

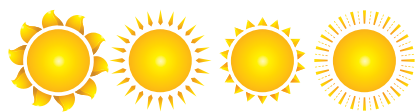
FREE

# Senior Savvy

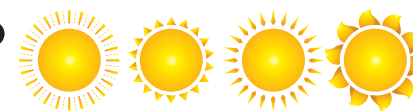
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THE BELTON  JOURNAL





# So, you're retired, now what?



**By: Gretchen Hook**

**Little Elm Residential Care Home**

Most seniors retire between the ages of 65 and 68. Some have a detailed retirement plan, while others do not. What is your plan? Is it working for you, or do you need to do something else? Some seniors choose to return to work part-time. If that's you, I've been researching part-time positions that some seniors might find beneficial. Let's take a look.

search for individuals looking for pet sitters or walkers.

**Tutor:** Do you enjoy working with kids or teaching? Are you fluent in any other languages? Perhaps math or science is your idea of a good time. There are children in our communities who need assistance from a tutor. If this interests you, you can advertise on [tutor.com](http://tutor.com) or [Wyzant.com](http://Wyzant.com). [Nextdoor.com](http://Nextdoor.com) may also be a useful site to find people looking for tutors for their children.

your writings as much as they have loved publishing mine.

**Events:** Games and events offer a fantastic opportunity to meet new people while enjoying unrestricted access to your favorite teams' games. If you're interested in this part-time work, consider becoming an usher or a concession stand worker. You can reach out to local venues for further information.

**Prepare Taxes:** This is a part-time position that is particularly busy during tax season. If you're not already fluent in taxes, companies like H&R Block and Jackson Hewitt will provide training.

**Library Assistant:** Public libraries hire part-time assistants to help put away books, show patrons where to find them, send notices, assist with events, and perform many other tasks. Check with your local library for application details.

**Sitter:** Some memory care or skilled nursing facilities seek part-time, sometimes paid, volunteers to be sitters. These individuals sit with the elderly who are bed-bound and need someone to keep them engaged. Sitters often read, visit, explain what's going on outside, and keep the patients engaged. Another great volunteer opportunity is Hospice. Many Hospice agencies search for volunteers. Reach out to your local Hospice agencies or facilities today for more opportunities.

Overall, retirement is intended for rest and relaxation. Whether you are someone who needs to stay busy, be around others, seek supplemental income, or simply are not ready to stop working, the above list is not exhaustive when it comes to part-time opportunities.



**Driving for UBER:** This on-demand job requires a newer car in excellent condition and a clean driving record. UBER offers many opportunities for seniors who enjoy driving and bringing joy to others by delivering food or groceries. Some UBER drivers also transport people to their destinations. Check out [uber.com](http://uber.com)

**Pet sitting or walking:** If you're a senior who loves animals, you might want to consider pet sitting or walking. You can place an ad in the newspaper offering your services or go on sites like [Nextdoor.com](http://Nextdoor.com) to promote them. Some people may request one or two references. You might also enjoy the opportunity to house sit along with pet sitting. Many individuals dislike leaving their pets alone and require a reliable person to watch both their home and pets. [Craigslis.com](http://Craigslis.com) is another option to post your ad or

**Babysitting:** If you're a more active senior who loves children, consider offering babysitting services. Provide date night options for moms and dads while you watch their little ones or babysit when kids are out of school and parents are on their way home from work. You can find want ads on [care.com](http://care.com) and [sittercity.com](http://sittercity.com). You can also put an ad in your local Newspaper, such as the Belton Journal.

**Writing or Editing:** Are you interested in writing or editing websites, books, or online content? Websites like [freelancer.com](http://freelancer.com) and [freelancewriting.com](http://freelancewriting.com) are excellent resources for finding writing or editing gigs. Another great way to write is to write for your local newspaper. I am not retired but have found a lot of enjoyment in writing for the Belton Journal Senior Savvy. I'm sure The Belton Journal would love to publish

# All Cleaning Service Shines a Light of Care on Cancer Patients' Homes

**By: Lucy Lee**

All Cleaning Service, a woman-owned and operated residential and commercial cleaning company based in Temple, is proud to announce its new partnership with **Cleaning for a Reason**, a nonprofit organization providing free home cleaning to cancer patients across the United States and Canada. This partnership is a reflection of All Cleaning Service's commitment to giving back and serving those in their most vulnerable times.

"When the opportunity to serve with an amazing organization presented itself, I felt a calling to serve," said Brandy Randall, owner of All Cleaning Service. "Anyone and everyone knows someone who has battled cancer. No one should have to feel alone—and if providing a cleaning service during that fight can be one less thing they have to worry about, all the better."

