

Advanced

SUBACUTE AND REHABILITATION CENTER

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Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife's batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.

Nature's Toothbrushes

Dentists recommend brushing your teeth after a meal, but if you can't do that, eat a crunchy fruit or vegetable such as an apple, carrots or celery. Their fibrous texture and high water content make them natural teeth cleansers.

Honoring Dad

"No music is so pleasant to my ears as that word—father." —Lydia Maria Child

Starry, Starry Night

One of the most magnificent sights in nature, the night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

Orion. The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

Ursa Major. The name of this constellation means "Great Bear," and it is notable for containing the Big Dipper, one of the most recognizable star patterns. The Big Dipper forms the bear's tail and back.

Ursa Minor. In Greek mythology, the "Little Bear" is the child of the Great Bear, and is also called the Little Dipper. The dipper's handle is the bear's tail. Polaris, better known as the North Star, is the tip of the tail.

Canis Major. The brightest star in the night sky, Sirius, is located in this constellation, which means "Great Dog." Look for stars that form a stick figure, with Sirius as the head.

Cassiopeia. Named for a queen in Greek mythology, this constellation's five bright stars create an "M" or "W" shape.



Flying the US Flag

While many places fly the American flag, there are eight historic locations that have official proclamations to display the Stars and Stripes 24/7. Celebrate Flag Day on June 14 by learning about some of these sites:

White House. Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

Washington Monument. The memorial in Washington, D.C., to America's first president has 50 flags, one for each state, encircling the monument. The proclamation to display them 24/7 was made July 4, 1971.

Lexington Battle Green. The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been made into a park. Since 1965, a U.S. flag flies continuously near the site's famed Minute Man statue.

Films About Fathers

Celebrate Father's Day this month by watching these movies that explore the relationship between dads and their children.

"Father of the Bride" (1950). Spencer Tracy plays a dad whose daughter (Elizabeth Taylor) is planning a lavish wedding, which leads to funny and poignant moments.

"To Kill a Mockingbird" (1962). In this acclaimed classic, Gregory Peck portrays a Southern lawyer who teaches his children about compassion in a town divided by prejudice.

"Field of Dreams" (1989). An Iowa farmer (Kevin Costner), following the advice of a mysterious voice, turns his cornfield into a baseball diamond and receives visitors from the past.

"Mrs. Doubtfire" (1993). Yearning to spend more time with his children, a divorced dad (Robin Williams) disguises himself as a female Scottish nanny in order to be hired by his former wife.

"Finding Nemo" (2003). In this Oscar-winning animated feature, Marlin, a timid clown fish living in the Great Barrier Reef, braves unfamiliar waters to rescue his lost son, Nemo.

"The Pursuit of Happyness" (2006). Actor Will Smith and his real-life son star in this drama based on the true story of a determined single dad who perseveres despite life's setbacks.



High-Flying Feats

With their trademark blue and gold jets, the U.S. Navy Blue Angels are famous for amazing audiences with spectacular aerial feats and formations. This elite flight demonstration squadron performs for about 10 million people each year at air shows and sporting events.

The Blue Angels have been thrilling spectators since 1946, when the chief of U.S. naval operations, Adm. Chester W.

Nimitz, established the team to encourage public interest in naval aviation, attract recruits to the Navy and boost morale in the branch.

Today, a squad of six expert Navy and Marine Corps aviators, flying modified F/A-18 Hornets, demonstrate many of the same exciting maneuvers from the unit's first flights. Showcasing skill, precision and teamwork, the pilots execute loops, rolls, tight turns and high-speed passes of up to 700 mph. In their signature diamond formation, the jets fly as close as 18 inches from each other.

The Blue Angels are based at Naval Air Station Pensacola, on Florida's Gulf Coast.

A Pink Drink

Sipping a glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.



Wit & Wisdom

"My father gave me the greatest gift anyone could give another person; he believed in me."

—Jim Valvano

"My dad had this philosophy that if you tell children they're beautiful and wonderful then they believe it, and they will be."

—Emily Mortimer

"Anyone who tells you fatherhood is the greatest thing that can happen to you, they are understating it."

—Mike Myers

"My father was my teacher. But most importantly he was a great dad."

—Beau Bridges

"It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life."

—Dawn French

"Even if society dictates that men and women should behave in certain ways, it is fathers and mothers who teach those ways to children, not just in the words they say, but in the lives they lead."

—Augustus Y. Napier

"Fatherhood is everything I wanted it to be and more. It's an unbelievable experience."

—Rodger Berman



Telephone Milestones

From its invention 140 years ago to the smartphones of today, the telephone has advanced by leaps and bounds. Dial into these phone history highlights.

Year	Milestone
1876	Alexander Graham Bell is issued a patent for his "electrical speech machine."
1915	Bell makes the first transcontinental phone call, from New York to San Francisco.
1927	Transatlantic phone service is established between the U.S. and London.
1963	Push-button dial phones begin to replace rotary-dial phones.
1973	A Motorola employee makes the first portable cell phone call.
1984	Cell phones, with price tags of about \$4,000, are available to the public.
1996	The first successful consumer cell phone, the flip phone, debuts.
2007	Apple introduces its touch-screen smartphone, the iPhone.

"Then & Now"

"This Month In History"

JUNE

1903: Ford Motor Company is incorporated by carmaker Henry Ford and 12 investors.

1919: The Treaty of Versailles is signed in Paris, officially ending World War I.

1925: Starring as his screen character the Little Tramp, Charlie Chaplin's comedy "The Gold Rush" premieres and is a box office hit.

1944: President Franklin D. Roosevelt signs the GI Bill into law, providing benefits for veterans of World War II.

1956: At a courthouse ceremony in White Plains, N.Y., actress Marilyn Monroe marries playwright Arthur Miller.

1965: During the flight of Gemini 4, astronaut Edward White becomes the first American to walk in space.

1977: Seattle Slew wins horse racing's Triple Crown.

1985: Due to newer interstates, Route 66, the iconic road stretching from Chicago to Santa Monica, Calif., is officially removed from the federal highway system.

1996: The Women's National Basketball Association is founded.

2004: Former President George H.W. Bush celebrates his 80th birthday with a parachute jump over his presidential library in College Station, Texas.

2007: After 35 years, Bob Barker retires as host of TV's longest-running game show, "The Price Is Right."

2010: The FIFA World Cup begins in South Africa. It was the first time the international soccer tournament was held on the African continent.