

## Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

**Chocolate bars** — The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

**M&M's** — After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

**Tootsie Rolls** — These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

**Life Savers** — Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

**Chewing gum** — Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.

## Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.



# The Devonshire Lifestyle



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OCTOBER 2018

## Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.



## Feline Phrases

Cats have been pet companions for centuries, and they've pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:

**Catnap** — Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat's since the early 1800s.

**Scaredy-cat** — American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

**Like herding cats** — It's nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

**Cat got your tongue?** — This question is posed to one who remains silent when they are expected to speak. The phrase first appeared in print in 1881, where it was described as a children's playground taunt.

**Let the cat out of the bag** — This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.





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Locations

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

Birthdays

Rufus Easter, 5th  
Barbara Rogers, 5th  
Sadie Bourne, 9th  
Arizona George, 10th  
William “Bill” Owens, 17th  
Ruth Saunders, 19th  
Elizabeth “Liz” Green, 20th  
Robert “Bob” Davis, 21st  
Sandra Hall, 22nd  
Barbara Richards, 22nd  
Vida Williams, 23rd  
Frances Veryzer, 23rd  
Marjorie Riley, 30th

Transportation Schedule

Monday, 9:30 a.m.  
Bank Runs  
Tuesday & Wednesday  
8:30-11 a.m. (Hampton Only)  
Dr. Runs  
Tuesday & Wednesday  
1-3 p.m. (Newport News Only)  
Dr. 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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Horse Racing Game, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create, AR</div>	<div>2</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR</div> <div>4:00 News Update, AR</div>	<div>3</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Nail Care, AR</div> <div>2:30 Dominoes, AR</div> <div>3:15 Scrabble, AR</div> <div>4:00 World News, AR</div>	<div>4</div> <div>9:10 Swimming at Sentara</div> <div>11:15 Lunch Outing</div> <div>1:00 Resident Led Table Games, AR</div> <div>2:00 Scenic Ride</div> <div>3:30 Jackpot Bingo, CY</div>	<div>5</div> <div>10:30 Exercise Class, AR</div> <div>11:30 Picnic Lunch: Sandy Bottom Park</div> <div>1:30 Shopping: Dollar Store</div> <div>2:30 Adult Coloring, AR</div> <div>3:30 Happy Hour, AR</div>	<div>6</div> <div>10:00 Walmart, AR</div> <div>1:00 Balloon Volleyball, AR</div> <div>1:00 Resident Led Table Games</div> <div>2:30 Trivia, AR</div> <div>3:30 Bridge, AR</div>
<div>7</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>2:00 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>8</div> <div>COLUMBUS DAY</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Cross Word Puzzle, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create, AR</div>	<div>9</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:00 Food Service Meeting, DR</div> <div>3:00 Arts and Crafts, AR</div>	<div>10</div> <div>9:00 Medical Runs</div> <div>10:00 Health Fair, DR</div> <div>3:00 Adult Coloring, CR</div> <div>4:00 World News</div>	<div>11</div> <div>9:10 Swimming at Sentara</div> <div>10:15 Book Mobile, CY</div> <div>11:15 Lunch Outing</div> <div>2:00 Scenic Ride</div> <div>3:30 Jackpot Bingo, AR</div>	<div>12</div> <div>10:00 Shopping: Krogers</div> <div>10:30 Exercise Class, AR</div> <div>1:00 J.C. Penney's</div> <div>2:00 Entertainment: Jack Gorman, DR</div> <div>3:30 Happy Hour, AR</div>	<div>13</div> <div>10:00 Food Lion and Dollar Store</div> <div>1:00 Resident Led Table Games, AR</div> <div>2:00 Scenic Drive</div> <div>3:00 Cinema Saturday, AR</div>
<div>14</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>15</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Horse Racing Game, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Bingo w/ Northampton Women's Club, AR</div>	<div>16</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR</div>	<div>17</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Nail Care, AR</div> <div>2:30 Rubber Stamping and Card Making, AR</div> <div>4:00 World News, AR</div>	<div>18</div> <div>9:10 Swimming at Sentara</div> <div>11:15 Lunch Outing</div> <div>2:00 Scenic Ride</div> <div>3:00 Jackpot Bingo, AR</div> <div>6:00 Special Event: Halloween Soiree, DR</div>	<div>19</div> <div>10:00 Big Lots</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Shopping at Goodwill</div> <div>1:30 Hangman and Word Games, AR</div> <div>3:30 Happy Hour, AR</div>	<div>20</div> <div>10:00 Walmart</div> <div>1:00 Scenic Drive</div> <div>2:00 Scrabble</div> <div>3:00 Cinema Saturday, AR</div>
<div>21</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>22</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Cross Word Puzzle, AR</div> <div>2:30 Arm Chair Travel, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create, AR</div>	<div>23</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR</div>	<div>24</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Balloon Volleyball, AR</div> <div>2:30 5 Second Rule Game, AR</div> <div>4:00 World News, AR</div>	<div>25</div> <div>9:10 Swimming at Sentara</div> <div>10:15 Bookmobile, AR</div> <div>11:15 Lunch Outing</div> <div>2:00 Scenic Ride</div> <div>3:30 Jackpot Bingo, AR</div>	<div>26</div> <div>10:00 Burlington Coat Factory</div> <div>10:30 Exercise Class, AR</div> <div>2:00 Birthday Party: Entertainment by Vinnie Knight, DR</div> <div>3:30 Happy Hour, AR</div>	<div>27</div> <div>10:00 Walmart</div> <div>1:00 Resident Led Table Games, AR</div> <div>2:00 Scenic Drive</div> <div>3:00 Cinema Saturday</div>
<div>28</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>29</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>2:30 Arm Chair Travel</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create, AR</div>	<div>30</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:00 Halloween Party: Entertainment w/Pat Wade, DR</div> <div>4:00 News Update, AR</div>	<div>31</div> <div>HALLOWEEN</div> <div>9:00 Medical Runs</div> <div>10:25 Exercise Class, AR</div> <div>1:00 Nail Care</div> <div>4:00 World News, AR</div> <div>6:30 Halloween Cinema, AR</div>			