

July 2024

West Bloomfield Health and Rehabilitation Center

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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.

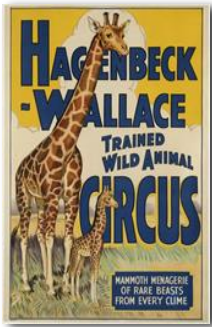
Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

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.

Under the Big Top



Peru, Indiana, calls itself the Circus Capital of the World, and for good reason. For years it was the overwintering home to seven of the world's major circuses. After all those winters, the circus life rubbed off on the residents of Peru, and today they celebrate their Circus City Festival from July 15–20.

Peru's famous circus history began when the successful businessman Colonel Ben Wallace decided to enter the circus business in 1882. He first purchased all the tents, poles, and costumes of a failing circus. He then traveled to Texas to buy some horses. Still unsatisfied, he bought other exotic animals in Chicago and hired a firm to build elaborate and ornate wagons. Wallace might have been new to the circus business, but he spared no expense in assembling the greatest animals and performers of the day. He called it Wallace and Co.'s Great World Menagerie, Grand International Mardi Gras, Highway Holiday Hidalgo, and Alliance of Novelties.

Sadly, in 1884, before he could take his wondrous show on the road, it suffered a horrible fire, and Wallace lost nearly his entire investment. Undaunted, he rebuilt his circus, and it quickly became one of the country's best-known acts. Each winter, upon Wallace's return to Peru, the various performers, workers, and animals joined him. It was a common sight to see elephants walking through town. Children raced to see lions and tigers bathing in the local river. Circus City was born.

Today, the children of Peru practice clowning and flying on the trapeze like other children practice playing baseball. Every July, this youth circus performs during the Circus City Festival. And after the lights go down on the big top, visitors can visit the International Circus Hall of Fame and Museum. Peru is the perfect place to run away and join the circus.

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.

Mallets and Madness

During July, in the green parks of Portland, Oregon, you might hear deep and resounding thuds, along with the dainty tinkling of teacups. If so, you may have discovered the strange world of Mondo Croquet. The rules of this backyard lawn game are almost identical to the original game from England, complete with period costumes and a picnic of tea and finger sandwiches. But instead of mallets, players wield sledgehammers, and in lieu of small croquet balls, they knock bowling balls through massive steel hoops. Sure, the occasional bowling ball cracks under the pressure, but players are allowed to continue their round using the biggest remaining piece. And there is one additional rule: once a player finishes a round, they are allowed to continue play with the sole purpose of knocking out other players' balls. If that doesn't sound fair, it should be noted that fairness isn't the purpose of the game. The goal of the game is to have fun, and when it comes to Mondo Croquet, the bigger the fun the better!

Protecting the Wild



The International Ranger Federation, a worldwide consortium of park rangers and uniformed conservationists, was founded on July 31, 1992. In 2007, July 31 was officially dedicated as World Ranger

Day, a day to honor all the hardworking men and women who put their lives on the line to protect the world's wild places.

How should you celebrate? Visit a park and thank a ranger in person. Donate to your local park or conservation fund. Light a candle for the brave rangers who have died in the line of duty. After all, rangers have the responsibility of protecting over 100,000 parks and conservation areas worldwide. That's more than 10 percent of Earth's entire landmass!

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

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- Princess Diana (British royalty) – July 1, 1961
- Neil Simon (playwright) – July 4, 1927
- David McCullough (author) – July 7, 1933
- Marty Feldman (actor) – July 8, 1934
- Milton Berle (actor) – July 12, 1908
- Bess Meyerson (model) – July 16, 1924
- Sandra Bullock (actress) – July 26, 1964
- Jackie Kennedy (U.S. first lady) – July 28, 1929
- Buddy Guy (guitarist) – July 30, 1936
- J. K. Rowling (author) – July 31, 1965

From Scotland to the World



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.