

The Westbrook Chatterbox

Happy July!!

This year marks the 245th anniversary of the birth of our country. The United States of America was founded on the premise of freedom. Freedom of worship and freedom of speech were two of the main freedoms. Up until then, who to worship and how to worship were dictated by governments and if you spoke out against those governments, death was often the outcome.

The United States was founded on the principles that all men are created equal. The color of a person's skin, a person's gender or the religion they choose should not determine how they are treated or what they could do. We were guaranteed life, liberty and the pursuit of happiness.

Unfortunately, our history is riddled with civil unrest. Slavery existed, women were not given the right to vote, and many other issues have plagued us. We have fought ourselves and other nations. We have come under attack during WWII and on 9-11. But the one thing that has remained constant is that Americans fight for what they believe.

We do not live in a perfect nation. There are many things that we can take offense to and that we don't necessarily agree with, but that's okay. We can gripe about the things we don't like. We can work towards making changes for the things we passionately believe in. We have the right to protest peacefully. We have the right to publish our opinions in the newspaper. It is our right to stand up and boldly proclaim our beliefs.

We have so many blessings in our country that other nations can only dream about. We can work whatever job we want, go to whatever college we wish, and worship how we want and who we want without fear of persecution. We can choose who we marry, how many children we have and where we live. We can join groups to promote change, we can choose to not join groups and we can decide our own paths.

Independence is free from outside control; not depending on another's authority, not depending on another for livelihood or subsistence. Our forefather's fought and died for their freedom and ours. Many have given their lives over the last 245 years to ensure that we can continue to enjoy these rights.

So on this Independence Day, take a minute to be thankful for all those who have fought and died for our country. Reflect on all the freedoms you enjoy and all the choices you have gotten to make in your lifetime. And most of all, please do not take for granted these freedoms. They were hard won and are so precious. Think about all the other nations that wish they had the freedoms we enjoy. We are truly a blessed people and nation. Not a perfect people or a perfect nation. But definitely blessed.

Happy Independence Day –
Janelle

Fireworks

The term fireworks didn't come about until 1777 when the first Fourth of July celebration took place. Before that, they were simply called "rockets." Because they were more visual than anything, they called them "fireworks." Later on, the ones that were made for noise (and not beauty) were called "fire crackers." And in 1880 "sparklers" were created. What child hasn't held a sparkler in their hand? If not, those are long thin wands that spit out bursts of sparks in waterfall-style patterns.

In the Middle Ages, they had "firemasters" who designed and put on elaborate fireworks displays for military victories, religious festivals and crowning of kings and queens. Because this became so popular, by the 1700's they needed help, and so the assistants were known as "wild men" or "green men" because they wore caps made of green leaves.

They were much like jesters, flitting among the crowds telling stories, jokes and warning people to stand back. Then they would set off the fireworks with lighted sticks called "fire clubs." This was a dangerous job and many "green men" were injured or killed when a firecracker mis-fired or didn't shoot high enough in the air to be safe.

When fireworks came to America they were used for both domestic and public celebrations. By 1870, American companies were marketing fireworks for private use by renaming them *Roman Candles*, *Flying Dragons*, *Sun Wheels* and *Prismatic Fountains*. And the popularity of the "at home in your backyard" fireworks fun meant many people didn't have to deal with huge crowds to enjoy them. But, it meant they had to pay for them, whereas the public displays were usually paid for by the town and free to view.

Only 35 states as of right now have fireworks legal for the public to use. The other 15 states make it illegal totally. And in the case of *some* states, they allow only certain kinds of fireworks to be legal. All states since 1966 have banned Cherry Bombs and other large firecrackers due to the large number of injuries. Although sold in America, most of them are made in China, Japan, South Korea and Taiwan.

Every year Washington, D.C. puts on a 4th of July entertainment show and fireworks display called A Capitol Fourth!



One year, Johnny's family was having the "extended family" 4th of July cookout at their home. One of the special treats that year was the lighting of the fireworks (Roman candles, bottle rockets, missile batteries, etc.) they had bought out of state (they're illegal in their state, of course!)

Just before they were to arrive, a cousin calls, saying their neighbor's plans had just fallen through, and could they bring them along to the picnic - they even had extra food to bring. "Sure, the more the merrier!"

Upon arrival and meeting of their cousin's neighbor, it is discovered that he's a police officer. The father turns as innocently as he can to Johnny, and whispers to him to grab the paper bag of fireworks sitting in the kitchen and hide them somewhere quickly. Johnny disappears, and the father changes the topic to food for the day. This family had brought some chicken to grill, so the father tells them the gas grill is all set to use out back - just turn on the gas and push the ignition button with the lid still closed.

