The History of the American Flag’s Celebration!

On June 14th, 1777, the Continental Congress passed an act establishing an official flag for the new nation. The resolution ordered “that the flag of the United States be made of 13 stripes, alternate red and white; that the union be 13 stars, white in a blue field representing a new constellation.”

Flag Day, observed June 14th, is celebrated across the country with parades, parties, and patriotic songs. The celebration of Flag Day originated in 1885, under the direction of B.J. Cigrand, a school teacher in the Fredonia, Wisconsin Public School, District 6. In the following years, Cigrand continued to enthusiastically advocate the observance of June 14th as ‘Flag Birthday’ or ‘Flag Day,’ by addressing the public and publishing articles in magazines and newspapers.

Celebration of Flag Day caught on, and on June 14th, 1889, George Balch, a kindergarten teacher in New York City, planned ceremonies for the children in his school. These ceremonies were later adopted by the State Board of Education of New York. In 1894, the governor of New York directed that on June 14th the Flag be displayed on all public buildings.

Enthusiastic about the country’s honoring of the Flag, Cigrand, along with the help of Leroy Van Horn, formed the American Flag Day Association in Illinois. The purpose of the association was to promote the holding of Flag Day exercises around the country. Under the direction of the organization, on June 14, 1894, more than 300,000 children participated in the first general public school children’s celebration of Flag Day in Chicago across five city parks.

Inspired by these three decades of state and local celebrations, Flag Day— the anniversary of the Flag Resolution of 1777— was officially established by the Proclamation of President Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years, it wasn’t until Aug. 3, 1949, that President Truman signed an Act of Congress designating June 14th as National Flag Day.

Special points of interest:

- The Flag Act of 1818 stated that a star be added for any new state on the Fourth of July, following that state’s admission.
- Students first said the Pledge of Allegiance in 1892, the 400th anniversary of Christopher Columbus’s arrival in the Americas.
- In 1983, the world’s largest flag was displayed in Washington D.C., measuring 411 ft. by 210 ft., and weighing 7 tons.

Observing the Summer Solstice

According to the U.S. Naval Observatory, this year’s summer solstice will begin on Sunday, June 21, at 5:45 U.T., marking the first day of summer season in the northern hemisphere. U.T. stands for Universal Time, a timescale based on the rotation of the Earth.

The date of the summer solstice varies from June 20 to June 22, depending on the year in the Gregorian calendar. The Gregorian calendar is the calendar system used in most western countries, including the United States, which has 365 days in a year, or 366 days in a leap year.

A solstice is an astronomical event that occurs twice each year, when the tilt of the Earth’s axis is at its furthest point from the equator. During the summer solstice, the sun reaches its northernmost point, with the North Pole tilted directly towards the sun, at about 23.5 degrees. The degree of the earth’s tilt causes the summer solstice to have the longest hours of daylight for those living north of the Tropic of Cancer. Consequently, for those living to the north of the Arctic Circle, the sun remains visible throughout the night, known as the “midnight sun,” while those living to the south of the Antarctic Circle, will not see the sun on this day of the year.

The word ‘solstice’ is derived from the Latin sol (sun) and sistere (to stand still). This is because at the solstices, the sun stands still in declination— that is the apparent movement of the sun’s path north or south comes to a stop before reversing direction.

The term solstice can also be used in a wider sense, as with the equinoxes, to represent the start or separation of the seasons. Like the solstices, equinoxes also occur twice a year, when the tilt of the Earth’s axis is inclined neither towards or away from the sun. During this time, the night and day are approximately equal in length.
Summer is a time to be outdoors and have fun. Yet, many people are unaware of the harmful effects the sun can have on our skin. Skin cancer is the most common of all cancers which makes it important to know how to protect yourself and stay safe during the summer months.

Sunscreen is the primary protector against the sun’s harmful ultraviolet rays. Using a sunscreen with a Sun Protection Factor (SPF) of 15 or higher will be the most effective way to prevent skin damage. What many families do not know is the sun’s UV rays can damage skin with only 15 minutes of sun exposure. Even on cool and cloudy days, the sun’s rays are capable of causing skin damage, so putting sunscreen on during these times is a wise choice as well.

**Proper Uses of Sunscreen**

- Apply the sunscreen 30 minutes before being in the sun so the lotion can be fully absorbed into your skin.
- When buying sunscreen look for a brand that protects you against UV-A and UV-B rays since both are potentially cancerous.
- Many people don’t know that sunscreen has an expiration date. Always check the bottle before applying to make sure that the active ingredients haven’t expired.

Along with using the proper sunscreen, there are other important things to know in order to have a fun and safe summer. Make sure to check your child’s and your own medication for side effects related to sun exposure. Some medications increase sensitivity to sunlight and will cause skin reactions. Some examples are acne medications, antibiotics, and blood pressure medication. In addition, if your skin begins to feel the negative effects of sun exposure, it is best to go inside. Being in the shade does not protect you from UV rays. Protecting yourself and your family from the sun’s harmful rays will ensure many safe and enjoyable days under the summer sun.

According to Coolibar’s survey, the top ten dermatologist recommended sunscreens, listed in order of preference are:

1. Neutrogena
2. Coppertone
3. Anthelios
4. Blue Lizard
5. Solbar
6. Aveeno
7. Oil of Olay
8. Vanicream
9. Bull Frog
10. Ombrelle

The survey was conducted at the 2007 American Academy of Dermatology Annual Meeting.

