



## A Canned Classic



Over the past 87 years, Spam—Hormel’s renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but

shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over nine billion cans of Spam have been sold.

Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guamanian eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald’s and Burger King. Spam is so popular in Hawaii that it is called “The Hawaiian Steak,” and other canned meats, such as Armour Treet, are not nearly as popular.

Why has Spam become such a celebrated piece of Americana? Was it the now-famous 1970 sketch by Britain’s comedy troupe Monty Python that launched Spam to international stardom? Or is it the curiosity surrounding the meaning of its name or the mystery of its ingredients? We may never know why Spam has become so popular, but the Smithsonian has taken the lead in immortalizing it. Two cans of Spam, one bearing the original packaging and another with an updated design, have been added to the museum’s exhaustive collection. It may satisfy Spam’s devoted followers to know that their favorite canned meat product is a work of art.

## July Birthdays

### Resident Birthdays

- July 6 Alfie O
- July 8 Pat A
- July 17 Kathleen A
- July 25 Anna C
- July 30 Dwain P

### Staff Birthdays

- July 2 Bernice C – CMA
- July 8 Renee G – Housekeeping Mngr.
- July 13 Rachel R – Dir of Mission Int.
- July 15 Rhoda J – CMA
- July 20 Katelyn A – CMA
- July 22 Kareen B – CMA
- July 27 Jack T – Dining Attendant

***Happy Birthday!!***

## From Scotland to the World



used for almost any occasion.

Depending on your musical tastes, you may or may not enjoy Bagpipe Appreciation Day on July 27. This quintessentially Scottish instrument is traditionally

used for almost any occasion. There are over 200 different types of bagpipes, and variations have been played for centuries in parts of Russia, the Middle East, and Northern Africa. Scotland’s Great Highland Bagpipes have earned the most renown. A piper blows air into a blowpipe, which inflates a bag made of elk or sheepskin. Another pipe, a chanter, is held in the piper’s hands and is played like a flute. Also rising from the main bag are drone pipes that produce constant bass or tenor notes, providing background to the chanter’s melody. The music is unmistakable, and you may appreciate it even more after a glass of scotch. It may not be a coincidence that July 27 is also Scotch Day.

# The Lantern

Compassion, Inclusion, Integrity, Excellence and Collaboration

## Celebrating July

**Cell Phone Courtesy Month**

**Women’s Motorcycle Month**

**Ice Cream Month**

**Farriers Week**

*July 7–13*

**Zookeeper Week**

*July 21–27*

**Independence Day**

*July 4*

**World Kiss Day**

*July 6*

**Bastille Day**

*July 14*

**Caviar Day**

*July 18*

**Amelia Earhart Day**

*July 24*

**Talk in an Elevator Day**

*July 26*

**Rain Day**

*July 29*

## Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let’s not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait.

Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these top-notch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It’s a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you’re a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world’s best athletes in action against the backdrop of beautiful Paris.



## Special Events in July

### Here Comes the Sun with Fred Cink:

A visual documentary of our sun, the fusion process that powers it, and what will happen when it runs out of fuel AND DIES!!

Monday, July 1<sup>st</sup> at 2:00pm in the Scilley Room

### Redhawks Outing 7/11

If you are interested in going to a Redhawks game, please sign up by Monday, July 8<sup>th</sup>. Cost in advance is \$9 and day of is \$12.

### Red River Valley Fair Outing 7/12

Cost for entrance is \$15. Please sign up by Wednesday, July 10<sup>th</sup> Walking required.

### Farmer's Market Outing

Dates are Tuesdays, July 16<sup>th</sup> and July 30<sup>th</sup>

### Lunch Outing 7/17

Meal is at your own cost. Please sign up by Monday, July 15<sup>th</sup>. ALL ARE WELCOME!!

### Hot Dogs and Rescue Dogs 7/23

Our "Paws" for lunch flyer with all information about this event will be coming out later this month.

### Root Beer Floats with Legacy Medical

Legacy Medical is sponsoring a root beer float event Tuesday, July 23<sup>rd</sup> at 3:00 in the Social Center. ALL ARE WELCOME!!

### Fishing Outing 7/24

Let's Go Fishing. If you are interested in a day on the lake, please sign up by Monday, July 22<sup>nd</sup>.

### Bonanzaville Outing 7/29

Cost for entrance is \$10 (free for Veterans with their card), This event will last around 2 ½ hours. There will be a golf cart available, so no walking!!

**Please make sure you sign up for ALL outings and if you are unable to go, please let the front desk know as soon as you know!!!**

## In the Fast Lane

With more than 200,000 drive-thru restaurants in America alone, it's easy to see how much people love picking up a meal at a window. Maybe it's because we're so busy that we don't have time to order our meals inside. Or maybe we're just a little lazy. If you're looking for an excuse to grab some fast food, look no further than July 24, Drive-Thru Day.

Jack in the Box purports to have invented the first drive-thru in 1951 at its San Diego eatery. Others claim the drive-thru was conceived by two Texans, one a tobacco salesman and the other a doctor. They teamed up to open Kirby's Pig Stand drive-in restaurant in Dallas in 1921. Whether you drive-thru or drive-in, people have been eating in their cars ever since.

## A Sticky Celebration



Lollipop. Sucker. Lolly. Sticky pop. Whatever you call them, Lollipop Day falls on July 20. Scientists tell us that even early humans enjoyed these treats, licking and sucking on honey on a stick. The term *lollipops* wasn't used until 1931 when George Smith, owner of the Bradley Smith

confectionary company, named a stick candy after his favorite racehorse, Lolly Pop. Some dispute this origin, however, because in England the word *lolly* means "tongue" and *pop* means "slap," so some think that the word *lollipop*, meaning "tongue slap," may have originated in England.

As to the invention of the lollipop itself, some say that in 1905 the McAviney Candy Company may have accidentally invented this hard candy on a stick. The process of boiling the candy required stirring with a stick. At the end of the day, the owner brought the candy-covered sticks home for his children. Three years later, he finally realized he was on to something and began marketing his "used candy sticks."

## The Art of Being Bored



July is not the month to sit around twiddling your thumbs: it's Anti-Boredom Month. But wait! Before you decide to spice up your life by taking up a new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing.

Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.

## VACCINATIONS AVAILABLE

### FIRST TUESDAY OF EVERY MONTH

(July 9<sup>th</sup>)

10:00 am – noon (in the clinic)

### AVAILABLE VACCINATIONS:

FLU

RSV

COVID

SHINGLES

HEPATITIS B

PNEUMOCOCCAL

TETANUS/PERTUSSIS (Dtap)

"Please sign up at the front desk. There is room for 5 people per time. If you are wondering what vaccinations you are in need of, please see Krysta."



## Toenail Care at Riverview

Nancy Burley provides thorough toenail trimming in the Riverview Salon on Tuesdays & Wednesdays. Soaking is followed by removal of impacted non-living tissue, plus cuticle work, cutting, filing and reducing of thick toenails (if necessary) and foot massage. Pedicures are also available, which includes the above and skin care of the feet and polish. Nancy has advanced training, including working on Diabetic feet.

Nancy Burley has over 43 years of experience in hairdressing. She loves to help clients have hair that is more manageable so it lays better. Nancy spends time to listen to her clients to achieve their desired results.