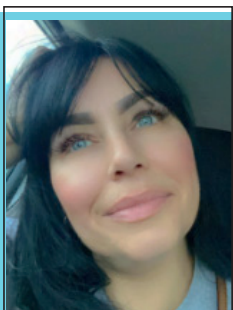
## About All Cleaning Service

Founded in 2017, All Cleaning Service provides residential and commercial cleaning with a focus on safety, professionalism, and environmental care. Services include move-in/move-out, deep cleans, recurring, and one-time appointments. All staff are certified and trained in jobsite safety. Through a partnership with Best of the Best Contracting, the company also offers sanitation for schools, offices, and construction sites. Committed to excellence and sustainability, All Cleaning Service uses the latest green cleaning methods to ensure high-quality, eco-friendly results. Learn more about the company at [allcleaningctx.com](http://allcleaningctx.com).



## About Cleaning for a Reason

Cleaning for a Reason partners with more than 1,400 residential cleaners throughout the United States and Canada to offer free house cleaning to any household battling cancer. Since 2006, the nonprofit and its partners have donated more than \$21 million in services, helping more than 61,000 cancer patients. In 2017, Cleaning for a Reason was adopted by ISSA Charities, the charitable arm of ISSA, the worldwide cleaning industry association. To apply for services, to join as a cleaning partner, or to support the work of Cleaning for a Reason, visit [cleaningforareason.org](http://cleaningforareason.org).



Through its partnership with Cleaning for a Reason, All Cleaning Service is donating house cleaning services for up to **two cancer patients each month for two consecutive months**. These services are available to patients residing in **Bell County**, including **Belton, Temple, Troy, and Morgans Point**. Any individual facing a cancer diagnosis—regardless of age, gender, or type of cancer—may apply. To request complimentary cleaning services, visit [cleaningforareason.org](http://cleaningforareason.org).



# Noteworthy July Fourth celebrations across the U.S.

July Fourth is a day of celebration across the United States. The Fourth of July commemorates American independence and millions of people throughout the country celebrate the day with family and friends.

Communities host their own celebrations on July Fourth. Some celebrations are relatively simple, while others are must-see events for any patriot. The following are some of the more noteworthy Fourth of July celebrations that will entertain millions in person or on television this year.

- **Washington, D.C.:** It should come as no surprise that the capital of the United States hosts an especially awe-inspiring Fourth of July celebration. In addition to a concert featuring well-known musical acts on the National Mall, the festivities in the nation's capital are marked by a fireworks extravaganza that will impress anyone seeking a unique way to celebrate the holiday.

- **Boston:** Estimates suggest roughly half a million individuals take in the Fourth of July festivities in Boston. A hotbed of patriotism during the American Revolutionary War, Boston embraces that spirit each July with a celebration on the city's Charles River. The Boston celebration spans two days and includes a popular performance by the Boston Pops.

- **Philadelphia:** Another city with deep ties to the American Revolutionary War, Philadelphia celebrates the nation's independence against the backdrop of the Philadelphia Museum of Art, which is one of the city's more notable and recognizable buildings. Individuals along both sides of the Delaware River can view the impressive fireworks display.

- **San Diego:** Notable celebrations of American independence are not exclusive to the eastern portion of the country. The Big

Bay Boom fireworks over San Diego Bay can inspire any patriot, while across the bay on the island of Coronado celebrants can enjoy a parade and family-friendly concert before settling in for a fireworks show in the evening.

- **New York, NY:** Perhaps no Fourth of July fireworks celebration is as well-known as the one hosted by the Big Apple. Typically taking place on the East River, the New York City fireworks display can be viewed from various points throughout the city. Individuals looking for a unique way to take in the show can book a spot on a boat sailing in New York harbor.

There's no shortage of Fourth of July celebrations. In addition to these noteworthy spots to celebrate American independence, the cities of Portland, Ore.; Chicago; San Antonio, Tex.; and Atlantic City, N.J. host their own unique celebrations.



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# Interesting facts about ice cream

Ice cream is a go-to dessert for people across the globe, and those individuals may be interested in learning more about this beloved confection.

- The International Dairy Foods Association notes that the origins of ice cream can be traced at least as far back as the second century BC. Though the precise origins of ice cream are not known, the first ice cream parlor in the United States opened in 1790.
- Many people prefer their ice cream served

in cones, and they can thank any one of a number of individuals who may be responsible for the invention of the ice cream cone. According to the Library of Congress, various accounts suggest Charles E. Menches is the inventor of the ice cream cone, which he first offered for sale at the St. Louis World's Fair in 1904. Ernest Hamwi, Abe Doumar, Albert and Nick Kabbaz, Arnold Fornachou, and David Avayou are some others who have been credited with inventing the ice cream cone.

