

## Anything but Routine

In 1984, Alan Caruba got fed up with movies that had no plot, celebrities who talked too much without having anything to say, and all the stale routines of life that left us bored out of our minds. Caruba's solution to this boredom epidemic was to create the Boredom Institute, a one-man effort to identify sources of the oppressively mundane and snuff them out. July, Caruba declared, was Anti-Boredom Month.



Sociology professors, public-relations experts, and journalists gave Caruba kudos for his social commentary. What Caruba calls boredom is actually a more sinister social phenomenon. Overexposure to formulaic entertainment, 24-hour news cycles, or uninspiring 9-to-5 jobs have caused people to become numb and apathetic. Caruba has even blamed this extreme boredom and apathy for high school dropout rates, incarceration, and low voter turnout.

While some applauded Caruba's crusade against boredom as effective social satire, others criticized him for attempting to grab his own 15 minutes of fame. But most admit that Caruba hit a sensitive national nerve. Many people do admit that they are bored with their lives. When the human brain falls into predictable, monotonous patterns, it releases lower levels of dopamine, the feel-good chemical. While it is important for the brain to rest and recharge, it is just as important for the brain to feel challenged and engaged. A small amount of boredom is healthy and can lead to those "Eureka!" and "Aha!" moments. But too much boredom might lead to apathy and, at worst, depression.

So how do we fight excessive boredom? Change. Change the regular routine. Find a new hobby or pursuit. Best of all, try something new with a group of friends. Social interaction is often the best way to get out of a funk and find inspiration. Games, sports, gardening, art, volunteering, music, exercise—all of these are more fun and engaging when you do them with a friend. Before you know it, anti-boredom will become routine.

## July Birthdays

In astrology, those born from July 1–22 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones. Those born from July 23–31 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings.

- Carl Lewis (Olympian) – July 1, 1961
- Richard Petty (racing driver) – July 2, 1937
- Bill Withers (singer) – July 4, 1938
- Anjelica Huston (actress) – July 8, 1951
- Mavis Staples (singer) – July 10, 1939
- Richard Simmons (fitness guru) – July 12, 1948
- Clive Cussler (author) – July 15, 1931
- Nelson Mandela (political leader) – July 18, 1918
- Carlos Santana (musician) – July 20, 1947
- Robin Williams (actor) – July 21, 1952
- Sandra Bullock (actress) – July 26, 1964
- Laurence Fishburne (actor) – July 30, 1961

## No Laughing Matter



On July 20, 1715, the "Riot Act" took effect in England. The act stipulated that if a gathering of 12 or more people was found to be loud or unruly, an officer could approach them and compel them to disperse by reading:

"Our Sovereign Lord the King chargeth and commandeth all persons, being assembled, immediately to disperse themselves, and peaceably to depart to their habitations, or to their lawful business, upon the pains contained in the act made in the first year of King George, for preventing tumults and riotous assemblies. God Save the King!"

If rabble-rousers did not disperse, they could be jailed or worse. The act was eventually deemed unlawful and was repealed on July 18, 1973, but not before it entered the lexicon as an apt metaphor for expressing frustration.



# Jennings at Notre Dame Village

10950 Pine Grove Trail, Chardon, OH 44024 | 440.279.9400 | [www.notredamevillage.org](http://www.notredamevillage.org)



## Celebrating July

**Deli Sandwich Month**

**World Watercolor Month**

**Parks & Recreation Month**

**Canada Day**

*July 1*

**Tour de France Begins**

*July 1*

**Independence Day (U.S.)**

*July 4*

**Ventriloquism Week**

*July 13–16*

**Bastille Day: France**

*July 14*

**Ice Cream Day**

*July 17*

**Hemingway Lookalike Days**

*July 21–23*

**Day of the Cowboy**

*July 23*

**International Day of**

**Friendship**

*July 30*

## Bombs Bursting in Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... 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." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

## Many exciting programs are on the calendar for June!

### Some of the details are included below:

Daily, Monday through Friday at 9:30a.m.- **Current & Chronicles Discussion Group** in Fireside Lounge - We will come together to discuss facts about this day in history and let the conversation flow from there. The Chronicles are located in a binder on the coffee table.

On most days Monday through Thursday at varying times (please check calendar) - **Afternoon Meditation in the Reflection Room** - Join us as we enjoy a short afternoon mediation on many days this month (check calendar). This will help us to feel more centered, relaxed, and joyful as we continue on our day.

Every other Monday at 1:00p.m. - **Group shopping trips** will continue, but they will be every other Monday instead of every Monday. If you are interested in the shopping trip, please sign up head of time on the sign-up sheet outside of the Fitness Studio.

Every Thursday at 10:30a.m. (Subject to change) - **Hiking Club**- Join us for a nice hike on our beautiful campus trails.

July 1<sup>st</sup> at 2:00p.m. - **Early 4<sup>th</sup> of July Happy Hour**- Join us for a 4<sup>th</sup> of July Happy Hour in our Grab 'n Go. Bring a dish to share and make sure to wear your red, white, and blue!

