

July 2017

Cottonwood Villa

Assisted Living for a Great Life!

450 S Main St ~ Ainsworth, NE 69210 ~ 402-387-1000 ~ www.cottonwoodvilla.com



Celebrating July

Blueberries Month

Women's Motorcycle Month

Grilling Month

Be Nice to New Jersey Week

July 2-8

Independence Day (U.S.)

July 4

Give Something Away Day

July 15

Scrabble Week

July 22-27

Merry-Go-Round Day

July 25

Talk in an Elevator Day

July 28

**International Day
of Friendship**

July 30

Anything but Conventional

It's the ultimate event for any fan of comics and entertainment, costume parties and celebrity sightings: July 19-23 is 2017's Comic-Con International. This fan convention is the biggest of its kind in the world, and in many ways the fans provide the biggest show. People are encouraged to show up wearing elaborate costumes of their favorite comic book, television, film, or book characters. You'll likely see the Incredible Hulk mingling with Jedi Knights, Harry Potter, and characters from the sitcom *The Big Bang Theory*. This eclectic mix is Comic-Con's signature achievement, bringing fans of all ages and interests together to "geek out" over their favorite popular entertainment.

Self-described "geeks" have been flocking to San Diego for Comic-Con since 1970, when Shel Dorf, Richard Alf, Ken Krueger, Marvin Nelson, Mike Towry, Barry Alphonso, Bob Sourk, and Greg Bear founded the Golden State Comic Book Convention. The original event drew only 300 people, but it was a mecca for all things comic related. Over the years, the scope of the production grew along with the size of the convention crowds. While comic books still take center stage, the convention also features science fiction and fantasy film and television, video games, collectible card games, and cartoons. The spectacle of the convention now draws crowds as large as 167,000.

Attendees don't just come to admire each other's costumes; they attend seminars and panels featuring their favorite writers and artists. Comic book professionals offer hands-on workshops. Scholars present critical studies of the effect of comics on culture. Video game and entertainment companies show sneak previews of upcoming projects, often accompanied by big-name celebrities. Evenings feature awards ceremonies and a masquerade ball. For anyone interested in comic culture, Comic-Con is the event of the year, where attendees go "to see and be seen" in the getups of their favorite characters.

Beach Bombshell



At the turn of the 20th century, female beachgoers took great pains to show modesty and cover themselves up. They wore long beach gowns fitted with weights at the

hems to keep the billowing edges underwater. When French designers first introduced the bikini to the world on July 5, 1946, scandal erupted across the beaches of the Riviera.

The concept of the bikini was designed in France during the first war-free summer after the end of World War II. With Europe liberated, designers strove to liberate beach fashion. Designer Jacques Heim conceived his scandalous “atom,” which he billed as “the world’s smallest bathing suit.” However, it is Louis Réard who cleverly dubbed his suit the *bikini*, after the infamous Bikini Atoll, the Pacific island site where America conducted its test of the atomic bomb. In a time when gorgeous women were referred to as “bombshells,” Réard wanted his skimpy new bathing suit design to explode the world of fashion. And explode it did. Models refused to wear it. Réard was forced to employ the services of Micheline Bernardini, an exotic dancer from the Casino de Paris. It was Bernardini who modeled the first bikini on July 5, 1946, at the Piscine Molitor. Over the next few years, the bikini became the trendy new look along the French Riviera, although Spain and Italy banned it from their beaches. America took an even harder line, formally charging women with indecency if they dared to wear the revealing suits in public.

As the '50s wore on and families began their push into the suburbs, owning homes with private pools, women began to test bikinis in their own backyards. By the '60s, spurred on by popular culture icons like Annette Funicello, the Beach Boys, and James Bond, the bikini had become both fashionable and a mode of liberation for women. While today the bikini may not be the bombshell it once was, it still holds more than a small note of scandal.

Resident Council Minutes

Cottonwood Villa Resident Council met on Tuesday, June 27, 2017 at 10:00 am with 13 residents present as well as Judy Densberger, State of NE Ombudsman and Administrator Ann Fiala.

Discussion was held on upcoming events including the impromptu arrival of Don Allen today at 11:00 a.m. Residents are pleased with the increase in music performances lately and really enjoyed the Elvis impersonator last Friday. Turk asked when the motorcycles will be coming through and Ann will check with Natalie but stated the Iron Horse Riders will be holding their poker run on July 15, so that is probably the date they will ride through.

Discussion was held on Food Service improvements and all were in agreement that there has been improvement in keeping vegetables warmer until they are in front of the resident. Ann stated she was very pleased that Food Service Manager Heidi Zeigler recently went apartment to apartment to obtain opinions and ideas about the menus and food services in general. A lot of excellent ideas and opinions were shared and will be utilized to help improve the dining experience for all. All are excited and ready for the fresh summer vegetables, fruits and berries!

Judy Densberger presented a list of America’s Worst Charities to donate to for the residents to have and refer to. Discussion was held regarding the tricks and dangers of telemarketers both on the phone and in the mail.

Father’s Day Celebration



Turk, Natalie & Clayton took a Van Ride through Springview and stopped for pie at Dochota’s Café & Confections in honor of Father’s Day.