- The Dairy Alliance reports that three gallons of milk are required to produce a single gallon of ice cream. That means one cow can produce between two and three gallons of ice cream per day.

• Ice cream aficionados span the globe, but the World Atlas reports that no country consumes more ice cream per capita than New Zealand; the average New Zealander consumes 28.4 liters of ice cream per year.

The United States (20.8 liters per year per person) and Australia (18 liters) are next in line behind New Zealand.

- Chocolate reigns supreme as the most popular ice cream flavor in the world, says an analysis of data from Lexham Insurance conducted by The Food Channel®. That data represents figures from 121 countries and found that vanilla, mint chocolate chip, cookie dough, and buttered pecan round out the top five ice cream flavors across the globe.

• According to Ben & Jerry's, the new ice cream texture that develops after a pint melts and then re-freezes is the result of microscopic air bubbles that keep ice cream soft and fluffy. That air escapes when ice cream melts, and since it's gone when the ice cream refreezes, the result is a product that's no longer as soft as it was intended to be.



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## Prepare pets for Fourth of July festivities

Many people are eager for Independence Day celebrations in early summer. There is much to be excited about, as festivities often begin in the afternoon with barbecues and pool parties, and commence late at night after fireworks shows that light up the night sky. Still, not everyone enjoys the extra noise and busy nature of July 4th parties, particularly furry members of the family.

Animal control services often report an increase in lost animals between July 4th and July 6th. That's because the excitement of the holiday puts pets out of their comfort zones.

While pet owners need not cancel their July 4th plans, they

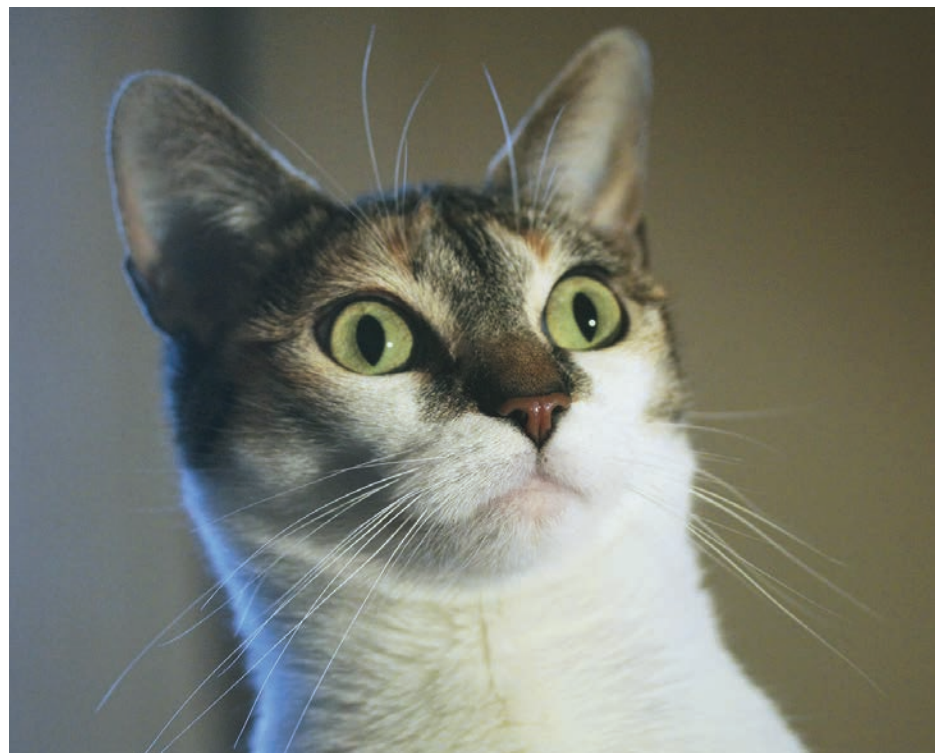
should take heed of the many ways to keep their pets safe during the festivities.

### Update identification

Be sure prior to any July 4th events that pets are wearing collars with current identification information. If an address or phone number has changed since the last time you updated microchip records, be sure to check the account is current.

### Be careful with alcoholic drinks

Party hosts typically serve beer, wine and cocktails. Alcoholic beverages have the potential to poison pets, says the ASPCA. Animals can become very





intoxicated, severely depressed or go into comas if they drink alcohol. Keep spirited drinks well out of reach.

### Check with the vet

Many pets are prone to anxiety from loud noises, such as thunderstorms and fireworks, and lots of commotion — something that occurs in spades come July 4th. Some veterinarians recommend a small course of anti-anxiety medication or a sedative to help pets cope with the stimuli.