July 7<sup>th</sup> at 12:00p.m. on the bus - **Picnic at Fairport Harbor Beach** - Come join us for a nice picnic under the pavilion at the Fairport Harbor Beach. Signup sheet outside of Fitness Studio.

July 13<sup>th</sup> at 11:30a.m. on the bus - **Winery Wednesday**- Winery outing to Laurentia Winery in Madison. Laurentia does have food options for lunch. Signup sheet outside of Fitness Studio.

## Many exciting outing are on the calendar for June!

### Some of the details are included below:

July 15<sup>th</sup> at 2:00p.m.on bus - **Happy Hour at the Brown Barn**- Join us for Brown Barn's happy hour Friday!

July 18<sup>th</sup> at 1:00p.m. on the bus – **Half-off Monday movie Matinee**- Come join us for a nice time at the movies to see the new film "ELVIS!"

July 19<sup>th</sup> at 2:00p.m. - **Strawberry Baking Contest** - Strawberry season is among us and what better way to celebrate summer than with a strawberry baking contest! Sign up to bake on our sign-up sheet outside of the Fitness Studio. Voters must be non-bakers but everyone is more than welcome to taste the bake goods! Let the baking begin!

July 20<sup>th</sup> at 11:30a.m.- **Winery Wednesday**- Winery outing to Grand River Cellars. Join us for lunch and a refreshing glass of wine.

July 22<sup>nd</sup> at 2:00p.m.- **Christmas in July Happy Hour**- Let's celebrate Christmas in July with some great food, Christmas games, Christmas decorations and even some Christmas themed drinks!

July 26<sup>th</sup> at 9:30 a.m.- **Breakfast**- Join us for a nice Breakfast at the Sleepy Rooster.

July 27<sup>th</sup> at 2:00p.m.- **Bingo** - Bringing Bingo back this month! Let's have some fun and see who can win a prize!

## Salon Price changes: Updated fees inserted in newsletter



### To Our Valued Clients:

PS Salon & Spa would like to thank you for your patronage, and for the privilege of being your community's professional salon operator!

We remain fully committed to providing our salon operations with the resources needed to operate safely for you and your well-being, and for that of our team – both during and after the COVID-19 pandemic. We will continue to make investments in securing the proper PPE for all services, as well as continue investing in the ongoing education and infection-control training of our salon professionals.

To maintain this level of support, we would like to share with you our new Salon Offerings menu. Please note that some of our service prices have increased to keep pace with rising costs, but other service prices remain unchanged. This new Salon Offering menu will become effective on **July 1st**.

We thank you again and look forward to many more years serving your salon and spa needs!!

THE PS SALON & SPA TEAM

## Friendly Reminder:

**Please do not flush wipes in any bathrooms. Please do not use them in the public bathrooms or the bathroom in your residence. Thank you!**



## July's Entertainment

July 14<sup>th</sup> at 2:00p.m. in Dining Room- **Steppin' Out-** Dance and singing act

July 21<sup>st</sup> at 2:00p.m. in Dining Room- **St. Helen's Life Teen Talent Show-** Variety show by the Life Teen group at St. Helen

## Strawberry Baking Contest

Please sign up on the signup sheet outside of the Fitness Studio to enter into the contest. Any type of strawberry dessert can be entered as long as strawberries are one of the main ingredients. Please have your desserts on a tray or plate and served in small containers so they are taste testing size for the voters. Bakers will need to arrive to the Grab 'n Go at 1:30p.m. Each voter will get a ballot with the number of the dessert and will put their ballot in our basket. We will have three winners. 1<sup>st</sup> place, 2<sup>nd</sup> place, and 3<sup>rd</sup> place. Each winner will win a small prize.

Let the baking begin!





## Just Hanging Around



What better way to relax on a hot July day than to swing freely in a hammock while sipping on an ice-cold drink or reading a book? If you've never "hung out" in a hammock, why not try it on July 22, Hammock Day?

Christopher Columbus discovered more than a "New World" in 1492; he also discovered hammocks. On October 17, 1492, he recorded in his journal that "people were sleeping in nets between the trees." These people were the Taino of the Greater Antilles. The Taino fished with nets called *hamaca*. The woven cotton slings were also used as hanging seats, beds, or sacks. The Europeans would eventually turn the word *hamaca* into the word *hammock* and bring hundreds of them back to Europe. Sailors, used to sleeping on the hard, filthy wood floors of sailing ships, quickly adopted the hanging beds as a modicum of comfort. The Taino did not have comfort in mind when they invented their *hamaca*. Sleeping high off the jungle floor protected vulnerable sleepers from venomous insects and reptiles. Hopefully, such dangers don't exist if you enjoy a hammock in your own backyard.

