



Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape, and they could be made much faster and were more available as an everyday treat.

Marshmallows inspired the creation of many popular recipes and products, including s'mores, Rice Krispies Treats, Moon Pies and spreadable Marshmallow Fluff.

From miniature to jumbo shapes and a variety of colors and flavors, over 90 million pounds of marshmallows are eaten each year in the U.S.



At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.



A Message From Leisure Care

As you know, due to the continuing situation brought on by COVID-19, we have modified our schedule of activities in order to keep our residents and staff safe and healthy. Instead of the monthly calendar, we are using this space to provide additional activities you can do at your leisure. Again, we thank you for your support and cooperation as we settle into new routines.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Brain Bender: At the Beach

Leo, Sabrina and Vicky went to the beach. Each of them saw a sea creature—starfish, crab and jellyfish—and enjoyed a treat from the concession stand—ice cream, snow cone and hot dog. They also met new friends by joining in an activity—Frisbee, volleyball and flying a kite.

Using the clues, can you figure out how each person spent the day?

- Sabrina did not play volleyball, see a crab, or eat a snow cone.
- The person who flew a kite also saw a jellyfish.
- Leo did not a fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

Crossword Puzzle

1	2	3	4		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								32				33	34	35
36														
37					38	39					40			
41					42						43			
				44					45	46				
47	48	49	50			51	52							
53					54		55					56	57	58
59						60						61		
62					63						64			
65					66						67			

ACROSS

1. Airport-to-hotel transports

5. Wash

10. Incline

14. Make __; sit

15. Misshapen folklore man

16. Hip sections

17. Welterweight champ, once

20. Morns, for short

21. "I'm so hungry, I could __ horse!"

22. Northern part of Ireland

23. In a risk-free manner

25. Waterbirds

26. Job applicant papers

29. Tumor's suffix

31. Love, in Livorno

32. Representative: abbr.

33. Word with horn or drum

37. First Englishman to sail around the world

41. Elected official: abbr.

42. Kennel boarder

43. Eagle's home

44. "__ got the whole world in His..."

45. Items for baby

47. Dwelling

51. i.e.

53. Warp

55. Years in Mexico

56. Prefix for center or gram

59. Pat Nixon's predecessor

62. Late coming back?

63. Foot support

64. Dill herb

65. Comedienne Martha

66. Grammar book chapter

67. Rule out

DOWN

1. Hombre's home

2. Former student, for short

3. Works in a market
4. Seated bath

5. Attack with gunfire

6. Boxes

7. Flush type

8. Univ. of Louisiana at Lafayette, for short

9. __ cheese dressing

10. Hair solution

11. Like a bird

12. Muddy spots

13. Man of the cloth

18. Hole-enlarging tool

19. Olympian Korbut

23. Enjoys a water sport

24. Name for a cartoon bear

26. Scrape

27. Muslim leader

28. Teed off

30. Rainier & McKinley: abbr.

32. __ up: misbehave

33. British machine guns

34. River in Switzerland

35. Short theatrical sketch

36. Uses one of the senses

38. Gorilla

39. Fit snugly together

40. Breakfast request

44. Thyme or basil

45. Musical instruments

46. Peter __

47. Philosopher/educator Mortimer

48. Blessed: Lat.

49. See the light __; come into existence

50. Author whose monogram was ACD

52. Wore

54. Water vapor

56. One in bondage

57. Verse composer

58. One __ one is one

60. Traveler's way: abbr.

61. Of a branch of the mil.

Paws-itively Famous

Match the famous canine character to their movie role.

- | | |
|----------------------|-------------------------------|
| Dog Character | Movie |
| 1. Copper | A. "Up" |
| 2. Fly | B. "The Call of the Wild" |
| 3. Pongo | C. "Toy Story" |
| 4. Old Dan | D. "The Little Rascals" |
| 5. Buck | E. "The Fox and the Hound" |
| 6. Slinky | F. "Babe" |
| 7. Petey | G. "Where the Red Fern Grows" |
| 8. Dug | H. "101 Dalmatians" |

Tongue-Tied

Try these tongue-twisting combinations without getting tripped up!

- She sees cheese.
- He threw three free throws.
- How can a clam cram in a clean cream can?
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday.
- If you must cross a coarse cross cow across a crowded cow crossing, cross the cross coarse cow across the crowded cow crossing carefully.
- Researchers say this phrase is the world's most difficult tongue twister: Pad kid poured curd pulled cord.

Word Challenge

Create three different words using the letters A, E, I, M, N and R. You must use all the letters for each word.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

3				6		2	8	
		4				5		
6	1							3
9		3						
	8		7		5		6	
						9		2
5				7			4	1
		9				7		
	3	6		4				9

Just for Laughs

Q: How do you fix a broken tomato?
A: With tomato paste!

Puzzle Solutions

Brain Bender: At the Beach

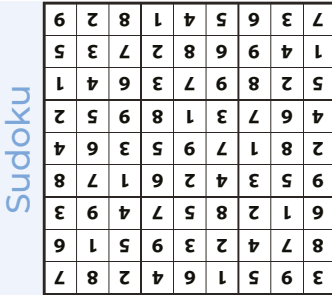
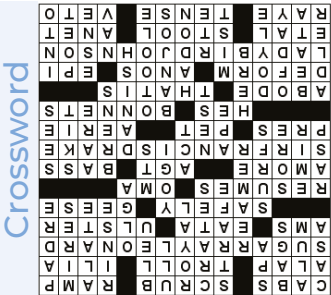
Leo saw a crab, ate a hot dog, and played volleyball. Sabrina saw a starfish, ate ice cream, and played Frisbee. Vicky saw a jellyfish, ate a snow cone, and flew a kite.

Paws-itively Famous

1. E; 2. F; 3. H; 4. G; 5. B; 6. C; 7. D; 8. A

Word Challenge

airmen, marine, remain



Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called hamacas. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took hamacas back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel’s movement. Through the 20th century, hammocks were standard equipment on naval vessels.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock’s gentle rocking helps people doze off faster and get a deeper sleep.



A Groovy Look at Tie-Dye

It’s a fun craft with a history as an art form and a symbol of self-expression. Tie-dye’s bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that “resisted” the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.



August Birthdays

Irene Mason, 2nd	Marg Yeabsley, 8th	Kay Stanifird, 18th	Rodney Mueller, 20th
Elaine Austin, 5th	Corky Lyman, 11th	Beverly Miller, 18th	Pat Erickson, 23rd
Barb Duffy, 6th	Nellie Harris, 16th	Lyle Gordon, 19th	Gene Zevenbergen, 27th

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