### Create a quiet space

Allow pets to ride out the day in their comfortable, quiet and cozy retreats. If necessary, create a space in an interior room. Cover the pet crate with a blanket and offer favorite toys or bedding to create a soothing environment.

### Place notes on doors and gates

While it's best to keep pets in a locked room away from the fray, some pets like to socialize with guests and are not bothered

by noises. However, alert guests with notes posted on doors and fence gates to check to make sure pets are not trying to escape behind them. All doors should be closed firmly when entering or exiting.

### Pick up debris

Firework debris can rain down on properties even if you were not shooting off the fireworks. Curious pets may pick it up or eat it, which runs the risk of an upset stomach or even an intestinal blockage. Check your yard before letting pets out to play.

### Keep an eye on the grill

Pets can be opportunists, and those burgers and chicken drumsticks smell delicious to pets. Pets that get too close to the grill can become injured. And if pets eat leftovers, they may end up with digestive distress or even be poisoned by foods that are toxic to cats and dogs.

Pets need to be protected during summertime parties like Independence Day celebrations.



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# A special twist on a classic for this year's July Fourth barbecue

Traditional burgers are made with ground beef. However, curious grillmasters can explore the many ways to experiment with burgers without sacrificing flavor. This recipe for "Venison Burgers" from "Texas Favorites" (Gibbs Smith) by Jon Bonnell utilizes venison and pork in lieu of beef. The result is a mouthwatering burger worthy of inclusion in any Fourth of July festivities.



## Venison Burgers

Serves 8

- 2 pounds venison meat
- 1/2 pound pork shoulder
- 1/2 pound slab bacon
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon onion powder
- Pinch of cayenne pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons Dijon mustard
- 2 teaspoons hot sauce
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

Clean the venison well and remove any fat or connective tissue. Cut the venison, pork shoulder and bacon into large chunks. Combine all ingredients together in a large mixing bowl and let marinate for 1 hour in the refrigerator. Grind everything together. Form into burger patties by hand, and grill or pan-sear. Cook to medium (135 F internal temperature), then remove from the grill and top with your favorite cheese or burger toppings.

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# 5 fun facts about the month of July

July is synonymous with fun in the sun. In the northern hemisphere, July is typically characterized by sunny days, warm weather and long hours of daylight, making it an ideal month to enjoy a little rest and relaxation. Though it might be a great time for some R&R, July also boasts an interesting history. As revelers soak up some sun this summer, they can ponder these fun facts about the month of July.

**1. July is named after a person whose been famous for thousands of years.** According to the Farmer's Almanac, Roman dictator Julis Caesar developed the precursor to the Gregorian calendar used today. Though that made him worthy of a month named in his honor, it didn't do much to protect him during his life, as Caesar was

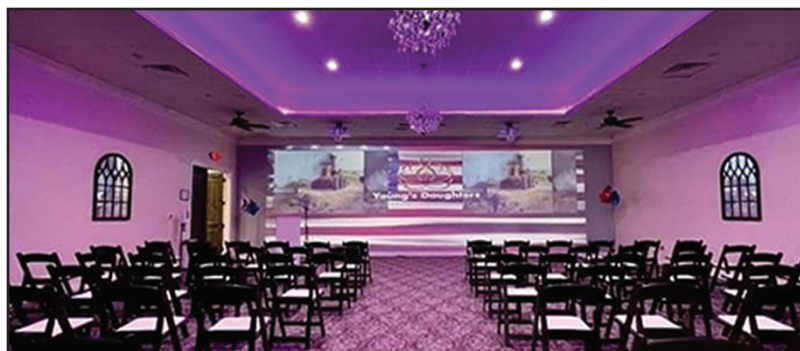
famously assassinated in 44 B.C.

**2. July is a celebratory month for fans of revolution.** American Independence Day (July 4) and Bastille Day (July 14), which commemorates the storming of the Bastille and the dawn of the French Revolution in 1789, are among the notable revolutionary moments celebrated in July.

**3. Baseball historians know that many significant events in the game have taken place in July, and some records set in the month have withstood longer than others.** On July 12, 1931, Mel Ott of the New York Giants hit his 100th career homerun, becoming the youngest player to reach that milestone. Ott was 22 years and 132 days old when he set the mark, which still stands today.

**4. One of the more famous statements in United States history was uttered in July, though it wasn't within American borders or even on the planet Earth.** On July 20, 1969, American astronaut Neil Armstrong, after stepping onto the surface of the moon, declared, "That's one small step for man, one giant leap for mankind."

