



El Dorado



JULY 2024



NOTES & NEWS

Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

Beat Brain Freeze

If ice-cold summertime treats, such as slushes, milkshakes and ice cream, give you the intense sensation known as brain freeze, here's a quick remedy: Press your tongue firmly against the roof of your mouth. It can help alleviate the headache.

Blink Break

It's hard to tear your gaze away from the excitement unfolding on your favorite TV show, but your eyes may be feeling strained. Experts say when your eyes are focused on a TV or computer screen, you tend to blink less. That causes your eyes to feel tired and dry. Take a break and blink every three or four seconds for about a minute. This gives your eyes a rest and replenishes moisture.

HIGHLIGHTS

Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

An All-Star Shoe

Favored for their casual, vintage vibe, Converse All Star sneakers actually began as basketball shoes. In 1917, the footwear company released shoes called "Non-Skids," but sales were slow—until semi-pro basketball player Charles H. Taylor joined the team. Not only did Taylor suggest improvements to the sneakers, now named All Stars, but he also traveled around the country giving basketball lessons and showing off the shoes. His efforts paid off: In 1932, the All Star design was updated to feature the name "Chuck Taylor." Four years later, the sneaks became the official basketball shoe of Team USA at the Olympics, an honor they held until 1968.

The Call of the Katydid

A relative of grasshoppers and crickets, the insect known as the katydid is named after its chirping call of "Katy did, she did," often heard on summer evenings. The katydid's bright green, leaf-shaped body helps it hide among the trees where it lives and feeds on foliage.

Reading Challenge: Sand, Surf and Storytime

Celebrate summer with a "beach read" challenge! Check out bestselling beach reads from the last few years, and aim to finish five new-to-you titles. Or take a more creative approach by finding books with "beach" in the title or that take place near an ocean.

BULLETIN BOARD

MANAGEMENT

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July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|--|---|--------|----------|
| | 1 | 2 | 3  | 4 Independence Day | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22  | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | <i>July</i>  | | |

“This Month In History” JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.