



Our Community Newsletter

Discover what's going on in our community.

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4th of July Traditions

Nice weather, family barbeques, parades, fireworks and red, white and blue everything – Americans are preparing to celebrate Independence Day with time-honored and beloved traditions.

Known now as a day of patriotism and enjoying time off from work, the Fourth of July began the journey to becoming a quintessential American holiday in 1776, when the Second Continental Congress adopted the Declaration of Independence. Though 12 of the 13 American colonies had already approved the resolution by July 2, 1776, even prompting John Adams to write his daughter with predictions of future July Second festivities, the document declaring independence from Britain wasn't officially adopted until July 4.

Some Americans began celebrating the very same year, though the practice wouldn't become widespread until the aftermath of the War of 1812.

Congress finally passed a bill making Independence Day a federal holiday on June 28, 1870. In 1941, the law was amended to make it a paid holiday for federal employees.

Though some traditions associated with the Fourth of July have changed or disappeared over time – hosting mock funerals for the king of England, for example – many have remained true to their roots in the almost 250 years since the declaration was signed.

If you've ever wondered why we associate exploding colors in the sky and feasting on outdoor meals with celebrating America's independence, read on to learn about the origins of our favorite July Fourth festivities.

Fireworks

Fireworks displays are perhaps the most iconic of all Fourth of July revelries. The first celebration came in earnest on July 4, 1777, described on July 5 in the Pennsylvania Evening Post as a demonstration of "joy and festivities."

Ships "dressed in the gayest manner, with the colors of the United States and streamers displayed" approached the city and fired off 13 cannon shots, one for each colony-turned-state. Later in the evening, 13 fireworks were set off in the city commons in Philadelphia and Boston, which the Evening Post described as a "grand exhibition of fireworks ... and the city was beautifully illuminated." According to Dr. Tyler Putman, senior manager of gallery interpretation at the Museum of the American Revolution, fireworks had been used in the colonies before 1776, but not in such grand fashion.



We'd like to welcome our new friends to our community.

Assisted Living
Judy Kotaska B4
Alphea Kline C7

Memory Care
Olga Dalan Room 5

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.



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.

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

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 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."

Our Birthday's here are . . .

Dale Meyer July 2

Barbara Newman July 5

The Monthly Birthday party will be July 2nd. At 3:00 p.m. in Assisted Living



Parades

Visit any city or town on the U.S. map on the Fourth of July and you could find a parade of some sort making its way through Main Street. Mentions of parades, another tradition that harks closely back to Revolution-era origins, can be found in the earliest correspondences about the newly minted but still unofficial holiday.

In a letter John Adams wrote to his daughter, Abigail Adams, on July 2, 1776, he described what would later be known as Independence Day, predicting it would become "the most memorable Epocha, in the History of America. – I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival." Though Adams mistakenly asserted the holiday would be commemorated on the second of the month as opposed to the fourth, he was correct in his predictions of the merrymaking to follow.

"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 from this Time forward forever more," he wrote.

Back then, parades looked markedly different from the ones we attend today.

During the Revolutionary War, parades were generally reserved for the military, with armies marching the streets to reach their destinations. It wasn't until years after the war, in the late 1700s to early 1800s, said Putman, that parades began to look more like what we would recognize today.

When parades began to appear as part of annual celebrations as opposed to one-off events, they didn't yet feature the marching bands and firetrucks we're familiar with but instead were full of groups of normal people from town. The city's butchers, for example, would walk together as one group, and shipbuilders would construct massive floats to be pulled down the street by horses.

"Sometimes you read about parades where, like, in Philadelphia, tens of thousands of people are in the parade and you kind of wonder who is left to watch the parade," Putman said. "There are so many people, if all the shipwright and the shoemakers and the grocers are all already marching the parade, it's mostly just kids, probably, who are like, 'Well, I guess I'll wait as this 10,000-person parade goes by.'"

Fourth of July parade in Moorestown, NJ.

Barbeques and picnics

Independence Day falling in early July is probably reason enough to enjoy a meal outside to take advantage of the warm summer weather. The urge to fire up the grill and lay a picnic blanket out on the grass, however, can also be tied back to original holiday celebrations.

"The really interesting thing about the Fourth of July is that it then spawned all of these semi-public or private celebrations," Putman said. "So, you might go watch the parade and then you have your family barbecue. In the late 1700s, 1800s, people might go out for a big public event, like a giant picnic or parade, but then they'll go back to taverns or family homes."

Drinking was certainly a prominent component for many Americans, some of whom would go to the local pub and propose toasts in the name of things like independence, the Constitution and the president. George Washington himself even issued double rations of rum to his soldiers on the 1778 and 1781 anniversaries in observation of the day.

Red, white and blue everything

Walk into a grocery store in July today and you will be bombarded by red, white and blue plastered on everything from cocktail napkins to beach towels. In the early days of American independence, however, the colors were not yet representative of a flag that was recognized as universally and uniquely American. In fact, it wasn't until June 1777 that Congress even approved the first official iteration of the flag, which changed many times between inception and the final design created in 1960.



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.

In Memoriam

Judy Halverson

We would like to extend our Sympathy to her family, she passed away in June.