**5. Two men who played integral roles in the American colonies gaining their independence from Great Britain both passed away on July 4th, the day that celebrates that very independence.** On July 4th, 1826, former presidents John Adams and Thomas Jefferson, who were once friends, then political rivals and, finally, friends again, passed away within hours of each other.



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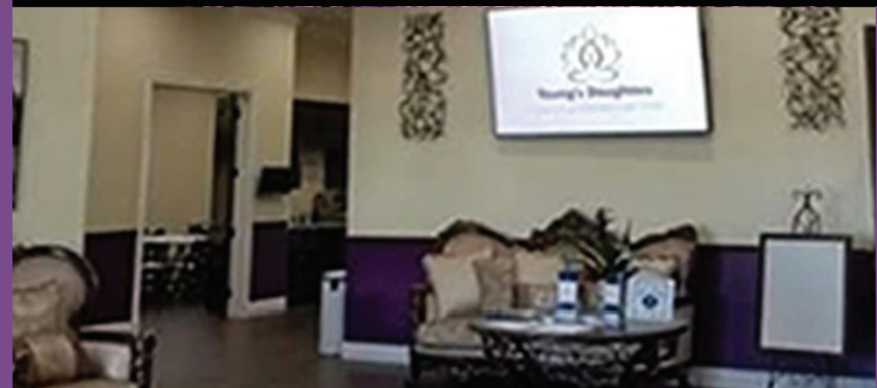
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# TASTY DESSERT WORD SEARCH



A	N	G	N	M	R	O	H	E	O	T	G	M	M	H	P	P	C	F	C
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Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

- BLONDIES
- BROWNIES
- CAKE
- CANDY
- CHEESECAKE
- COOKIES
- CREAM
- CRÈME BRÛLÉE
- CUPCAKES
- CUSTARD
- ÉCLAIR
- FLAN
- GELATIN
- GELATO
- ICE CREAM
- MOUSSE
- PIE
- POPS
- PUDDING
- SORBET
- SPUMONI
- STRUDEL
- TART
- TIRAMISU

Answers on Page 12.



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# Interesting facts related to Independence Day

Americans celebrate Independence Day every July 4. The holiday has become synonymous with summer fun, as grand fireworks displays and backyard barbecues are integral components of many people’s July 4 celebrations.

As Americans and residents of the United States prepare for some festive Fourth of July celebrations, they can keep these interesting facts related to Independence Day in mind.

• **There have been many iterations of the American flag.** The American flag has become an iconic symbol of freedom recognized across the globe since the United States declared their independence from Great Britain in 1776. But few July 4 celebrants may

know that the current version is the 27th iteration of the American flag. According to the U.S. Chamber of Commerce, the current version of the flag officially became the flag on July 4, 1960.

• **More than half of all Americans own an American flag.** A 2023 poll from Wal-letHub found that 57 percent of Americans own an American flag. And that’s not the only way Americans show their national pride, as the same poll found that roughly one in three Americans intended to purchase patriotic merchandise for July 4.

