

## Catch Up on 'Clean Beauty'

Natural, nontoxic, pure and clean—those are just some of the buzzwords generated by the growing trend of “clean beauty.” Much like checking the ingredients on food labels, many people are turning that same attention to the products used in their hygiene and beauty routines.

Due to this consumer demand, a growing number of companies are making personal care products that are free of chemicals such as parabens, sulfates and silicones. Store shelves are now full of soaps, toothpastes, shampoos, deodorants and cosmetics with “clean” formulations. Typically, these products have no artificial dyes or fragrances and often have ingredients that come from nature.

There's also a “green” factor, meaning an item is eco-friendly, with minimal packaging that can be recycled or is biodegradable. Some brands offer refillable bottles and jars. Products are also being sold in new configurations, including shampoos in solid bar form and waterless mouthwash in tablets.

Since there's no regulated definition of what a “clean” product is, buyers should look beyond advertising claims and closely check labels. If you'd like to try the trend, look at the health and beauty products you use daily and sample a “clean” version to see if it gives you good results and fits your budget and lifestyle.

## Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the “The Survey of the Roads of the United States of America” was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the “Official Automobile Blue Book.” Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.



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AUGUST 2020

## Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape, and they could be made much faster and were more available as an everyday treat.

Marshmallows inspired the creation of many popular recipes and products, including s'mores, Rice Krispies Treats, Moon Pies and spreadable Marshmallow Fluff.

From miniature to jumbo shapes and a variety of colors and flavors, over 90 million pounds of marshmallows are eaten each year in the U.S.

## A Groovy Look at Tie-Dye

It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that “resisted” the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.





AUGUST 2020

Locations

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

Birthdays

Rosalie Stillwell, 3rd  
Annette Murphy, 3rd  
Rose Vann, 6th  
Hardy Cash, 7th  
Lois Ann Jenkins, 14th  
Betty Riggan, 14th  
Mary Duval, 29th  
Ella Stewart, 31st

Country Store

Monday—Saturday  
11 a.m.-Noon

“A dog can’t think that  
much about what he’s  
doing, he just does  
what feels right.”

—Barbara Kingsolver

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>   </div>						
<div>2</div> <div>           9:30 Grocery Orders            11:00 Country Store            1:30 National Ice Cream Sandwich Day         </div>	<div>3</div> <div>           9:30 Grocery Orders            1:00 Social Media Events            1:30 Temperatures and Snack Cart         </div>	<div>4</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Cookie Basket            1:30 Hallway Bingo            1st Floor KIA            3:00 Hallway Exercise 2nd Floor         </div>	<div>5</div> <div>           9:30 Grocery Orders            10:00 Temperatures            1:30 Fruit Basket            1:30 2nd Floor Hallway Bingo            2:00 Hallway Hydration Station            3:00 Hallway Exercise 3rd Floor            4:00 Hallway Exercise 3rd Floor         </div>	<div>6</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Ice Cream Cart (Candice)            1:30 Hallway Bingo 3rd Floor KIA  <b>1:30 Summer Luau at the Shire</b>            3:00 Hallway Exercise 1st Floor            4:00 Hallway Exercise 1st Floor         </div>	<div>7</div> <div>           10:00 Temperatures            1:30 Hallway Happy Hour            2:00 Hallway Happy Hour         </div>	<div>8</div> <div>           10:00 Temperatures            1:30 Shire Hallway Juice Cart         </div>
<div>9</div> <div>           9:30 Grocery Orders            11:00 Country Store            1:30 Temperatures and Scone Carts         </div>	<div>10</div> <div>           9:30 Grocery Orders            1:00 Social Media Events            1:30 Temperatures and Snack Cart            1:30 National S'mores Day         </div>	<div>11</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Cookie Basket            1:30 Hallway Bingo 1st Floor KIA            3:00 Hallway Exercise 2nd Floor         </div>	<div>12</div> <div>           9:30 Grocery Orders            10:00 Temperatures            1:30 Fruit Basket            1:30 2nd Floor Hallway Bingo            2:00 Hallway Hydration Station            3:00 Hallway Exercise 3rd Floor            4:00 Hallway Exercise 3rd Floor         </div>	<div>13</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Ice Cream Cart (Candice)            1:30 Hallway Bingo 3rd Floor KIA            3:00 Hallway Exercise 1st Floor            4:00 Hallway Exercise 1st Floor         </div>	<div>14</div> <div>           10:00 Temperatures            1:30 Hallway Happy Hour            2:00 Hallway Happy Hour         </div>	<div>15</div> <div>           10:00 Temperatures            1:30 Shire Hallway Juice Cart         </div>
<div>16</div> <div>           9:30 Grocery Orders            11:00 Country Store            1:30 Temperatures and Scone Carts         </div>	<div>17</div> <div>           9:30 Grocery Orders            1:00 Social Media Events            1:30 Temperatures and Snack Cart         </div>	<div>18</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Cookie Basket            1:30 Hallway Bingo 1st Floor KIA            3:00 Hallway Exercise 2nd Floor         </div>	<div>19</div> <div>           9:30 Grocery Orders            10:00 Temperatures            1:30 Fruit Basket            1:30 2nd Floor Hallway Bingo  <b>1:30 Gasparilla Gala (Pirate Day)</b>            2:00 Hallway Hydration Station            3:00 Hallway Exercise 3rd Floor            4:00 Hallway Exercise 3rd Floor         </div>	<div>20</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Ice Cream Cart (Candice)            1:30 Hallway Bingo 3rd Floor KIA            3:00 Hallway Exercise 1st Floor            4:00 Hallway Exercise 1st Floor         </div>	<div>21</div> <div>           8:00 National Senior Citizens Day            10:00 Temperatures            1:30 Hallway Happy Hour            2:00 Hallway Happy Hour         </div>	<div>22</div> <div>           10:00 Temperatures            1:30 Shire Hallway Juice Cart         </div>
<div>23</div> <div>           9:30 Grocery Orders            11:00 Country Store            1:30 Temperatures and Scone Carts         </div>	<div>24</div> <div>           9:30 Grocery Orders            1:00 Social Media Events            1:30 Temperatures and Snack Cart         </div>	<div>25</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Cookie Basket            1:30 Hallway Bingo 1st Floor KIA            3:00 Hallway Exercise 2nd Floor         </div>	<div>26</div> <div>           8:00 Women's Equality Day            9:30 Grocery Orders            10:00 Temperatures            1:30 Fruit Basket            1:30 2nd Floor Hallway Bingo            2:00 Hallway Hydration Station            3:00 Hallway Exercise 3rd Floor            4:00 Hallway Exercise 3rd Floor         </div>	<div>27</div> <div>           9:30 Grocery Orders            10:00 Temperatures            11:00 Country Store            1:30 Ice Cream Cart (Candice)            1:30 Hallway Bingo 3rd Floor KIA            3:00 Hallway Exercise 1st Floor            4:00 Hallway Exercise 1st Floor         </div>	<div>28</div> <div>           10:00 Temperatures            1:30 Hallway Happy Hour            2:00 Hallway Happy Hour         </div>	<div>29</div> <div>           10:00 Temperatures            1:30 Shire Hallway Juice Cart         </div>
<div>30</div> <div>           9:30 Grocery Orders            11:00 Country Store            1:30 Temperatures and Scone Carts         </div>	<div>31</div> <div>           9:30 Grocery Orders            1:00 Social Media Events            1:30 Temperatures and Snack Cart            1:30 National Trail Mix Day         </div>	<div>  </div>				