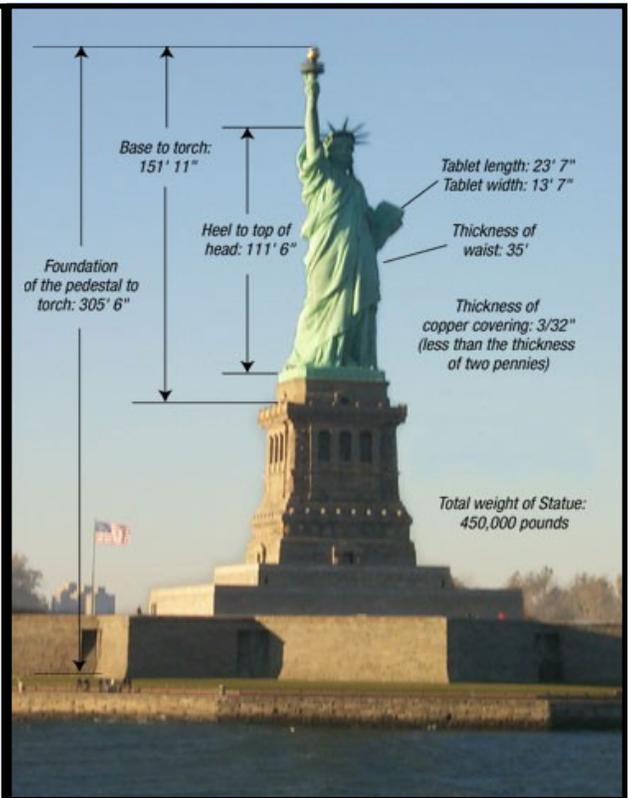
They head out to the back as Johnny comes back in through the front door. The father hurries to him and says "Whew, that was close! That man's a police officer, and he almost saw the fireworks. Did you hide them real well?"

"Oh, yeah, nobody will ever think to look in the grill!"

Fun Facts About The Statue of Liberty

If you have ever visited the Statue of Liberty in person, you already know she's an imposing figure, but consider the following fun facts:

- Official dedication ceremonies held on Thursday, October 28, 1886
- Total overall height from the base of the pedestal foundation to the tip of the torch is 305 feet, 6 inches
- Height of the Statue from her heel to the top of her head is 111 feet, 6 inches
- The face on the Statue of Liberty measures more than 8 feet tall
- There are 154 steps from the pedestal to the head of the Statue of Liberty
- A tablet held in her left hand measures 23' 7" tall and 13' 7" wide inscribed with the date JULY IV MDCCLXXVI (July 4, 1776)
- The Statue has a 35-foot waistline
- There are seven rays on her crown, one for each of the seven continents, each measuring up to 9 feet in length and weighing as much as 150 pounds
- Total weight of the Statue of Liberty is 225 tons (or 450,000 pounds)
- At the feet of the Statue lie broken shackles of oppression and tyranny
- During the restoration completed in 1986, the new torch was carefully covered with thin sheets of 24k gold
- The exterior copper covering of the Statue of Liberty is 3/32 of an inch thick (less than the thickness of two pennies) and the light green color (called a patina) is the result of natural weathering of the copper.



"Give me your tired, your poor,
Your Huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!"



Liberty Bell Facts

- Location: Liberty Bell Center, Market Street & 6th, Philadelphia, Pennsylvania
- Bell Originally Cast: Whitechapel Foundry 1752
- Bell recast: Pass & Stow Philadelphia 1753 and again later that year
- Bell owned by: The City of Philadelphia (not the Park Service)
- Strike note: E-flat
- Composition: 70% copper, 25% tin, small amounts of lead, zinc, arsenic, gold and silver
- Size of "Crack": The "crack" is approximately 1/2 inch wide and 24.5 inches long. The Bell actually suffered a series of hairline cracks. The area around the crack was expanded in hopes of extending the useful life of the Bell. In the picture at right, note the hairline crack that finally rendered the bell unusable extending upward.
- Bell Stats:
 - Circumference around the lip: 12 ft.
 - Circumference around the crown: 7 ft. 6 in.
 - Lip to crown: 3 ft.
 - Height over the crown: 2 ft. 3 in.
 - Thickness at lip: 3 in.
 - Thickness at crown: 1-1/4 in.
 - Weight (originally): 2080 lbs.
 - Length of clapper: 3 ft. 2 in.
 - Weight of clapper: 44-1/2 lbs.
 - Weight of yoke: 200 lbs.
 - Length of visible hairline fracture: approx. 2' 4"
 - Length of drilled crack: approx. 2' 1/2"
 - Yoke wood: American Elm (a.k.a. slippery elm)



Featured Resident - Carol Lane Haug

Carol Lane Haug was the only child born to Leonard and Frances Ogg of Richmond, MO. Growing up she loved spending time with her grandparents. Her Uncle Johnny made her a gunny sack swing. She loved climbing up the tree and jumping off on the swing. Carol Lane was also a roller skating enthusiast, spending time at the local rink. She took piano lessons and enjoyed playing the piano for her own pleasure. She was involved in the Girl Scouts and loved spending time swimming and hanging out at Lake Maurer in Excelsior Springs, MO.