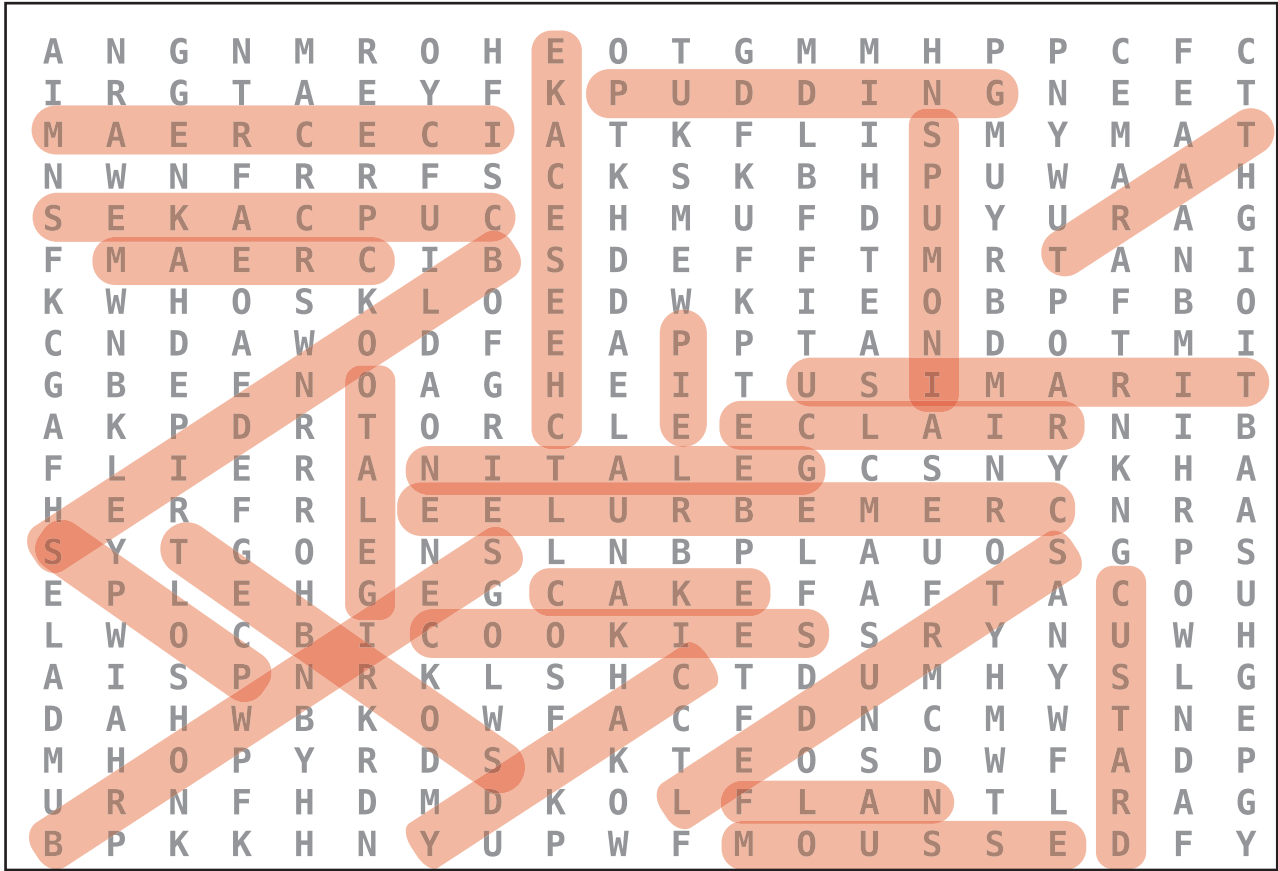
• **The United States is not the only place to celebrate American independence.** Such celebrations occur in various countries, in-

cluding Australia, Denmark, Ireland, and Norway. The festivities in Rebild National Park in Denmark is believed to be the largest celebration of American independence outside the United States.

• **The National Hot Dog and Sausage Council estimates that 150 million hot dogs are consumed on July 4.** Though there’s no corresponding estimate related to how many hamburgers Americans eat on July 4, various reports suggest Americans eat roughly 50 billion burgers annually, so it’s fair to conclude many a burger will be consumed this Independence Day.

• **July is a popular month for nations to celebrate their independence.** In addition to the United States, various countries, including Algeria (July 5), Argentina (July 9), The Bahamas (July 10), Belarus (July 3), Bu-rundi (July 1), Canada (July 1), Cape Verde (July 1), Colombia (July 20), Kiribati (July 12), and Liberia (July 26), celebrate their In-dependence Day in July.

• **John Adams, a Founding Father of the United States and the second president in the country’s history, felt Americans should celebrate their independence from Great Britain on July 2.** That’s because the Continental Congress voted for indepen-dence on July 2, 1776. However, the Decla-ration of Independence was not approved for two more days, thus making July 4 the day to celebrate America’s independence from Great Britain.



**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to ice cream.  
Each number corresponds to a letter.  
(Hint: 12 = N)

**A.      20    15    5    16    10    12**

*Clue: Cold and solid*

**B.      18    25    26    15    23**

*Clue: Twisted together*

**C.      8    5    19    19    26    12    17**

*Clue: Ice cream addition*

**D.      13    5    12    10**

*Clue: Ice cream holder*

Answers: A. frozen B. swirl C. topping D. cone





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## Sweet summertime dessert

Ice cream sandwiches are a treat any day of the year, but can be particularly refreshing when the mercury climbs.

According to the ice cream novelty company Ice Cream Social, ice cream sandwiches may have evolved from a treat called “okey-pokey” that was once served by street vendors in London. This dessert was a slice of vanilla ice cream cut from a large slab. Providing an easier and more portable way to enjoy a serving of ice cream, ice cream sandwiches, food historians believe, were invented in 1899 by an unnamed pushcart vendor in New York City’s Bowery neighborhood. This vendor served vanilla ice cream between two graham wafers.

The modern ice cream sandwich, which is the more recognizable rectangular serving of vanilla ice cream nestled between two chocolate cookie wafers, is attributed to Jerry Newberg. Newberg began selling these novelties at Forbes Field in Pittsburgh in 1945. Ice cream sandwiches gained popularity around this time for their portability as well as their flavor, so much so that the popular Carvel® ice cream company unveiled its own take on the ice cream sandwich — The Flying Saucer® — in 1951 to celebrate the opening of its 100th franchise shop.

