

## A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as "knucklebones." Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a flat surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called "onesies," meaning the player scoops up one jack, then "twosies," trying for two at a time, and so on, becoming more difficult. Variations of the game alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime that can be played anywhere.

## Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.



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JUNE 2020

## U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet. The head protectors have continually evolved over America's military history.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of the synthetic fiber Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

## Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

**Make it part of your daily routine** — Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

**Pick a cup and fill 'er up** — An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

**Sip through a straw** — Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

**Find your favorite flavor** — If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

**Adjust the temp** — Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.



# JUNE 2020

### Locations

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

### Birthdays

Clara Robinson, 4th  
Jean Almeleh, 10th  
Shirley Vaughn, 14th  
Margaret Rand, 20th  
Martha Ammerman, 23rd

### Transportation Schedule

**Monday, 9:30 a.m.**  
Bank Runs


**Tuesday & Wednesday, 8:30-11:30 a.m.**  
Newport News Medical Runs

**Tuesday & Wednesday, 1-3 p.m. (Hampton)**  
Dr. Runs

**Thursday, 11:10 a.m.**  
Lunch Outings

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

**Country Store**  
Monday—Saturday  
11 a.m.-Noon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Grocery Orders 11:00 Country Store 1:00 Social Media Events	2 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 1st Floor 2:30 Hallway Exercise 2nd Floor	3 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 2nd Floor 3:00 Hallway Exercise 3rd Floor	4 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 3rd Floor 3:00 Hallway Exercise 1st Floor	5 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Happy Hour	6 11:00 Country Store
7 2:00 Social Media Spirituality	8 9:30 Grocery Orders 11:00 Country Store 1:00 Social Media Events	9 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 1st Floor 2:30 Hallway Exercise 2nd Floor	10 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 2nd Floor 3:00 Hallway Exercise 3rd Floor	11 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 3rd Floor 3:00 Hallway Exercise 1st Floor	12 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Happy Hour	13 11:00 Country Store
FLAG DAY 14	15 9:30 Grocery Orders 11:00 Country Store 1:00 Social Media Events	16 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 1st Floor 2:30 Hallway Exercise 2nd Floor	17 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 2nd Floor 3:00 Hallway Exercise 3rd Floor	18 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 3rd Floor 3:00 Hallway Exercise 1st Floor	19 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Happy Hour	20 SUMMER BEGINS 11:00 Country Store
FATHER'S DAY 21	22 9:30 Grocery Orders 11:00 Country Store 1:00 Social Media Events	23 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 1st Floor 2:30 Hallway Exercise 2nd Floor	24 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 2nd Floor 3:00 Hallway Exercise 3rd Floor	25 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 3rd Floor 3:00 Hallway Exercise 1st Floor	26 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Happy Hour	27 11:00 Country Store
28 2:00 Social Media Spirituality	29 9:30 Grocery Orders 11:00 Country Store 1:00 Social Media Events	30 9:30 Grocery Orders 11:00 Country Store 1:00 Hallway Bingo 1st Floor 2:30 Hallway Exercise 2nd Floor	