lunch 12:30 Ice Cream Social 1:30 Exercise</p>
22	<p>8:30 Morning Social 9:30 Travelogue 10:30 Kickball 11:30 Lunch 12:30 State Plate Game 1:30 Exercise</p>	27	<p>8:30 Morning Social 9:30 Wii Bowling 10:30 Bullseye Bounce 11:30 Lunch 12:30 Bingo 1:30 Exercise</p>	28	<p>8:30 Morning Social 9:30 Jeopardy 10:30 Tic Tac Toe 11:30 Lunch 12:30 Shopping Game 1:30 Exercise</p>
29	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Frisbee Golf 11:30 Lunch 12:30 High Rollers 1:30 Exercise</p>	28	<p>8:30 Morning Social 9:30 Jeopardy 10:30 Tic Tac Toe 11:30 Lunch 12:30 Shopping Game 1:30 Exercise</p>	29	<p>8:30 Morning Social 9:30 Music Therapy 10:30 Frisbee Golf 11:30 Lunch 12:30 High Rollers 1:30 Exercise</p>