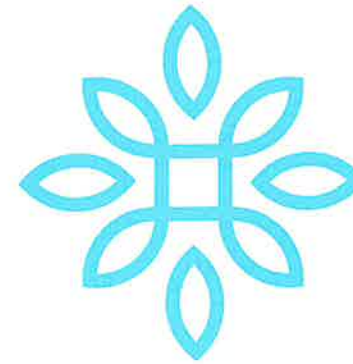




Puzzled Through Time

We use them to pass the time and make our brains stronger. Take a break from your daily crossword to peruse some puzzle history.

Year	Event
1762	A mapmaker named John Spilsbury creates the first jigsaw puzzle.
1783	Swiss mathematician Leonhard Euler comes up with a logic game called Latin Squares, the predecessor to Sudoku.
1890	An early version of a word search, titled "Proverbs Within a Maze," appears in a British puzzle book.
1913	Journalist Arthur Wynne creates the first crossword puzzle and publishes it in the New York World newspaper.
1942	Winners of a crossword challenge, issued by London paper The Daily Telegraph, are recruited to work as codebreakers for the Allies.
1968	A modern-like word search, containing the names of over 30 Oklahoma towns, is published in a digest owned by Norman E. Gibat.
1974	Erno Rubik, a professor in Hungary, invents the Magic Cube puzzle toy, later rebranded as Rubik's Cube.
2021	Software engineer Josh Wardle releases an online word puzzle called Wordle, which becomes a viral success on social media.



SWEETBRIAR

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January 2023

Staff Directory

Jennifer Smith	Executive Director
Melissa Bryant	Director of Personal Care
Jamie Fultz	Sales and Marketing Rep
Rodger White	Maintenance Director
Connie Hager	Business Office Manager
Shawna Cook	Culinary Manager
April Stevens	Recreation Director

Popcorn Pick: 'The Princess Bride'

This postmodern fairy tale takes the damsel-in-distress narrative and flips it on its head. A grandpa sits down to read his sick grandson a book, which happens to be "The Princess Bride." In the mood for adventure and "no kissing," the boy is inconceivably drawn into the story of Westley (Cary Elwes) and Buttercup (Robin Wright), who through kidnappings, dreadful pirates, giant rodents and unwanted marriage proposals, must rescue each other and reclaim their lost love. A modest success at the box office, this 1987 film found a prominent fan base after its release on home video and is still wildly popular today, thanks to iconic swashbuckling scenes and endlessly quotable lines.

Mooove Aside

On Jan. 11, National Milk Day, pour a cold glass of milk, grab a cookie and contemplate this: Dairy cattle are responsible for 85% of the world's milk, with the average cow producing 200,000 glasses of milk in her lifetime. Around the globe, humans also drink milk from buffalo, goats, reindeer, sheep and yaks. Dairy-free milk alternatives, including almond, coconut, oat and soy, are popular as well.



Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.

This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.

"This Month In History" JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.