



# Pathways on the Park

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## 'Dine' Is One

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

## Bug Bite Remedy

Is a bug bite bothering you? Dissolve an antacid tablet in water. With a cotton ball, apply the mixture to the bite, and soon the sting and itch will go away.

## Say No to Soda

If you buy a soda every time you eat out, you're wounding your wallet: Soft drinks are one of the most marked-up items on restaurant menus. Save a dollar or two per meal by choosing water instead.

## Give Your Brain a Workout

Boost your brain power by memorizing something new. Start with a short poem or list, then move on to something more involved, such as the 50 state capitals. Use rhymes and patterns to help you remember. For more brain health tips, visit [www.HelpGuide.org](http://www.HelpGuide.org).

## A Figure of Speech

*Phrase:* Spick-and-span

*Meaning:* Clean and tidy

*Origin:* Newly built items would have wood shavings, or spans, still on them. Spicks, or nails, were shiny when new. Together, the words meant something looked new and, therefore, clean.

## Positive Thought

"I am not afraid of tomorrow, for I have seen yesterday and I love today." —William Allen White

## July 2013



## Seasonal Selections

July is one of the best months to find fresh locally grown produce. The bounty available this month includes summer squash, tomatoes, cucumbers, okra, sweet corn, cantaloupe, watermelon, blackberries, blueberries and raspberries.

## Read the Fine Print

Read the printed information that comes with medication so you can recognize side effects and complications, or perhaps avoid them by following instructions and warnings.

## Deeper Sleep for Seniors

Sleep is important at any age, but seniors often face the challenge of "sleep fragmentation," meaning sleep is not very deep and can result in waking up more often. To avoid distractions that can cause interrupted sleep, use an eye mask to block light and a sound machine or fan to mask noises.



## Fashions by Decade

Fashions change quickly; some come back, some stay dead. Here is a look at some of the trendiest fashion styles of past decades.

- 1940s:** Snoods, zoot suits, peep toe and T-strap shoes, fedoras, "liquid" stockings
- 1950s:** Horn-rimmed glasses, penny loafers, poodle skirts, "letter" sweaters, saddle shoes
- 1960s:** Pillbox hats, stiletto heels, Nehru jackets, bell-bottoms, swing coats
- 1970s:** Leisure suits, platform shoes, miniskirts, high-waist jeans/pants, crop tops
- 1980s:** Shoulder pads, pinstripes, cowboy boots, Hawaiian shirts, legwarmers
- 1990s:** Fluorescent colors, plaid shirts, denim jackets, flannel, soccer shorts
- 2000s:** Capri pants, cargo pants, hoodies, camp shirts, leather jackets

"Then & Now"

## "This Month In History" JULY

**1814:** The poet Percy Shelley and "Frankenstein" author Mary Wollstonecraft Godwin elope to France.

**1817:** Construction begins on the Erie Canal, which connects the Great Lakes and Atlantic Ocean.

**1848:** The first women's rights convention in the United States is held in Seneca Falls, N.Y. Activists Lucretia Mott and Elizabeth Cady Stanton organize the event.

**1914:** Star pitcher and legendary hitter Babe Ruth takes the field at Fenway Park and leads the Boston Red Sox to victory in his first MLB game.

**1928:** The first sliced bread from a sliced bread machine is sold. The sale occurs in Chillicothe, Mo.

**1937:** Beginning a mystery that has fascinated many for decades, Amelia Earhart's plane disappears. Onboard are Earhart and her navigator, Fred Noonan.

**1941:** The Enigma Key, a difficult code used by the German army, is broken by cryptologists in Britain.

**1957:** The Beatles' John Lennon and Paul McCartney meet for the first time.

**1972:** "Lean on Me" by Bill Withers rises to the top of the charts for the first time. It would do so again 15 years later.

**1984:** The right hand to presidential nominee Walter Mondale, Geraldine Ferraro is chosen as the first woman vice presidential candidate on a major party ticket.

**1997:** The restored USS Constitution ("Old Ironsides") sails again after 116 years.

**2008:** The Batman movie "The Dark Knight" has the highest-grossing weekend in film history at the time.