

July 2022

# Willows Whistler

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## 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.

## "The Chef's Special"

### Why is Cold Soup a Thing?

Cold soups are hydrating, refreshing they provided the nutrients our body craves. Cold soups also help replenish the fluids we lose through sweating and help rehydrate our body. Cold soups are low in calories high in fiber which can help you feel full. Cold soup made from fresh fruit and vegetable are processed quickly leaving vitamins and nutrients intact to provide healthy fuel for our body. With that said. Cold soups coming to a table near you soon...watch for the following Cold soups.

Watermelon Gazpacho

Basil Strawberry

Cantaloupe with Yogurt

Gazpacho AKA Salsa

Summer Beet Borscht

Chilled Tomato and Basil

Vichyssoise



Bon Appetit  
Chef Donna

## 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.

## UPCOMING CAMPUS EVENTS

### Resident Outings:

7/12---Sign up deadline for the August run to the Van Gough Experience in MPLS and Lunch  
7/13---Owatonna Orphanage and Lunch  
7/21---The Rox Baseball Game in Wait Park  
7/27---St. Croix Boat Cruise and Lunch

### Alzheimer's Association Fund Raising Events for our campus.

Quilt & Stuffed Animal Pillow raffle, ticket sales  
Large Pickle sale  
Crackerjack sale  
Wall Flower sales  
7/26---Dogs for a Cause in the parking lot  
4:30-6:30 Hot Dog Sale  
8/23 Purse Bingo at the Buffalo Legion  
8/08 Alzheimer's Associations Walk for a Cure on our Campus at 3:00  
8/10 Alzheimer's Associations Walk for a Cure at Lake George St. Cloud  
If you have questions about any fund raisers please see Annette, Jade, Laura, Baily, Linda, or Kayla

## Welcome to our new Residents

Veronica Janos -AL – 6/21 – 303  
Leonard Belland – IL – 6/27 – 104  
Joseph Yarnott – AL – 6/30 – 103

## Welcome to our New Staff

Elisa Glay RA  
Stacy Moudry RA  
Dania Aguiree RA  
Fernanda Medina Server



## 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

**July**, the seventh month of the year, is named for Julius Caesar, who was born on July 12. The month was first called Quintilis, meaning "fifth month," but became the seventh month when the Roman calendar was adopted in 44 BC. Anglo-Saxons called the month Maedmona, for the flowering meadows, or Heymonath, for hay-making month. July is typically the warmest month in the northern hemisphere and the coldest month in the southern hemisphere.

## All Sewn Up

July is host to many special events, from Independence Day to National Ice Cream Day. One you might not know is National Threading the Needle Day, which is celebrated annually on July 25. Outside of the literal reference to sewing, the term "Thread the needle" has taken on other meanings. It's the name of a kneeling yoga pose (para balasana), it's a tricky shot in billiards, and it's also a metaphor for finding a way forward despite obstacles.