Many hammock lovers tout the restorative benefits of sleeping in a hammock. A study in Switzerland concluded that sleeping in a bed that rocks gently offers a deeper and more restive sleep. Hammocks can replicate this rhythmic motion. Others swear that sleeping in a hammock reduces back pain. A relaxing nap in a hammock might reduce overall tension, which might relieve some back pain. Doctors are skeptical, but if snoozing in a hammock reduces stress, then why not go for it?

Cotton hammocks are easy to find in stores and soft to snooze in, but many modern hammocks are made of lightweight nylon, a fabric sometimes called parachute. This nylon is often strong enough to hold 400 pounds or more, making hammocks a hanging bed built for two. Any way you hang them, hammocks are symbols of summer relaxation.

## Lottery Dreams

If you wake up feeling lucky on July 17, perhaps you should take a chance and play the lottery, for it is Lottery Day. The first record of a lottery comes from China's Han Dynasty, where proceeds are believed to have helped finance the construction of the Great Wall of China. Today, most lotteries are still government-run operations with proceeds used to fund municipal projects. Lotteries are a game of chance between the citizens and the state: the chance of a prize in return for much-needed revenue. All lotteries are longshots—the odds of winning are one-in-12 million—but payouts can be astronomical, with the average prize in the tens of millions of dollars. Furthermore, lottery tickets often cost just a dollar or two, making the risk fairly small for an average player. Lotteries played an important role in the American Revolution. Benjamin Franklin sponsored a lottery to purchase cannons to fight the British, and others were used to pave streets, construct wharves, and build churches and universities like Harvard and Yale. For many, the purchase of a lottery ticket allows them to dream of riches until the numbers are drawn and dreams are dashed.

## Lip Service



Countless women will rummage through their handbags looking for lipstick on July 29, Lipstick Day, but there was a time when lipstick was worn by both men and women. The first lipstick was worn by the ancient Sumerians 5,000 years ago. Crushed gemstones were applied to the lips and around the eyes of both sexes. Cleopatra, it is said, favored the color red and used the red pigments from crushed insects to color her lips. By the 1700s, red lipstick was a sign of witchcraft, and marriages could be annulled if a woman was proven to have worn red lipstick during courtship. It wasn't until 1884 that the first commercial lipstick was manufactured in Paris by the perfumer Guerlain, and it wasn't until the 1920s that wearing lipstick became socially acceptable.

## Pilgrims at the Peak



On the last Sunday in July, tens of thousands of pilgrims climb Ireland's Croagh Patrick to honor the revered patron saint of Ireland. This tradition, known as Reek Sunday, has occurred for 1,500 years and pre-dates both St. Patrick and Christianity. Some historians believe that climbing the mountain was part of a pagan ritual associated with *Lughnasadh*, the Gaelic festival marking the start of the harvest season. One legend tells of how St. Patrick went to the mountain to convert a pagan king to Catholicism. Patrick battled the king's mother, a demon in disguise, and cast her into a lake far below, successfully converting the king.

St. Patrick is believed to have spent 40 days atop the mountain in the year 441, fasting and praying. A church has been located on its summit since the fifth century. In 1905, a new chapel was built atop Croagh Patrick, and on Reek Sunday, a mass is held and pilgrims are given the opportunity to have their confessions heard.

For some pilgrims, penance is done long before they reach the top. The most devout make the climb barefoot, suffering each nick and scrape from the rocky trail as a form of penance. Others perform rounding rituals, where they walk "sunwise" around special features of the mountain. It is seven times around a cairn marked as the grave of St. Benan, St. Patrick's most devoted disciple, known as the Psalmsinger for his beautiful singing voice; seven times around three ancient burial cairns known as Mary's cemetery; seven around a patch of rock at the summit called Patrick's bed, where the saint is believed to have slept during his 40 days; and 15 times around the summit itself.

All that extra walking makes a demanding hike even more difficult. The mountain stands over 2,500 feet high, and the route is steep and rocky. Each year, pilgrims need rescuing, but still they climb. For some, the climb is a religious rite. For others, it is an Irish rite of passage.

## Walk the Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk on Take Your Houseplant for a Walk Day on July 27? While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

This day isn't just a day to take your houseplant for a walk but to shower your houseplants with attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.

## Lord of Fantasy



On July 29, 1954, the first book of J.R.R. Tolkien's *The Lord of the Rings* trilogy, *The Fellowship of the Ring*, was published in London. It was a work that would lay a lasting foundation for fantasy literature. After the success of *The Hobbit* (1937), Tolkien's publishers begged him for more stories about the diminutive heroes. A notoriously slow writer, he did not even finish a draft of his story about a "new Hobbit" until 1949. The first volume was envisioned as two books: *The Ring Sets Out* and *The Ring Goes South*. His end products, *The Fellowship of the Ring*, *The Two Towers*, and *The Return of the King*, have sold more than 150 million copies, making them some of the bestselling books of all time. Countless books, the *Dungeons & Dragons* role-playing game, and video game franchises all have been inspired by Tolkien.