Wake Up and Drink Up
After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.

Memorable Melody: ‘Heat Wave’
Teens across the nation spent the summer of 1963 dancing to this energetic love song, performed by Martha and the Vandellas. Reaching No. 4 on the pop chart and No. 1 on the R&B singles chart, “Heat Wave” was one of the girl group’s earliest hits and is credited with helping create the distinctive Motown sound. The song also earned the Vandellas their only Grammy nomination—the first one ever for a Motown group.

Memorable Melody: ‘Take Me Out to the Ball Game’
Baseball fans who have sung this catchy tune during the seventh-inning stretch may be surprised to learn that the writers had never been to a ballgame when they composed the song in 1908. Actor Jack Norworth wrote the lyrics after seeing an ad for Polo Grounds, home of the New York Giants, and Albert Von Tilzer set the words to music. The first recording by Edward Meeker was a hit, but it wasn’t until the 1950s that the chorus became a staple at baseball games.

Just Peachy
The peak of peach season is winding down, with just a few weeks left to enjoy the freshest of the fuzzy fruit. There are theories about why peaches have fuzz; some suggest that it protects the skin and thwarts insects. But it also can be a turnoff for some folks, so that’s why peaches sold at most stores are defuzzed by brush machines or sprays of high-pressure water after harvesting.

Spray Away Summer Heat
Beat the summer heat by keeping a spray bottle filled with cold water handy. Spritz your face, neck and arms when you need to cool down.

Happy Birthday!
Robert Stohlman - August 2nd
Nancy Vargo - August 7th
Lori Pederson - August 12th
George Souchek - August 16th
Charlyn Murchison - August 19th
Betty Jensen - August 20th
Marylou Roselle - August 20th
Ruth Bienz - August 22nd
Marian Patton - August 24th

A Crown for a Cause
Since the first Ms. Wheelchair America was crowned in 1972, the annual pageant has provided hundreds of women the opportunity to be an advocate for the millions of people living with disabilities. This year’s competition takes place Aug. 14-20 in Erie, Pa.

Desert Flower is proud of our community. We would love to give you a tour anytime.
Trivia Whiz

Popcorn Pick: ‘Beach Blanket Bingo’
Take the sun, sand and surf of California and add kids, comedy and music, and you have the hit formula for the popular beach party films of the 1960s. Starring teen idol Frankie Avalon and former Mouseketeer Annette Funicello as Frankie and Dee Dee, this 1965 movie was the fifth in the series and often considered the best. Here, the couple’s love is on the rocks in a zany plot that includes skydiving, a motorcycle gang and a mermaid, plus the shtick of legendary funny men Don Rickles, Paul Lynde and Buster Keaton.

‘Grin’ Is One
How many words can you come up with using the letters in “air conditioning”? 

Did You Know?
Half a byte is called a nibble.

Add More to S’mores
Make a tasty and healthy addition to s’mores. Take the campfire creation to another level by sandwiching sliced strawberries, bananas or peaches between the classic ingredients of chocolate and marshmallow.

Celebrating Seniors
There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.

Popular Pages: ‘The Maltese Falcon’
Before Humphrey Bogart played him on the big screen, private eye Sam Spade came to life in the pages of Dashiell Hammett’s 1929 novel “The Maltese Falcon.” Largely influenced by Hammett’s work as an investigator for the Pinkerton National Detective Agency, the mystery captivated readers with its authentic, straightforward storytelling; compelling, flawed characters; and exciting plot full of twists and turns. Many modern-day depictions of a tough detective and a mysterious femme fatale, whether in film, TV or literature, are inspired by Hammett’s work.
Protecting Our National Treasures

From purple mountain majesties to lush, fertile swamplands, America is home to more than 400 parks and sites that offer visitors an up-close-and-personal look at stunning wildlife, dazzling flora, unique natural wonders and historic treasures. On Aug. 25, the country will celebrate the birthday of the National Park Service, the organization that makes the enjoyment of these places possible.

A bureau of the U.S. Department of the Interior, the Park Service comprises more than 20,000 employees and 220,000 volunteers who work to fulfill the mission to preserve “the natural and cultural resources and values of the National Park System for the enjoyment, education and inspiration of this and future generations.”

From a practical standpoint, this work entails rangers who lead tours and help visitors stay safe; crew members who maintain, clean and repair the sites; and archaeologists, historians and ecologists who continue to discover more about America’s land and history in order to share it with the world.

Nearly 300 million people visit U.S. national parks every year. The Park Service is using the birthday celebration as an opportunity to inspire people to connect with parks that match their interests through its Find Your Park campaign.

Amazing Lunch Outing!!!!!

On July 12th, we went on an adventure to Tortilla Flat. We headed down Hwy 88 up into Saguaro Lake, passing old ghost towns. Meanwhile on the bus, residents enjoyed music and taking pictures of the beautiful scenery. Once we arrived at Tortilla Flat restaurant, their friendly staff welcomed us with friendly smiles. As you can see in the pictures, our residents enjoyed the old western style decor from the saddles for chairs to the dollar bills all over the walls. I knew our residents were going to be curious as to how much money was on the walls, so we asked our waiter, Carlos, who gave us great service by the way. He said that they estimate about three hundred thousand. We ended our great lunch with by eating homemade ice cream on the bus on the way back home. We had chocolate, cookies and cream and, their specialty, prickly pear. It is safe to say that we had a time. Special thanks to Ebony, Brittney and Hallie. This trip couldn’t have been possible without you guys.
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