Other manufacturers have their own ice cream sandwich incarnations, and ingredients

vary around the world. Cookies, cakes, biscuits or other ingredients serve as the “bread” to hold the ice cream in place. The novelties also are not difficult to make at home. People can experiment at home by scooping softened ice cream and placing it between home-baked or store-bought cookies.

Ice cream sandwiches also can be turned into other desserts, such as an ice cream sandwich cake or an icebox cake. All that is needed are a few ingredients and some imagination.

Unwrap ice cream sandwiches and layer them in a cake pan, such as a rectangular or a round springform pan (cut the sandwiches in half for the springform pan and layer vertically versus horizontally in a rectangular pan), with hot fudge, caramel sauce and whipped topping, as desired. Extras like chopped nuts, sprinkles, crumbled cookies, or chopped up chocolate bars can be added to the cake to customize flavor. End with a top layer of whipped topping for the “frosting.” The ice cream cake should be covered and frozen for at least 30 minutes before serving. The internet is full of ice cream sandwich cake recipes in greater detail for those who need more guided instruction. This is one treat that probably won’t have many leftovers.

Ice cream sandwiches originated more than a century ago and remain a delicious treat on a hot day.

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## Getting to know the Declaration of Independence

The Declaration of Independence is a formal document that served as the signatory colonies' statement that they were now "free and independent States." It is a vital document in American history.

On July 1, 1776, delegates from the original 13 colonies, making up the Second Continental Congress, met in Philadelphia to vote on Richard Henry Lee's motion for independence. After some deliberation, ultimately 12 of the 13 delegates voted in favor. In recognition of those 12 delegates, here are 12 facts regarding the Declaration of Independence.

1. The drafted document was officially adopted on July 4, 1776, two days after freedom from Britain was approved. However, most delegates signed the document on August 2, 1776, while others signed on a later date. John Dickinson and Robert R. Livingston never signed the Declaration of Independence.

2. John Dunlap was the official printer of Congress at the time. He worked all night and into the morning of July 5 to produce the large, single-sided sheet, known as a broadside. About 200 copies of Dunlap's broadside were made.

3. The University of Virginia owns two copies of a rare early printing of the Declaration. It is on display in the Albert and Shirley Small Special Collections Library. It is

believed the copy once belonged to George Washington.

4. Benjamin Franklin, George Read, Roger Sherman, Robert Morris, George Clymer, and James Wilson signed both the Declaration of Independence and the U.S. Constitution.

5. The Declaration of Independence and the Constitution were hidden at Fort Knox during World War II, two weeks after Pearl Harbor was attacked.

6. Despite what the movie "National Treasure" will have one believe, the message on the back of the document is visible and reads "Original Declaration of Independence dated 4th July 1776."

7. Richard Stockton, a lawyer from New Jersey, was a signer of the Declaration who later recanted his support of the American revolution. He subsequently swore his allegiance to King George III after being captured by the British.

8. In 1989, an original Dunlap Broadside was found hidden behind a picture a Philadelphia man bought at a flea market for \$4. It later sold for \$8.1 million. Ultimately, 26 copies of the original prints have been found.

9. The United States celebrates Independence Day on July 4th, even though independence was accepted on July 2nd.

10. Early on, not everyone in America

was supportive of the Declaration of Independence. Partisan politics led to discord. Federalist John Adams was feuding with Republicans and Thomas Jefferson. The anniversary date of the signing was not widely celebrated until the Federalists were no longer involved in politics.

11. The one-year anniversary of Independence Day and the celebration of the adoption of the Declaration of Independence slipped the minds of Congress in 1777. When they remembered it was July 3rd, they planned a last-minute celebration on July 4th, and each year thereafter.

12. John Trumbull's painting "Declaration of Independence," which was made into a lithograph replica by Ralph Trembly, hangs in the Rotunda of the U.S. Capitol. It is a fictional depiction of the five-man drafting committee presenting their draft to Congress, and not the signing. The painting shows 42 of the 56 signees, since Trumbull couldn't get likenesses of all involved. The men featured in the painting were never all in the room at the same time during the Declaration's debate and signing.

The Declaration of Independence is a key document in American history, and its words are celebrated each Independence Day.





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## Did You Know?

