



WM Jean James
WP Floyd Hall



Grand Chapter ~ The Grand Worthy Matron has said that masks Will be worn at Grand Chapter.



Grab a pencil and piece of paper. How many words can you make using the letters in "Watermelon Vines"
We found **127!**



Zodiac Signs: Leo (July 23 - Aug. 22) and Virgo (Aug. 23 - Sept. 22)

Flower: Gladiolus and Poppy

Tree: Hazel Tree and Water Tree

Birthstones: Peridot, Sardonyx, and Spinel

Bird: Belted Kingfisher

Tuesday , August 3
National Watermelon Day 2021

August Birthdays

- 5 Bruce Wilson
- 6 Lloyd Addy
- 7 Madge Moore
- 12 Mary Calvert
- 14 Alfred Bell
- 15 Jean James
- 17 Hobie Henderson
- 22 Patricia Echols
- 23 Jean Sets
- 28 Lannon Caldwell
- 29 Dorothy Kilgore



Please contact the Chapter Secretary
tmrc.daylight1145@gmail.com
if you have a change of phone number or address.



JUMBLE

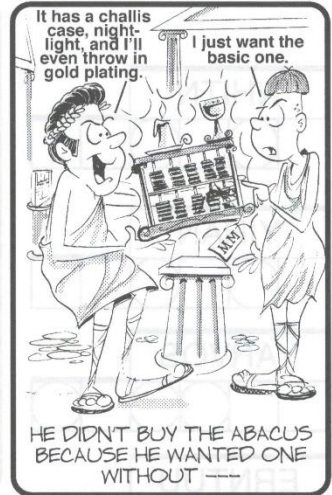
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

LUDTA
[] [] [] [] [] []

USORC
[] [] [] [] [] []

DAGAPO
[] [] [] [] [] [] [] []

NILMYA
[] [] [] [] [] [] [] []



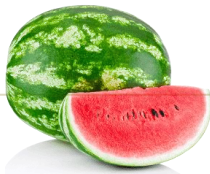
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here [] [] [] [] [] [] [] [] - [] [] [] [] [] [] [] []

HEALTHY FRUIT AND VEGETABLES

S	E	I	R	R	E	B	W	A	R	T	S	E	T
S	E	R	A	T	O	M	A	T	O	E	S	T	S
T	C	U	C	U	M	B	E	R	T	W	V	E	B
C	H	E	R	R	I	E	S	O	N	I	O	N	L
S	E	I	R	R	E	B	P	S	A	R	A	A	U
A	V	O	C	A	D	O	T	P	G	N	E	P	E
E	R	E	R	B	N	O	R	S	A	R	R	P	B
L	D	A	G	S	R	P	O	N	R	B	L	L	E
A	P	O	R	R	E	E	A	I	L	T	A	E	R
K	A	U	A	L	K	B	A	E	I	B	C	S	R
L	E	C	R	A	A	E	R	C	C	E	A	S	I
A	S	W	E	E	T	P	O	T	A	T	O	E	E
S	R	I	L	O	C	C	O	R	B	I	B	E	S
B	R	O	E	R	E	P	P	E	P	D	E	R	C

- BANANA
- CUCUMBER
- SWEET POTATO
- GARLIC
- CARROTS
- BLUEBERRIES
- KALE
- CHERRIES
- RASPBERRIES
- TOMATOES
- RED PEPPER
- STRAWBERRIES
- APPLE
- BROCCOLI
- AVOCADO
- ONION



Watermelon

is a sweet, commonly consumed fruit of summer, usually as fresh slices, diced in mixed fruit salads, or as juice. Watermelon juice can be blended with other fruit juices or made into wine.

The seeds have a nutty flavor and can be dried and roasted, or ground into flour. In China, the seeds are eaten at Chinese New Year celebrations.

Watermelon seeds are a popular food in Israel. The watermelons are locally grown, and the seeds are roasted and usually salted.

