

THE WESTLAKE WHISTLER



July 30th is International Day of Friendship: Happy Friendships

Our emotions are reflected in our body language, and our state of mind can change by changing our physical state. When we demonstrate a happy, engaging attitude, we help to improve the moods and relationships of those around us.

By listening, we make the other person feel important. Are we always talking about our own life, or do we also

listen to others? Listening is the best way to make your friends happy. We also can help them feel content and relieved. Listen carefully, and your friends will be thankful that someone heard them out without interruption. You will also ensure a stronger friendship.

Give and you shall receive. Apply this law in your life to friends and family. You can

make them happy by telling them about how much you appreciate their friendship.

Listening to your friends, keeping a positive state of mind in their company, and appreciating their conversations will result in happy friendships.

THE HISTORY OF FIREWORKS

The history of fireworks is as colorful as the flashes of light that they emit. China is recognized as the birthplace of fireworks; however, the exact date of its invention, as well as the discovery of gunpowder (an important element used in fireworks) is greatly debated by historians.

Some say that it goes as far back as 2,000 years ago, while others peg it at a much later time during the Middle Ages.

China mainly used fireworks for entertainment purposes. The first firecrackers were bamboo tubes filled with gunpowder which were then thrown into a fire.

The loud noise that these firecrackers—and other subsequent fireworks—emitted was believed to drive away evil spirits. That is why the Chinese usually use them to usher in a new year.

Use of fireworks eventually spread westward, first to the Middle East then later on to Europe. The first recorded use of fireworks in Europe was sometime during the 13th century.

The Europeans also began developing fireworks. They studied it closely and even had schools built specifically for that purpose: one was in Italy while the other was in Nuremberg, Germany.

Today, fireworks continue to be a significant part of major celebrations such as the New Year and Independence Day.



Jammin' with Jim

**Friday, July 13th
at 10:15am**

Come and sing with us, while we listen to some great music provided by Jim.

Concert in the Patio Series

**Friday, July 27th
at 2pm**

**It's summer! Let's sit outside,
enjoy some refreshments, and
listen to some great tunes!**



***This coupon is good for ONE
FREE MEAL at Garden Square!***



***Please
present
coupon
at time
of meal.***

July is UV Safety Month:

Five Ways To Protect Yourself From UV Rays



Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

Avoid Direct Sun Exposure:

Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

Cover Yourself: When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks

from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

Use Sunscreen Properly: You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection, and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

Use Sunglasses That Block UV Rays: Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.

Stay Away From Tanning Beds: It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase

your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.

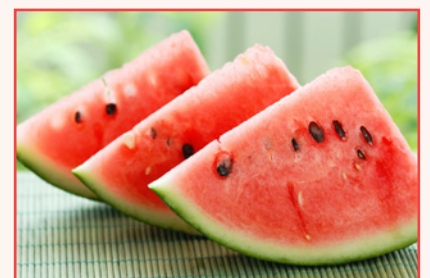
Melon Water

INGREDIENTS

- 1 cantaloupe
- 4 cups of water
- sugar to taste

DIRECTIONS

Peel melon remove seeds dice into small pieces. Put melon and water in blender until there are no more chunks strain pour over ice and ENJOY!!!



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JULY – WORD SEARCH

F	P	X	W	M	I	F	O	A	W	V	B	L	U	E
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BLUE
BURGER
FIREWORKS
FRIENDSHIP
HAPPY

HEAT
INDEPENDENCE
JOKES
JULY
PROTECTION

RED
RIDDLES
SUMMER
SUNBURN
WHITE