Carol Lane enjoyed school. Many of the friends she still has she met in second grade. She was very active in school. During high school, she did band for a short while playing the Mellophone, which is similar to a French Horn. The Mellophone makes the "oompa" sound and the band director referred to her as his "Oompa Girl". Carol Lane decided that she would rather be a cheerleader and quit band. She once played an eight year old girl named Dagmar in the play "I Remember Mama" and she was a member of Student Council. She graduated from Richmond High School in 1953.

Carol Lane got a job right out of high school working as a switchboard operator with Southwestern Bell. She loved this job. She said one reason was when she left the switchboard she didn't have to think about work anymore.

Carol Lane was chaperoning a group of young people at Lake Maurer when she met a young man by the name of Ritchie Moberly. They started dating and married in 1960. Donnie was born the following year and Danny rounded out the family in 1969. Carol Lane was a stay at home mom and loved it. Her boys were her life. She spent lots of time at baseball games, basketball and football games as well. She also played bridge, made 3D pictures and was a member of the Beta Sigma Phi International Women's Sorority. Carol Lane and Ritchie divorced after twenty-five years.

Carol Lane worked a few different jobs including a summer working at Worlds of Fun on the Cotton Blossom. She went to work at Dillard's in 1987.

Carol Lane reconnected with Bob Haug in 1994. She had dated him right out of high school. He had kept in contact with her parents. His wife had passed away and they started dating again. They married in 1995.

She quit Dillard's. When school started that fall, she went to work as a para for a hearing impaired girl. She worked with her for three years and is still in contact with her today. Bob went to work for the school district as well as a bus driver.

They were involved in the Christian Presbyterian church. They traveled to Phoenix and Corinth, MS, to visit Bob's sisters. In 2000, they flew to New York. They went to the Twin Towers and saw Bob Fosse's Broadway show. From there, they drove to Rhode Island (Providence and Bristol) then back to Cooperstown, NY. They continued driving through New Hampshire, Vermont, Pennsylvania and ended up in Washington, D.C. They visited the Vietnam Memorial and a few other tourist attractions before flying home. They would also attend their grandchildren's track meets and baseball games.

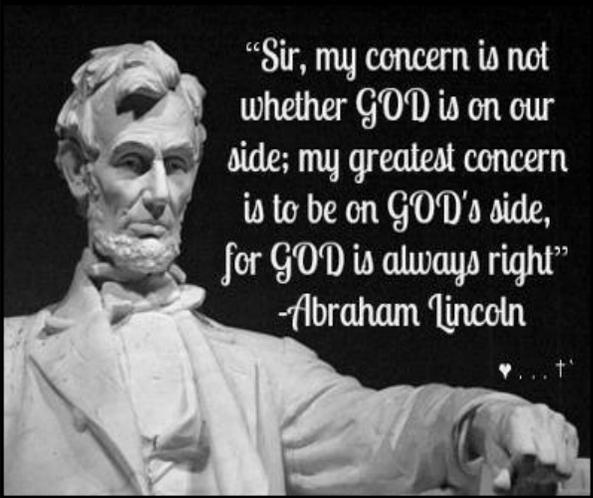
It became time to downsize and find a place that didn't require a lot of upkeep. Carol Lane's sons started looking and found Westbrook. The couple moved to Westbrook in March of this year. Carol Lane says she loves not having responsibility for any upkeep. She thinks the people are lovely and enjoys being closer to the boys and other places they want to go.

Carol Lane has a passionate love for animals. She enjoys photography, cross stitching, scrapbooking and she and Bob made their granddaughter, Claire, a dollhouse. It was a three story dollhouse done in the Victorian style. They even included pictures of great grandparents on the walls to personalize it. It was fully furnished with a nursery, bedroom, bathroom, living room, attic room and kitchen.

Carol Lane enjoys spending time with her family. Between the two of them, they have Bob's daughter, Tracy and Carol Lane's sons, Danny and Donnie. They have one son in law and one daughter in law, six grandsons, two granddaughters, three great granddaughters and two great grandsons. Carol believes it's important to spend all the time you can with your children and grandchildren.