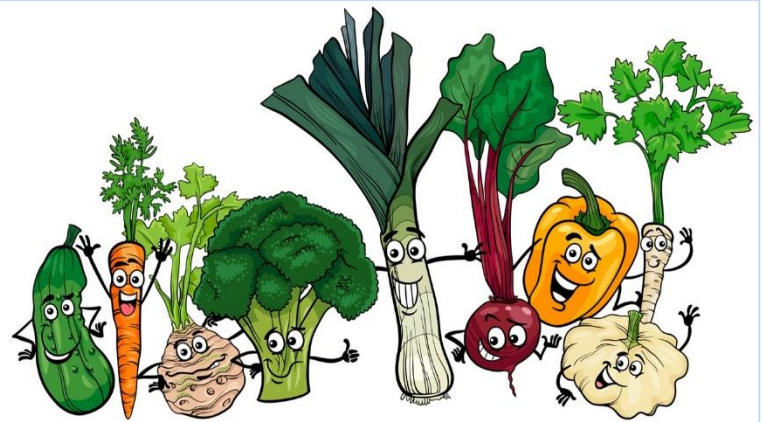
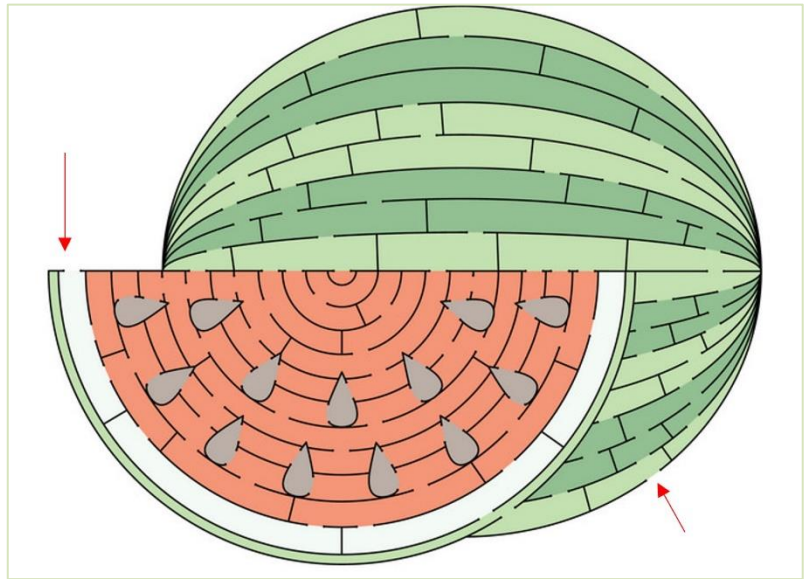
The Oklahoma State Senate passed a bill in 2007 declaring watermelon as the official state vegetable, with some controversy about whether it is a vegetable or a fruit.

Watermelon fruit is 91% water, contains 6% sugars, and is low in fat.

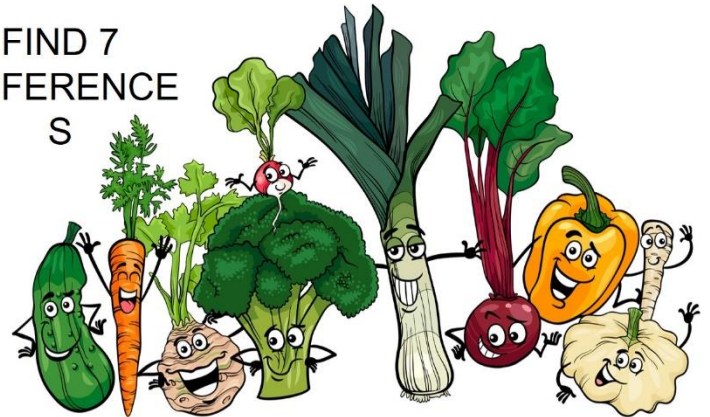
European colonists and slaves from Africa introduced the watermelon to the New World. Spanish settlers were growing it in Florida in 1576, and it was being grown in Massachusetts by 1629, and by 1650 was being cultivated in Peru, Brazil and Panama. Around the same time, Native Americans were cultivating the crop in the Mississippi valley and Florida. Watermelons were rapidly accepted in Hawaii and other Pacific islands when they were introduced there by explorers such as Captain James Cook. In the Civil War era United States, watermelons were commonly grown by free black people and became one symbol for the abolition of slavery.

Historians and archaeologists have long argued about where exactly watermelons originated, with some of the possibilities including northeastern, western, and southern Africa. Watermelon seeds have been found in Egyptian tombs and ancient Libyan settlements dating back as far as 4,000 and 5,000 years.

