

## Facts about the Fourth of July

- The official date that America declared its independence from Britain was July 2, when the official vote took place. The Declaration was published in papers on July 4th.
- The designer of the 50-Star flag lived in Lancaster, Ohio. Robert G. Heft was a 16-year-old student. He was one of thousands to submit a flag design, but he was the only person who stitched together a flag and shipped it to DC.
- 150 Million hot dogs are typically consumed during the July 4th holiday.
- Charles Thompson and John Hancock were the only two men that signed the Declaration of Independence on July 4, 1776. The other 54 delegates signed over the next month.
- According to the History Channel, a simple message is written upside-down across the bottom of the signed document. It reads "Original Declaration of Independence dated July 1776." No one knows who wrote this or when it was added, but it is believed to have been added as a label during the Revolutionary War when parchment was rolled up for transport.
- Richard Stockton, a lawyer from New Jersey, was the only signer of the Declaration to recant his support of the revolution, after being captured by the British in November 1776 and thrown in jail.
- The average age of the signers of the Declaration was 45 years. Of the 56 signers, the youngest was only 26 and the oldest was 70.
- According to the American Pyrotechnics Association, Americans spend more than \$1 billion on fireworks each year. The tradition of lighting fireworks dates back to 1777.
- An official census was not completed until 1790, but it estimates there were about 2.5 million people living in America in 1776 when the Declaration was signed.
- On the 50th Anniversary, Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826, within five hours of each other.
- July 4th was not deemed a federal holiday until 1870, nearly 100 years after the nation was founded.

In This Issue: Health Rx Book Ends Notifications In Memoriam Brain Teasers Birthdays

Council Peg Davis President

Ray Taylor Vice President Sandra Young Secretary Bland Wade and Nancy Lee Martin-B Wing Butch Carver and Jerri Morton- C and D Wings Steve Bollinger and Peg Davis-Village Gordon Sprigg- Magnolia Court

## Health R

Here's To Your Good Health!

# 20 health tips to start you off towards a healthier lifestyle

- 1. Eat a healthy diet.
- 2. Consume less salt and sugar.
- 3. Reduce intake of harmful fats.
- 4. Avoid harmful use of alcohol.
- 5. Quit smoking.
- 6. Stay active.
- 7. Check your blood pressure regularly.
- 8. Get regular tests for infectious diseases.
- 9. Stay current on all vaccinations.
- 10. Cover your mouth when coughing or sneezing.
- 11. Try to prevent mosquito bites. When traveling to a different country, consult with a physician for a possible vaccine.
- 12. Follow traffic laws.
- 13. Only drink safe water.
- 14. Talk to someone you trust if you're feeling down.
- 15. Take medicines as prescribed.
- 16. Wash your hands regularly.
- 17. Stay up-to-date on routine doctor visits.
- 18. Find ways to cope with stress.
- 19. Stay hydrated.
- 20. Get plenty of sleep.

Howard Fast . . . .

Howard Fast was a prolific author of historical novels, biographies, histories, children's stories, film scripts, plays, detective stories and science fiction. He also wrote under several pseudonyms.

He was born in New York City in 1914. Fast was a high school drop-out, but not because he wasn't bright enough. He published his first novel by the age of eighteen.

In 1943 he joined the Communist Party, and many of his novels were based on political hot topics. At one point, he was imprisoned by the federal government, for refusing to provide information in a court case. After leaving prison he was blacklisted by publishers and started his own publishing company to publish his novels.

Fast left the Communist party in the 1950s and made a career shift to Hollywood and the movies.

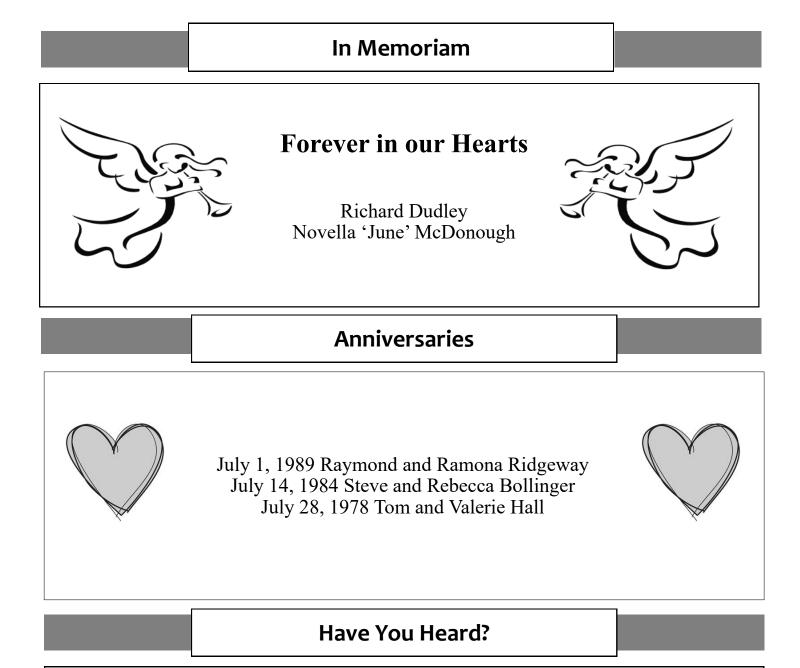
He died in Connecticut in 2003.

*April Morning* is narrated by a fifteen year old boy who feels like his father hates him because his father is always finding fault with the things the boy does. The novel covers a single 24-hour-day in Adam Cooper's life. He grows from being tall and skinny to a man who with responsibilities while also meeting his girlfriend Ruth, in the garden.

