



# heritageplace

1150 S Main Street • Bountiful, UT 84010 • (801) 298-3241

## 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.

## Read a Romance

We may send valentines in February, but love is also celebrated in August, which is Read-a-Romance Month. In the U.S., romance novels are a billion-dollar industry, making up one-third of fiction book sales each year.

## Remember When: Lava Lamps

Glowing lamps filled with bubbly liquid were a groovy décor trend in the 1960s. A British accountant was inspired to create the lamps after spotting a homemade egg timer designed in a similar fashion. He added a wax mixture to colored water inside a tall glass bottle and placed the container over a lightbulb. As the bulb heated the solution, the wax liquefied and rose to the top in blobs, then sank to the bottom as it cooled. Today, lava lamps are mesmerizing a new generation of fans.

## August 2018



## 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.

## 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.

## Frozen Custard Capital

You'll find more frozen custard in Milwaukee than anyplace else on the planet. Although the cool, creamy treat was invented on New York's Coney Island in 1919, the Wisconsin city now has the highest concentration of frozen custard shops in the world.

### 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. Spare a moment for some trivia that's right up your alley!

- The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.
- Bowling balls used to be made of wood, but most modern balls are made from various types and blends of plastic.
- 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.
- Bowling was an exhibition sport at the 1988 Summer Olympics in Seoul, South Korea, but has yet to be made an official Olympic event.
- The major league of bowling, the Professional Bowlers Association was founded in 1958.



### 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. Every part of the melon can be eaten, even the rind and seeds.

### Heritage Place Management

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**EMPLOYEE OF THE MONTH**

**Kyle Talamantz**

Kyle is such a hard working and dedicated worker. He always goes above and beyond. Always has a smile on his face, Will offer to help with anything. Thank you For all you Do You are a TRUE BLUE Employee.



**A NIGHT WITH ELVIS COMING SOON!!**

Put on your blue suede shoes and be ready to be entertained by Elvis. Details coming soon on date and time.

**A NIGHT YOU WILL NOT WANT TO MISS**

Would you like \$50 to spend at Smith's Marketplace? Pay your rent on or before the 1st and you will be entered into a raffle for a \$50 Smith's Marketplace gift card.

One winner each Month!

Congratulations to this month's winner... JOANNE MEDEIROS



**August Birthdays**

John K	8/1
Gloria H	8/3
John D	8/7
Maria M	8/13
Glenna S	8/15
Maurine P	8/18
Iris L	8/29



**Resident Council**

**Don't Miss Our Next Resident Council Mtg: Sat., August 4th, 10:00 a.m. In the Activities Room**

**Welcome New Residents**

**If You Are New to Our Community, Reach Out to Our Resident Ambassadors. They Are Here to Help:**

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- Elizabeth D.
  - Tom D.
  - Betty B.
  - Mimi S.
  - Jean D.
  - Carol P.

**Heritage Fitness Club**

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Ways to stay healthy...

- Balance & Fitness**  
Fri. 10:30 a.m.
- Water Aerobics**  
Mon., Wed., Fri. 1:45 p.m.
- Chair Aerobics**  
Wed. 11:00 a.m.
- Fun Fitness**  
Tues. 11:00 a.m. & Fri. 1:30 p.m.



## School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

<u>Years</u>	<u>School Supplies</u>
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

## “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.