Wild watermelon seeds have been found in the prehistoric Libyan site of Uan Muhuggiag. There is also evidence of seeds in Pharaoh tombs of watermelon cultivation in Ancient Egypt. (more on page 3...)



FIND 7
DIFFERENCE
S



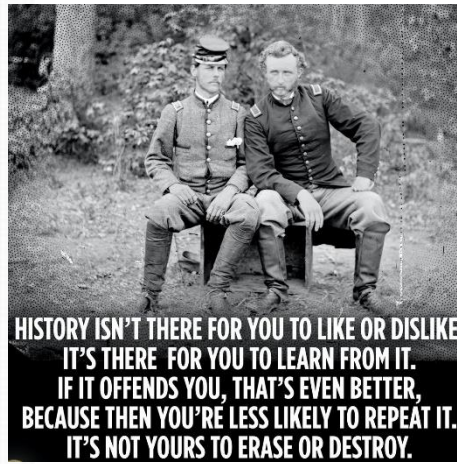
Free Masks

Lavelle Ford and Barbara Spencer are still making masks. Masks are free to all members and to all TMRC residents and staff.

Barbara: barbs1145@hotmail.com

Lavelle: lavelle.ford@gmail.com





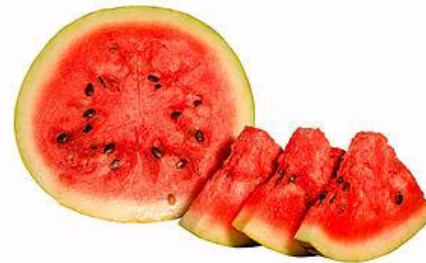
**Dear God.
Calm my worries and give me your peace so I can rest. Protect my loved ones and keep your healing hands on my family and friends in the days to come.**

(...Watermelons cont,d)

Today, farmers in approximately 44 states in the United States grow watermelon commercially. Georgia, Florida, Texas, California and Arizona are the United States' largest watermelon producers, with Florida producing more watermelon than any other state.

The largest recorded fruit was grown in Tennessee in 2013 and weighed 159 kilograms (351 pounds).

- Calories: 46
- Total fat: 0.23 grams (g)
- Carbohydrates: 11.48 g
- Dietary fiber: 0.6 g, or 2.4 percent of daily value (DV)
- Protein: 0.93 g (1.86 percent DV)
- Sugars: 9.42 g
- Water content: 139 g
- Calcium: 11 milligrams (mg) (1.1 percent DV)
- Iron: 0.36 mg (2 percent DV)
- Magnesium: 15 mg (3.75 percent DV)
- Potassium: 170 mg (3.62 percent DV)
- Vitamin C: 12.3 mg (20.5 percent DV)
- Vitamin A: 865 international units (IU) (17.3 percent DV)



Watermelon is particularly noted for its beta-carotene content, which is a form of vitamin A. Like other types of fruit, watermelon is a good source of vitamin C.

The diuretic effects of watermelon can help with excess sodium intake. With 170 mg potassium per 1 cup serving, watermelon is just one of the key foods that can help you achieve a healthy potassium intake. The American Heart Association recommends a total of 4,700 mg potassium per day. Potassium is critical in helping to prevent high blood pressure by aiding the excretion of stored sodium in urine, and it also lessens blood vessel tension.

While noted for beta-carotene, watermelon also contains another carotenoid called lycopene. This naturally occurring chemical is red, and is only present in red-flesh watermelon varieties. Lycopene itself is known for its potential positive effects on high blood pressure, and it may also help ward off heart disease.

Antioxidants like vitamins A and C have also helped the watermelon gain a reputation as a food to help reduce inflammation. Watermelon may increase the amount of antioxidants in the body that fight inflammation and may reduce blood lipids to also decrease the overall risk of heart disease.

Here are the Web links that work for Eastern Star:

- <http://arlington.yorkkrietetexas.org/daylight/newsletters/July-2021-Newsletter-5.pdf>
- <http://www.arlington.yorkkrietetexas.org/OESindex.htm> - TMRC OES Main Page
- <http://www.arlington.yorkkrietetexas.org/OES-pgs.htm> - TMRC OES Links/events