# America's Birthday



July 4, 1776, is an important date in American history that is widely considered the birthday of the United States of America. But some people argue that August 2 should actually be America's birthday, since that was when the Declaration of Independence was signed. The National Archives says that the Second Continental Congress adopted the United States Declaration of independence on July 4, 1776, formally severing ties with Britain. The approved Declaration was printed on July 5. On July 19, Congress ordered that the document be engrossed on parchment, which is a process of copying an official document in large hand. It is surmised that the engrosser was Timothy Matlock, an assistant to Charles Thomson, secretary to the Congress. It was nearly a month after the Declaration was adopted before the document began to be signed by delegates. The signing of the Declaration of Independence occurred primarily on August 2, 1776, at the Pennsylvania State House in Philadelphia, a building later renamed Independence Hall. John Hancock, who was the President of the Congress, was the first to sign the engrossed copy. Signatures were arranged by states from northernmost to southernmost. Fifty-six delegates eventually signed the document, although not all were present to sign on August 2. Some delegates never managed to sign the Declaration, including Robert R. Livingston of New York, who was a member of the Declaration's drafting committee.



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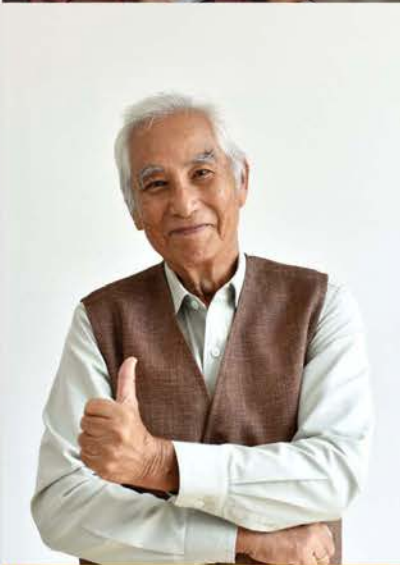
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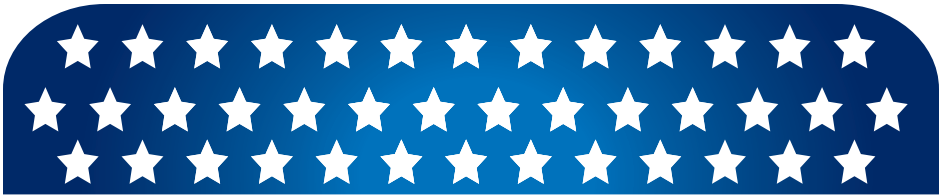
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# Ice cream

## is a wildly popular dessert

Ice cream is a wildly popular dessert, with an estimated 15.4 billion liters of ice cream consumed each year around the world, according to the World Atlas. New Zealand consumes more ice cream than any other country, followed by the United States. When it comes to ice cream flavors, the International Dairy Foods Association says vanilla is still America’s favorite flavor, followed by the others of the “Big Three”: chocolate and strawberry. Butter pecan and cookie dough round out the top five flavors in the United States. Vanilla reigns supreme worldwide as well. Forty-six countries choose vanilla over other options according to research conducted by Premier Inn, a United Kingdom-based hotel chain. Worldwide, neapolitan and chocolate also are popular ice cream flavors.

“Big Three”:  
vanilla, chocolate  
and strawberry





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# B-Town Bulletin

## Bell Co. Farmer's Market

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## 4th of July PRCA Rodeo

Jul. 3-5  
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## Senior Masquerade Ball, 55+

Jul. 24, 4-7p  
Killeen Civic &  
Conference Center  
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Club Park Senior Center



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Class on T/Th is from 6-7 \$5/class No class on 1st/3rd Thurs,		1 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Class	2 Exercise Class 9-9:45 10:30 Bible Study 12 Bingo	3 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	4 Center will be closed. 	5 Dance on July 3 at 6:30, featuring Jerry Haisler Cost \$5.
6	7 Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	8 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Class	9 Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting	10 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	11 Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge	12
13	14 Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	15 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Claas	16 Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Artx & Crafts	17 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	18 Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge	19 Dance on June 17 at 6:30, featuring Bobby Dean Cost \$5.
20	21 Exercise Class 9 9 Woodcarvers No Line Dance 12 Dominos 42	22 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Claas	23 Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting	24 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	25 Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge	26
27 Pot Luck, July 28 Features Ret. Col. Renita Menyhurt with another great WWII presentation.	28 Exercise Class 9 9 Woodcarvers 10:30 Line Dance 12 Dominos 42 5:30 Pot Luck	29 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta No Zumba Class	30 Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Arts & Crafts	31 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta No Zumba Class		31
			<b>Upcoming Events:</b> 1. The Center is partnering with the City of Belton on offering a new Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class. 2. Dances - Thurs., July 3, Jerry Haisler; and Thurs, July 17, with Bobby Dean. Dances start at 6:30 p.m. and cost \$5 per person. 3. Pot Luck is Monday, July 28, at 5:30 p.m. with Ret. Col. Renita Menyhurt, with another wonderful WWII presentation. 4. The Center will be closed on July 4.			





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