



goldenliving

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Vinyl Revival

Thanks to collectors and music fans, vinyl records have never gone completely out of style. Now, they're hotter than ever, with sales steadily climbing over the last decade. New releases and reissues of classic titles, along with turntables and other accessories, added up to the \$1 billion spent in the vinyl industry last year.

Go Ahead and Fidget

Parents and teachers may have scolded you for squirming around as a child, but researchers say fidgeting may be good for your health. When sitting for a long period of time, actions such as bouncing your leg and tapping your toes were found to improve blood flow to the lower body. The little movements from fidgeting can also burn extra calories.

Make Time to Play

Playtime isn't just for kids! Scientists say it's good for grown-ups to make time for engaging, pleasing activities for their overall health. The fun of play often involves laughter, which releases the feel-good brain chemical dopamine and boosts your mood. Research shows that incorporating play into your life can help reduce stress, foster better relationships and improve coping skills in everyday situations.

Bug Bite Relief

If you have an itchy insect bite, run warm water over a spoon and then hold it on the bite for a few minutes. The warmth reduces the presence of a protein that causes the itching.

'Hen' Is One

How many words can you come up with using the letters in "honeybees"?



Fair Fun

Across the country, summertime fun may include a trip to a state fair. You'll find America's largest in Dallas, where the Texas State Fair draws more than 3 million people every year. The title of the nation's first goes to the Great New York State Fair, held annually in Syracuse since 1841.

Sole Support

If your favorite pair of shoes lacks proper arch support, it can lead to pain in your feet, knees and back. Doctors say you can add support to your footwear with over-the-counter orthopedic inserts or insoles.





Trivia Whiz

Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day.

The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.

Bowling balls can weigh 10 to 16 pounds, and have two or three finger holes.

Regulation bowling pins are 15 inches tall and made of hard maple wood.

In the game's triangular setup of 10 pins, the pin that stands in the center is known as the kingpin.

Bowling three strikes in a row is called a "turkey."

In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green

rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.



Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

The Beach Boys. With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California

girls and sunny vibes.

Jan and Dean. Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

Dick Dale and the Del-Tones. Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

The Surfaris. In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, "Wipe Out," featuring a memorable guitar riff and drum solo.

Stoves for Soldiers in the Heat of Battle

Those who have roughed it in the great outdoors know the value of a portable stove for cooking meals. This common camping tool first served soldiers in World War II.

In 1942, the U.S. Army needed compact stoves that men could carry in battle. The stoves had to be small, lightweight, weather-resistant and able to burn any type of fuel. The need was urgent, since the Army wanted 5,000 stoves to ship out to soldiers in just two months.

The Coleman Company, already in the business of making lanterns and portable stoves, responded to the call. Its solution was the Coleman Military Burner, also called the GI Pocket Stove. The cylindrical single-burner unit weighed just over 3 pounds but could boil water and heat rations in minutes. It operated on a cup of fuel and withstood temperatures ranging from minus 60 to 125 degrees, and its two-piece aluminum case doubled as cooking pots.

More than 1 million pocket stoves were produced and used by soldiers in the field, where it was considered an essential piece of noncombat gear.

After the war, Coleman marketed the pocket stove for use at home and for the growing hobby of recreational camping. The company then shifted its focus to multi-burner camp stoves and other outdoor supplies.

All Smiles for Kool-Aid

Fruity and fun, Kool-Aid has been a sweet summertime drink staple for more than 90 years.

Kool-Aid was developed in 1927 by Edwin Perkins, a Nebraska salesman and amateur chemist who invented a wide range of products. One of the most popular was Fruit Smack, a flavored drink concentrate that he sold as a syrup in glass bottles. To make it easier to transport, Perkins converted Fruit Smack into a powder and packaged it in paper envelopes.

He renamed the drink mix Kool-Aid and priced each packet at 10 cents. Available in six flavors—grape, lemon-lime, cherry, orange, raspberry and strawberry—Kool-Aid was a budget-friendly treat, since one packet made a 2-quart pitcher when mixed with water and sugar. During the Depression, Perkins knocked the price down to 5 cents, and sales skyrocketed.

In addition to its simplicity and affordability, Kool-Aid owes much of its enduring appeal to its jolly mascot, the Kool-Aid Man. A smiling pitcher was first used in Kool-Aid ads in the 1950s, but 1975 saw the creation of the giant walking, talking Kool-Aid pitcher, who came to thirsty kids' rescue by bursting through walls and shouting "Oh, yeah!"

Today, Kool-Aid is available in dozens of flavors. The drink mix is also used in dessert recipes and even as a dye for craft projects.



Wit & Wisdom

"Watch a child play, and you will see real power. They are fearless."
—Gray Scott

"Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good."
—Lucia Capacchione

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."
—Charles Schaefer

"Play is our brain's favorite way of learning."
—Diane Ackerman

"The supreme accomplishment is to blur the line between work and play."
—Arnold J. Toynbee

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>			1	2	3	4
5	6	7	8	9	10 	11
12	13	14	15	16	17	18
19	20 	21	22	23	24	25
26	27	28	29	30	31	

"This Month In History"

AUGUST

1909: The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

1910: Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

1939: Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for "advancing the science of aviation."

1942: The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

1957: With teens dancing to the day's hit music, "American Bandstand," hosted by Dick Clark, starts broadcasting nationwide.

1962: Spider-Man makes his debut in the comic book "Amazing Fantasy" issue No. 15, published by Marvel Comics.

1970: Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

1981: The IBM Personal Computer goes on sale with a price tag of \$1,565.

1993: Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

2001: Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

2008: China's capital city of Beijing hosts the Summer Olympic Games.

2017: In a rare coast-to-coast total solar eclipse, the moon's shadow sweeps across 14 U.S. states.