Emojis for Everyone



If panned letters have become obsolete thanks to e-mail, will using words to send text messages

become obsolete thanks to emoji? These playful little pictures, sent in place of words via messaging, are the current trend in digital communication. Enjoy this crash course in emojis in preparation for World Emoji Day on July 17.

The word *emoji* is a combination of two Japanese words: *e*, for “picture,” and *moji*, for “character.” This term existed long before cellular phones. During Japan’s Edo period, emoji were used to teach prayers to those who could not read and write.

The first modern emoji were developed in 1999 by Shigetaku Kurita, a young engineer at a Japanese telephone company. Kurita was charged with the task of creating a set of pictures that could be sent on what were the first Internet-connected mobile devices. The screens on these devices were very cheap and could display only a limited number of characters, making it difficult to send accurate messages using only words. Pictures could greatly enhance the phone’s ability to communicate. Kurita developed an original set of 176 icons, including a sun, a cloud, an umbrella for the weather, a martini glass for a bar, a lightbulb for a good idea, a bathroom sign, a “no smoking” sign, and a red circle with three lines for “hot spring.” All of these symbols were created with a mere grid of 12X12 pixels. These original emoji may look as foreign as Egyptian hieroglyphics today.

Today there are almost 2,000 different emojis available on cell phones and social media sites like Twitter and Facebook. Why are they so beloved? Because they put personality on a message. Scientists explain that people react to emoji the same way they react to a human face—with empathy. In this way, it seems we are hardwired for emoji. On World Emoji Day, celebrate the power of the emoji by sending your favorite icon, whether it is a yellow smiley face, heart, unicorn, or thumbs-up.

City of the Sun

On July 24, 1911, American explorer Hiram Bingham was led by an 11-year-old boy into the Andes mountains of Peru to discover the Incan city known as Machu Picchu, meaning “Old Peak.” Nestled at almost 8,000 feet above sea level in the clouds, this small city was built by hand around 1450 under the command of the Inca emperor Pachacuti. Bingham believed this to be the “Lost City of the Incas,” a refuge hidden from Spanish invaders who desired to wipe out the Inca civilization. Studies now show that Machu Picchu was not a hidden city at all, but a private summer estate of the emperor, and perhaps a religious pilgrimage destination for Incas believing it to be the twin birthplace of the sun and all of Inca civilization. Even if it is not the famed “Lost City,” Machu Picchu remains spectacular for its 200 stone structures linked by 3,000 stone steps over multiple levels. It remains one of the most awe-inspiring human achievements and draws 300,000 visitors each year. Interestingly, Vilcabamba, the true Lost City of the Incas and the last refuge of the Inca empire until 1572, was not discovered until 1976 and is considerably lesser known.

Music with Everett Dean



Donna Keim was serenaded “Elvis” on her 85th Birthday.

Hot Diggity Dog



Estimates suggest that over seven billion hot dogs are eaten between Memorial Day and Labor Day, with prime hot dog eating taking place

smack dab in the middle of summer. No wonder July has been declared Hot Dog Month.

The hot dog may be more American than apple pie, but its origins are distinctly German and Austrian, hence the names *frankfurter*, after the German city of Frankfurt, and *weiner*, for the Austrian city of Vienna. Immigrant butchers from these two countries made their own sausages, and vendors hawked the meats from carts along busy city sidewalks. When exactly did the term *hot dog* replace *frankfurter* and *weiner*? No one knows for sure. According to some reports, it was common slang for college students to use the term *dog* to describe sausage meat of uncertain origin. It was less than complimentary to call a hot sausage a *hot dog*, but the name stuck.

When exactly did the hot dog become America's iconic food, synonymous with summer, baseball games, and the everyman? Historians look to Coney Island, the so-called "working man's Riviera," for the answer. At the turn of the 20th century, Coney Island had it all: a racetrack, the beach, amusement parks, music, glittering lights... and Nathan Handwerker. A Polish immigrant, Handwerker saved up enough money to open his own hot dog stand. When a newly constructed subway increased traffic to Coney Island, Handwerker was ready to cater to the thousands of visitors with his low-cost hot dogs. His stand, *Nathan's*, sold 50,000 dogs each day and grew into a massive hot dog empire. The hot dog is such an icon of American culinary history that different parts of the country lay claim to unique dogs, but the Chicago dog reigns supreme: an all-beef dog topped with minced raw onion, relish, pickled peppers, a spear of pickle, sliced tomatoes, celery salt, and yellow mustard on a poppy seed bun. This July, no matter how you eat it, take a bite of an American tradition.

July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace. Those born between July 23–31 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

Residents

Ruth Smith- 7/5

Staff

Theresa Painter- 7/7



Feeling Bullish



Most everyone has heard of Pamplona's notorious *Encierro*, or "Running of the Bulls." Lesser known is the Running of the Bulls in New Orleans on July 8. As in Pamplona, brave souls wearing white shirts and red bandanas run through the streets, but instead of bulls,

they are pursued by the RollerBulls, roller derby skaters with horned helmets and plastic bats. Around 400 skaters from roller derby teams from across the world chase 18,000 joyous runners down Convention Boulevard. The festival concludes the next day with a Hemingway-themed celebration featuring readings, skits, and a look-alike contest. This is all courtesy of Hemingway's 1926 novel *The Sun Also Rises*, which famously depicts Pamplona's Running of the Bulls.