



# BELLAIRE AT DEVONSHIRE

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### Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

### Remember When: Automats

Long before fast-food restaurants were commonplace, automats provided quick, affordable meals. The self-service cafeteria-style eateries offered a variety of fresh entrees, sandwiches, slices of pie and more, each displayed in a compartment inside a large glass case. Most of the items cost 5 or 10 cents, and diners dropped nickels into a slot, turned a knob and opened a small door to retrieve their food.

### A Grand Anniversary

President Theodore Roosevelt called it the "one great sight which every American should see." Arizona's Grand Canyon, carved out by the Colorado River over millions of years, is considered one of the world's natural wonders. Grand Canyon National Park was established Feb. 26, 1919, and will be celebrating its centennial with special events all year long.

### February Birthdays

Carol Burgess ..... 2/04  
Juanita Bordman ..... 2/12

## February 2019



### Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

### Layered in Warmth

Older adults are more sensitive to cold weather, yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

### Furry Forecasters

Pennsylvania's Punxsutawney Phil tends to hog the spotlight on Groundhog Day, but there are other celebrity groundhogs who are prognosticators of spring. Down in Cajun country, Pierre C. Shadeaux makes his annual prediction in south Louisiana. Staten Island Chuck is the official forecaster for New York City. And folks in Raleigh, N.C., check in with Sir Walter Wally.

## ENTERTAINMENT TRIVIA

### Screen Teams

#### Team

- 1) New York Knights
- 2) Toon Squad
- 3) Dillon Panthers
- 4) Average Joe's
- 5) Hickory High Huskers
- 6) Rockford Peaches

#### TV Show or Film

- A) "A League of Their Own"
- B) "The Natural"
- C) "Hoosiers"
- D) "Dodgeball: A True Underdog Story"
- E) "Friday Night Lights"
- F) "Space Jam"

Sports is big business, and big in show business. Dozens of movies and TV shows have focused on athletes and the games they play. Can you match the team with the film or series in which it appeared?

Answers: 1) B; 2) F; 3) C; 4) D; 5) E; 6) A

## "This Month In History" FEBRUARY

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** "Sincerely" by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1998:** At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

**2002:** The newly created Transportation Security Administration begins overseeing air travel security.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.