July



“Sir, my concern is not whether GOD is on our side; my greatest concern is to be on GOD’s side, for GOD is always right”
-Abraham Lincoln



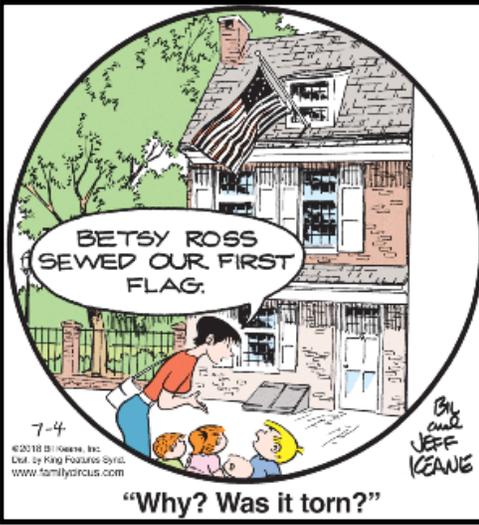
Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.
John F. Kennedy

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed else like a flower cut from its life-giving roots, it will wither and die. ~ Dwight D. Eisenhower

Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. ~ Ronald Reagan

GOD BLESS AMERICA

We the people of the United States, in order to form a more perfect Union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare. And secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution of the United States of America.



Foods to Help Battle Dehydration

Chugging water throughout the day isn't the only way to defend yourself against dehydration. Loading up on specific foods and beverages can drastically increase your H₂O intake, plus they'll fill you up and provide necessary nutrients that flavored waters lack.

Watermelon It's no wonder biting into a juicy slice of watermelon is so refreshing—it's made up of about 93% water, making it an ideal snack for a summer trip to the beach or park. Eat it as is, or blend it into a watermelon cocktail to help counteract the dehydrating effects of alcohol.

Strawberries Even dessert can up your water intake if you're serving strawberry shortcake. Strawberries are packed with water, even more than raspberries, blueberries and blackberries, plus they contain potassium, which helps your body maintain an optimal fluid balance.

Cucumbers Serving a crunchy cucumber salad with dinner is an easy way to incorporate this hydrating veggie into your diet, plus the magnesium and potassium in cucumbers keeps your skin looking healthy.

Tomatoes About 94% of a tomato's weight is water, so take advantage of the plump, perfectly ripe ones at the farmer's market this summer. Eat grape or cherry tomatoes as a snack, or slice up heirloom tomatoes to make this beautiful tart.

Baby Carrots These little guys actually contain more water than full-size carrots do, so definitely keep a bag on-hand. They're perfect for kids' lunches or adult snacking, with some hummus on the side.

Salad Greens Dark greens like spinach and kale are packed with nutrients, but other varieties of lettuce shine when it comes to their water content. Iceberg has the most of all—the perfect excuse to make a wedge salad for dinner—followed by butter, green leaf and romaine lettuce.

Fat Free or Skim Milk Instead of reaching for sugary sports drinks, pour yourself a glass of milk to quench your thirst. Depending on which variety you choose, milk is between 85% and 95% water, and the rest is a combination of protein, sugar, fat, and other nutrients to help your body recover from dehydration.

Celery Don't just save celery for eating alongside buffalo wings! The stalks are about 96% water, plus they're packed with potassium, magnesium, calcium, iron, zinc and fiber. It may not feel like you're eating much, but celery can even help curb your appetite.

Yogurt Start hydrating at breakfast with a serving of plain yogurt which, surprisingly, is around 85% to 88% water. The fuller-fat varieties are the best option, full of potassium and sodium that can replenish electrolytes when your body's in need.

Coconut Water Check the label to make sure you're not getting a sugar-packed version of this refreshing drink, but coconut water has plenty to offer. It's lower in calories and sodium than sports drinks, and the natural sugars and potassium help restore your blood sugar levels faster than water after exercising.

Cantaloupe Make sure to get this juicy melon into your fruit salad for added potassium and vitamins A and C. The fruit is about 90% water, and a quarter of a melon contains around just 50 calories.

Pickle Juice Don't knock it 'til you try it! The liquid in your pickle jar contains sodium and potassium which have the power to hydrate you faster when you're short on electrolytes (i.e. after a workout, or when you're hungover). Plus, pickle juice makes an amazing addition to Bloody Marys.

Zucchini is about 95% water, but cooking it can eliminate that handy quality. Thankfully, raw, spiralized zucchini noodles are an easy and tasty way to take advantage of the H₂O content, as well as the folate, potassium, vitamin A and vitamin C inside.

Broths and soups are made with lots of water, and the sodium from chicken stock and other seasonings provides sodium, which allows your body to retain that precious H₂O. Time to re-think soup as a strictly wintertime dish.

Jell-O is one of the easiest treats to whip up thanks to the fact that you just add water, and that makes it a surprisingly hydrating dessert, as well. Opt for the sugar-free kind to keep calories down.