A rider comes racing through the village yelling that the "Red-coats" are coming. There are two organizations that make decisions for the village and there's a brief argument about which group should decide what to do. The local militia takes charge and summons its members to assemble on the village commons. The able-bodied men and older boys go home, grab weapons and assemble in two ranks with village leaders in the front.

The red-coats arrive, marching in ranks down the road from Boston until they reach the village commons. Adam's father asks them their intentions, and is shot dead by one of the redcoats. The village militia erupts in confusion and several more men are shot. The local men start running in confusion without ever firing any shots. Adam runs, too. The village men regroup in the woods and make a plan to stop the red-coats. They are joined along the way by other village militias. They manage to defeat the red-coats and force them back to Boston. When Adam returns, his father is laid out for burial. Adam then know his life as a carefree boy has ended.

This was an easy reading story of the Revolutionary War, not altogether convincing, but a good story.



The hottest temperature ever recorded in the United States was in Greenland Ranch, California. The thermometer soared to 134 degrees on July 10, 1913. It was hot enough to fry an egg on a rock in a matter of seconds.

The first ever rabies vaccine was administered by Louis Pasteur on July 6, 1885. The first atomic bomb test was detonated in New Mexico on July 16, 1945.

The first bikini debuted in Paris on July 5, 1946 at Piscine Militor swimming pool. July 16, 1969, the crew of the Apollo 11 launched from Kennedy Space Center. Four days later, on July 20th, Neil Armstrong was the first human to set foot on the moon.

The birthstone for July is the ruby and represents wisdom, love and health. The flowers for July are the water lily and the larkspur.

#### Menu Highlights for May

#### Taste of America: Wisconsin Meal Tickets Required. No Sign-up needed. Wednesday, July 13 4-6 PM Dining Room

<u>Menu</u> Beer Brats with Sauerkraut on a Bun Pancakes with Maple Syrup Twice-Baked Potatoes Deep-Fried Cheese Curds Grilled Zucchini Maple Apple Bread Pudding

#### **Dinner and a Movie**

Movie: Dog Friday, July 22 Dining Room 5:00 Dinner Begins

6:00 Movie Begins

Menu

4:00 Mingling Hour

Mixed Greens Salad– Red onion, feta, guacamole, tomato, cilantro-lime ranch dressing Cilantro Lime Chicken Thighs Mojo Braised Pork Shoulder Cuban Black Beans Yellow Rice Pickled Red Cabbage Slaw Cornbread Tres Leches(3 Milk Cake) NSA Dessert

### **Brain Fitness**



## **Brain Teaser**

## **SUMMER WORD SEARCH**

S	В	W	Κ	I	S	U	Ν	W	Μ	Κ	W	V
Y	Е	Κ	Q	Н	Х	Α	Ε	S	Κ	0	V	Ρ
Ν	Α	D	Α	0	В	D	Ν	J	I	Ν	Α	Μ
G	С	L	С	Т	В	W	Μ	D	Т	U	С	0
Ν	Н	I	Ρ	L	Q	Ν	Т	Н	Е	F	Α	R
I	I	С	Е	С	R	Е	Α	Μ	Α	R	Т	Μ
W	D	R	Ρ	0	Ρ	S	Т	С	L	Ε	Т	С
S	W	T	Μ	Ν	I	Е	J	Т	Α	Μ	0	Α
В	Α	0	Е	Т	С	G	U	L	D	Μ	Ν	Μ
R	Т	Α	Ν	Ε	Ν	S	Μ	Н	Α	U	Т	Ρ
I	Н	С	Α	Ε	Ι	0	Ρ	S	V	S	L	I
S	Α	Υ	Е	U	С	Ρ	0	0	L	Ν	0	Ν
V	R	S	Ε	S	S	Α	L	G	Ν	U	S	G

WORD BANK:	НОТ	PLAY	SUN
BBQ	ICE CREAM	POOL	SUNGLASSES
BEACH	JUMP	POPSICLE	SWIM
CAMPING	KITE	SAND	SWING
FUN	PICNIC	SUMMER	VACATION

### Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

- 7/1 Margaret Hardin
- 7/1 Marian Wright
- 7/2 Linda Dudley
- 7/4 Bill Reinhold
- 7/6 Sharon Floyd
- 7/7 Wanda Lucey
- 7/11 Rebecca Bollinger
- 7/19 Sandra Young
- 7/20 Julia Malliarakis
- 7/24 Eleanor Curtis
- 7/24 Priscilla Sensabaugh
- 7/26 Wilma Thompson
- 7/29 Nancy Harver
- 7/30 John Deputy
- 7/31 Helen Lape

### **Employee Birthdays**

- 7/2 Nestelynn Staten
- 7/3 Victoria Brown
- 7/8 Lillian Matthews
- 7/10 Juanita Brown
- 7/17 Leonard Smith
- 7/19 Laura Slate
- 7/19 Alicia Richardson
- 7/26 Lelah Gary
- 7/31 Betty Goode-White

Scan this QR image to go to the Masonic Home Website.



### Welcome New Residents

#### Nick and Kathleen Matthews

#### Masonic Home Census -- 163

The MAHOVA News A monthly publication of the Masonic Home of Virginia 500 Masonic Lane Henrico, VA 23223 804-222-1694 800-262-4644 The MAHOVA News is published monthly for the residents of the Masonic Home of Virginia. Articles in this publication may not be reproduced without permission. Anne Hagen, CPA, MBA Chief Executive Officer and Chief Financial Officer Robert Adkins, LNHA Senior Administrator Kathy Bryant, ALFA Assisted Living Administrator Dr. Danny Felty Medical Director **Terry Hilton** Director of Development Ann Meeks Human Resources Director Mike Butler, Jr. Director of Facilities Lucas Tuthill

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