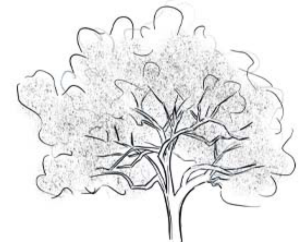




Gardens of Oak Hollow

A SMALL COMMUNITY WITH A BIG HEART

Neighborly News



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American Revolution Quiz



We will be celebrating the 4th of July in a couple of weeks so it seems fitting for us to have a bit of fun along the way.

July 4th is a special day for us to remember that day in 1776 when 13 American colonies declared their independence from British rule. This came with a tremendous cost. How much about the Revolutionary War our fight for freedom do you really remember?

Here is a 10-Question True / False quiz.

1. (T or F) The root cause of the Revolutionary War was Britain increasing taxes in an attempt to make the colonies repay them for protection offered during the French and Indian War.
2. (T or F) The Declaration of Independence was the end of the Revolution. (T or F)
3. (T or F) France, Spain, and Netherlands fought with the Americans to win the War.
4. (T or F) The Constitution was written in 1776.

5. (T or F) Not all colonists wanted independence and about 1/3 fought for the British.
6. (T or F) The shooting war began with exchange of gunfire at Lexington and Concord in 1775.
7. (T or F) The Boston Tea Party was a group of protestors, disguised as Indians, who dumped about 90,000 pounds of tea into the harbor.
8. (T or F) Paul Revere, a silversmith, rode to Lexington and Concord to alert the American army about the invasion of the British Soldiers.
9. (T or F) A higher percentage of the population died in the American Revolution than in any other war fought by Americans.
10. (T or F) The end of the shooting war was when Gen. Cornwallis surrendered to Gen. Washington at Yorktown in 1781, but officially ended with the signing of the Treaty of Paris in 1783.

Thanks to Bob Watson from our local chapter of The Sons of the American Revolution (SAR) for putting together this quiz for you. Facts from articles by Patrick J. Kiger and the Univ. of Rochester and Battlefields.org Web Sites. Feel free to contact Bob (beaglebud@satx.rr.com) if you have questions about SAR.

Oh yes, the answers! They are tucked in at the end of this newsletter.

A Bargain For You



Earlier this spring, my grandson and great granddaughter paid me a visit. We decided to visit the Zoo. In case you are like me and it had been a long time since my last visit, it was sticker shock. The standard admission tickets are now \$31.99 (\$5 discount for military and over 65+).

Now I found a good deal for you!!

Price Cut for Locals

Bexar County residents can get outside and enjoy nature at the zoo on select days for just \$8 per person during Locals Day at San Antonio Zoo!

Locals Days allow even more people to learn how the zoo combines conservation, animal care, and education in securing a future for wildlife. The Locals Day \$8 admission is valid on select dates and can be purchased online with proof of Bexar County residency.

Schedule

The Zoo has scheduled one Local Day for each month. All Zoo tickets need to be purchased online.

- June 21, 2023
- July 29, 2023
- August 12, 2023

- September 4, 2023
- October 20, 2023
- November 24, 2023
- December 4, 2023

More Information

<https://sazoo.org/zoo-events/locals-days/>

National Dance/Movement Therapy Advocacy Day



Put on some tunes and dance the night away in the comfort of your own home!

Today is National Dance/Movement Therapy Advocacy Day. Dancing, moving, and any sort of physical activity can greatly uplift your mental state.

Marian Chace

The idea of dance as therapy is credited to former dance educator and performer Marian Chace, who shifted her focus from dance techniques and education to her students' individual movement communications and expressions.

After World War II, she was invited to work at St. Elizabeths Hospital in Washington, DC, where she was tasked with working with withdrawn, shutdown, and mute

patients. She also worked with many war veterans. Her reputation for using dance as a means of communication and expression became widely known as she successfully reached nonverbal patients. She managed to break down their barriers through the power of movement, physical interaction, and dance by playing music, interacting with patients by mirroring their movements, establishing eye contact, engaging in physical contact, and waltzing to the rhythmic steps.

5 Facts About DancingSource: **NationalToday.com**

1. **Its benefits have been empirically proven**
Dancing has been proven to help with stress, anxiety, communication issues, aggression, P.T.S.D., family conflicts, and disordered eating.
2. **It makes you confident**
Dancers are often more self-confident and have a more positive mindset.
3. **It's a gift from the gods**
In ancient Greece, dance was seen as a gift from the gods because its two main qualities, order and rhythm, were treated as god-like.
4. **It has physical benefits**
D.M.T. can help with chronic pain, childhood obesity, arthritis, cardiovascular disease, and dementia.
5. **It releases happy hormones**
Dancing increases our happy hormones, like serotonin and dopamine, making us feel good instantly.

Source: NationalToday.com

Quiz Answers



7 out of 10 is passing

1. True: Many taxes on goods enraged the colonists.
2. False: It merely declared our independence from Britain, but not the end of fighting.
3. True: France was an especially important ally.
4. False: We celebrate July 4th, 1776 as our independence however, the Constitution, the world's oldest and longest standing written national constitution in force in the world today, was written in 1787 and ratified in 1788.
5. True: The colonists were not unified with a third supporting Britain.
6. True: These battles are considered the official start of the Revolutionary War.
7. True: This did not start the war as many think.
8. True: Remember "One if by land and two if by sea?"
9. True: It proved to be a very expensive war in loss of soldiers.
10. True: The battles lasted seven years from 1775-1782. The Treaty of Paris officially ended the war in 1783.