

## The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.

## A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch.

Native Americans used hoops to practice hunting skills and to perform storytelling dances.



Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.

## Washboard Rhythms

Simple and reliable, washboards were once a fixture in many homes. But this cleaning tool does double duty as a music instrument.

For most, washboards were a necessity for doing laundry up until the 1950s. The standard washboard has a grooved metal cleaning surface set inside a wooden frame. Standing the board inside a basin of soapy water, one would scrub clothes clean.

Some also put the boards to work as percussion instruments, often using thimbles, spoons and other accessories to strum and tap the ribbed metal to produce a raspy, clickety-clack sound. Jug bands, which were popular in the 1920s, and Cajun, zydeco and folk groups have incorporated washboard rhythms into their music.

The demand for washboards began to trickle with the use of affordable electric washing machines. Today, the Columbus Washboard Company, located in Logan, Ohio, is the only remaining washboard manufacturer in the U.S. Customers buy the boards for functional and decorative use, but about 40% are purchased for making music.

Every June since 2000, Logan hosts the Washboard Music Festival, where people can soak up the sounds of bands and performers who feature the laundry day mainstay as a musical instrument.

# The Devonshire Lifestyle

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JUNE 2019

## 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

**Strawberries** — This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

**Blueberries** — Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

**Raspberries** — At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

**Blackberries** — Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.

## Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered — slowly and ceremoniously — and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.





JUNE 2019

Locations

Activities Room, AR  
Court Yard, CY  
Craft Room, CR  
Dining Room, DR  
Game Room, GR  
Windsor Room, WR

Birthdays

Clara Robinson, 4th  
James Fitchett, 7th  
Jean Almeleh, 10th  
Marion Wilson, 10th  
Shirley Vaughn, 14th  
Margaret Rand, 20th  
Martha Ammerman, 23rd

Transportation Schedule

Monday, 9:30 a.m.  
Bank Runs

Tuesday & Wednesday, 8:30-11 a.m.  
(Hampton Only)  
Doctor Runs

Tuesday & Wednesday, 1-3 p.m.  
(Newport News Only)  
Doctor Runs

Thursday, 11:10 a.m.  
Lunch Outings

Thursday, 2-4 p.m.  
Scenic Ride

Friday, 9:45 a.m.  
Shopping and Other Outings

Saturday, 10 a.m.  
Various Shopping Destinations

Sunday, 9 a.m.-1 p.m.  
Church Runs

Sunday, 2-4 p.m.  
Scenic Ride

“When you go on  
a road trip, the trip  
itself becomes part  
of the story.”

—Steve Rushin

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
													
9:00 Church Runs 2 9:15 Sunday School, WR 1:00 Resident Card/ Board Games, AR 2:30 Father's Day Cards, WR 6:30 Bible Study Life Group, WR		9:30 Bank Runs 3 10:30 Sit and Be Fit Exercise Class 2:00 Horse Racing Game, AR 3:30 Billiards, GR		9:00 Medical Runs 4 10:00 Coffee Hour and Chat, AR 1:00 Bingo, DR 2:00 Beginner Hand Quilting, WR 2:30 Arts and Crafts, AR 4:00 News Update, AR		9:00 Medical Runs 5 10:30 Flex and Stretch Exercise Class, AR 1:30 Continuous Crafts 4:00 World News, AR		10:00 Conversation w/Tea Time 6 11:15 Lunch Outing: Port Arthur Chinese 1:00 Dominoes, AR 2:00 Billy Mitchell Sings 3:00 Jackpot Bingo, AR 4:35 At the Movies, AR		10:00 Shopping: 7 Dollar Tree 10:30 Balance Exercise Class, AR 1:00 Shopping: Aldi's 3:00 Happy Hour and Doughnut Day, DR		10:00 Shopping: 8 Dollar Tree 1:00 Bridge and Scrabble, AR 3:00 Individual Card Games and Puzzles, AR	
9:00 Church Runs 9 9:15 Sunday School, WR 1:00 Resident Card/ Board Games, AR 2:30 Father's Day Cards, WR 6:30 Bible Study Life Group, WR		9:30 Bank Runs 10 10:30 Sit and Be Fit Exercise Class, AR 3:30 Billiards, GR		9:00 Medical Runs 11 10:00 Coffee Hour and Chat, AR 1:00 Bingo, DR 2:00 Beginner Hand Quilting, WR 2:15 John Westbrook Performs, DR 4:00 News Update, AR		9:00 Medical Runs 12 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:15 Trivia Plus, AR 1:30 Continuous Crafts 4:00 World News, AR		10:00 Conversation w/Tea Time 13 12:00 Pre-Father's Day Social Sponserd by Hampton Police, DR 3:00 Jackpot Bingo, AR 4:35 At the Movies, AR		FLAG DAY 14 10:00 Shopping: Big Lot 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 3:00 Happy Hour & Men's Ticket Draw, DR		10:00 Shopping: 15 Thrift Store (DAV) 10:30 Monopoly or Bridge 1:30 Trip: Scenic Ride 3:00 Individual Card Games and Puzzles, AR	
FATHER'S DAY 16 9:00 Church Runs 9:15 Sunday School, WR 1:00 Resident Card/ Board Games, AR 2:30 Father's Day Cards, WR 6:30 Bible Study Life Group, WR		9:30 Bank Runs 17 2:00 Horse Racing Game, AR 3:30 Billiards, GR 6:00 Bingo w/North Hampton Women's Group, DR		9:00 Medical Runs 18 10:00 Coffee Hour and Chat, AR 1:00 Bingo, DR 2:00 Beginner Hand Quilting, WR 4:00 News Update, AR		9:00 Medical Runs 19 1:30 Continuous Crafts 2:30 Scrabble Club 4:00 World News, AR		10:00 Conversation w/Tea Time 20 10:30 Bookmobile 11:15 Olive Garden 11:15 Lunch Outing: Red Lobster 2:00 Billy Mitchell Sings 3:00 Jackpot Bingo, AR 4:35 At the Movies, AR		SUMMER BEGINS 21 10:00 Shopping: Kmart 10:30 Balance Exercise Class, AR 1:00 Shopping: Krogers 3:00 Happy Hour		3:00 Individual Card Games and Puzzles, AR 22	
9:00 Church Runs 23 9:15 Sunday School, WR 1:00 Resident Card/ Board Games, AR 2:30 Father's Day Cards, WR 6:30 Bible Study Life Group, WR		9:30 Bank Runs 24 10:30 Sit and Be Fit Exercise Class, AR 1:30 Crossword Puzzles and Word Games, AR 3:30 Billiards, GR		9:00 Medical Runs 25 10:00 Coffee Hour and Chat, AR 1:00 Bingo, DR 2:00 Birthday's w/Roberto 2:00 Beginner Hand Quilting, WR 4:00 News Update, AR		9:00 Medical Runs 26 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:30 Continuous Crafts 4:00 World News, AR		10:00 Conversation w/Tea Time 27 11:15 Lunch Outing: Grey Goose 2:00 Billy Mitchell Sings 4:35 At the Movies, AR		10:00 Shopping: 28 Kroger 10:30 Balance Exercise Class, AR 1:00 Shopping: Dollar Store 3:00 Happy Hour & Popsicles		3:00 Individual Card Games and Puzzles, AR 29	
9:00 Church Runs 30 9:15 Sunday School, WR 1:00 Resident Card/ Board Games, AR 2:30 Father's Day Cards, WR 6:30 Bible Study Life Group, WR													