

Windsor Manor

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A Canned Classic



Over the past 87 years, Spam—Hormel’s renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but

shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over nine billion cans of Spam have been sold.

Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guamanian eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald’s and Burger King. Spam is so popular in Hawaii that it is called “The Hawaiian Steak,” and other canned meats, such as Armour Treet, are not nearly as popular.

Why has Spam become such a celebrated piece of Americana? Was it the now-famous 1970 sketch by Britain’s comedy troupe Monty Python that launched Spam to international stardom? Or is it the curiosity surrounding the meaning of its name or the mystery of its ingredients? We may never know why Spam has become so popular, but the Smithsonian has taken the lead in immortalizing it. Two cans of Spam, one bearing the original packaging and another with an updated design, have been added to the museum’s exhaustive collection. It may satisfy Spam’s devoted followers to know that their favorite canned meat product is a work of art.

July Birthdays

Beverly Kauzlarich	July 5 th
Laverne Ohnumus	July 10 th
Robin Jacobson	July 10th
Bernice Collins	July 14 th
Onalee Cornelius	July 15 th
Payton Belt	July 15th
Robert Smith	July 16 th
Callie Robins	July 17th



Happy July 4th!



We celebrate American Independence Day on the Fourth of July. July 4, 1776, is a day that represents the **Declaration of Independence** and the birth of the United States of America as an independent nation.

Windsor Manor Activities Corner

Celebrating July

Cell Phone Courtesy Month

Women’s Motorcycle Month

Ice Cream Month

Farriers Week

July 7–13

Zookeeper Week

July 21–27

Independence Day

July 4

World Kiss Day

July 6

Bastille Day

July 14

Caviar Day

July 18

Amelia Earhart Day

July 24

Talk in an Elevator Day

July 26

Rain Day

July 29



Men’s Outing to A & W was a lot of fun and tasty food. Our next outing will be on July 24th. Let’s go! Where? To McDonalds Fast Food Restaurant 😊



Who's got the first Strawberry?



In the Fast Lane

With more than 200,000 drive-thru restaurants in America alone, it's easy to see how much people love picking up a meal at a window. Maybe it's because we're so busy that we don't have time to order our meals inside. Or maybe we're just a little lazy. If you're looking for an excuse to grab some fast food, look no further than July 24, Drive-Thru Day.

Jack in the Box purports to have invented the first drive-thru in 1951 at its San Diego eatery. Others claim the drive-thru was conceived by two Texans, one a tobacco salesman and the other a doctor. They teamed up to open Kirby's Pig Stand drive-in restaurant in Dallas in 1921. Whether you drive-thru or drive-in, people have been eating in their cars ever since.

A Sticky Celebration



Lollipop. Sucker. Lolly. Sticky pop. Whatever you call them, Lollipop Day falls on July 20. Scientists tell us that even early humans enjoyed these treats, licking and sucking on honey on a stick. The term *lollipops* wasn't used until 1931 when George Smith, owner of the Bradley Smith

confectionary company, named a stick candy after his favorite racehorse, Lolly Pop. Some dispute this origin, however, because in England the word *lolly* means "tongue" and *pop* means "slap," so some think that the word *lollipop*, meaning "tongue slap," may have originated in England.

As to the invention of the lollipop itself, some say that in 1905 the McAviney Candy Company may have accidentally invented this hard candy on a stick. The process of boiling the candy required stirring with a stick. At the end of the day, the owner brought the candy-covered sticks home for his children. Three years later, he finally realized he was on to something and began marketing his "used candy sticks."

The Art of Being Bored



July is not the month to sit around twiddling your thumbs: it's Anti-Boredom Month. But wait! Before you decide to spice up your life by taking up a

new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing.

Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.

Who likes Smores?



Protecting the Wild



The International Ranger Federation, a worldwide consortium of park rangers and uniformed conservationists, was founded on July 31, 1992. In 2007, July 31 was officially dedicated as World Ranger Day, a day to honor all the

hardworking men and women who put their lives on the line to protect the world's wild places.

How should you celebrate? Visit a park and thank a ranger in person. Donate to your local park or conservation fund. Light a candle for the brave rangers who have died in the line of duty. After all, rangers have the responsibility of protecting over 100,000 parks and conservation areas worldwide. That's more than 10 percent of Earth's entire landmass!