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**Celebrating the Fourth of July**

On July 4th, 1776, the Second Continental Congress adopted the Declaration of Independence, announcing the colonies’ separation from Great Britain. Of the thirteen colonies, 9 voted in favor of the Declaration, with Pennsylvania and South Carolina voting against; Delaware was undecided, and New York abstained from voting.

Leading up to the signing of the Declaration, was growing unrest among the colonists surrounding the taxes that they were required to pay. The major objection was “Taxation without Representation” -the colonists had no say in the decisions of English Parliament. Frustrated, delegates from the 13 colonies were sent to Philadelphia, PA to form the First Continental Congress in 1774, to discuss issues concerning the citizens.

Rather than negotiating with the colonists, King George sent extra troops overseas to help control any rebellions that might be rising. This advancement by English troops on Concord, MA, in April 1775, would sound the alarm by Paul Revere, “the British are coming, the British are coming,” marking the unofficial beginning of the war for independence.

After nearly a year of trying to work out their differences with England, the Second Continental Congress met in May 1776. Representing the Virginia delegates, Richard Henry Lee addressed the Congress, declaring that “these united colonies are and of right ought to be free and independent states, that they are absolved from all allegiance to the British crown, and that all political connection between them and the state of Great Britain is and ought to be totally dissolved.” The motion was seconded by John Adams.

On June 11, a committee was created to compose the formal Declaration of Independence. The committee, headed by Thomas Jefferson, included John Adams, Benjamin Franklin, Philip Livingston, and Roger Sherman. Their purpose was to draft a document that would formally sever ties with Great Britain. After several revisions by Franklin, Adams, and ultimately by Congress, the resolution was approved on July 2, 1776, and adopted on July 4, 1776.

To make it official, John Hancock, President of the Continental Congress, signed the Declaration of Independence. The following day, copies of the Declaration were distributed to each colony. On July 8, the Declaration had its first public reading in Philadelphia’s Independence Square to cheers of crowds and the ringing of Province Bell, later to be named Liberty Bell.

Since the 1800s, Independence Day has been celebrated throughout America with parades, picnics, concerts, and fireworks. People gather together to commemorate the day of America’s freedom and celebrate life.
Vacation Map Picture Frame (crafts.kaboose.com)

Love reminiscing about past vacations? Looking at old photos? Retracing the steps you’ve traveled? Well now you can do all three by creating a fun picture frame that everyone will love to look at and talk about.

What you need:
- Maps of your vacation route or area
- Wood picture frame
- White acrylic paint
- Decoupage (craft glue)
- Paintbrush
- Scissors
- Scrapbook embellishments (stickers) relating to your trip
- Acrylic sealer spray

How to make it:
1. Remove glass from frame and paint the outer and inner edges. Let dry.
2. Cut sections of your map and overlap to cover entire surface of frame.
3. Trim edges of map to fit perfectly on frame.
4. Paint a thin layer of decoupage on frame.
5. Lay each piece of map section onto frame, and cover top with another thin layer of decoupage.
6. Once all map pieces are dry, spray entire frame with acrylic sealer.
7. Once dry, decorate with scrapbook embellishments.
8. Replace the glass and insert your favorite picture.

Tips:
- Mark points of interest on your map with flags, tacks, or colored pens.
- To add a rustic touch to the frame, use wood stain instead of paint.

Dreamy Tropical Cream Fizz (BettyCrocker.com)

Ingredients:
- 2 Cups Mango juice or Tropical juice blend
- 1/4—1/2 Cup lime juice
- 12—14 ice cubes
- 1 Cup Club soda
- 1 Pint Coconut ice cream, coconut sorbet, or vanilla ice cream
- Fruit slices if desired
- 4 glasses

Directions:
1. Place mango juice, lime juice, and ice cubes in blender. Cover and blend on high speed for about 45 seconds, or until smooth. Pour mixture into glasses.
2. Pour 1/4 Cup club soda into each glass, then add 1 large scoop of ice cream.
3. Garnish with fruit slices.

*Chill glasses in freezer for several hours before serving, if desired.*

Homemade Ice Cream Sandwiches

Ingredients:
- 8 chocolate graham crackers, broke in half
- Cool whipped topping (Low fat if desired)
- Saran wrap

Directions:
1. Cover each side of the chocolate graham crackers with a thick layer of whipped topping.
2. Place each half together to create 8 sandwiches.
3. Wrap each graham cracker sandwich tightly in saran wrap (be careful not to wrap so tightly that the whipped topping squeezes out the sides).
4. Place each wrapped sandwich in the freezer for several hours or until hard, and enjoy!

*To create a variety of flavors, use honey or cinnamon graham crackers with chocolate, strawberry, or French vanilla flavored whipped topping.*

Summer Movies

**Transformers:**
**Revenge of the Fallen**
Release: June 24, 2009
Deception forces return to earth on a mission to take Sam Witwichy prisoner, after the young hero learns the truth about the ancient origins of the Transformers. Joining the mission to defend humankind is Optimus Prime, who forms an alliance with international armies for a second epic battle.

**G-Force**
Release: July 24, 2009
A comedy adventure about the latest evolution of a covert government program to train animals to work in espionage. Armed with the latest high-tech spy equipment, these highly trained guinea pigs discover that the fate of the world is in their paws.

**Ice Age:**
**Dawn of the Dinosaurs**
Release: July 1, 2009
After the events of “Ice Age: The Meltdown,” life begins to change for Manny and his friends. Manny and Ellie are expecting a baby, Diego is fed up with being treated like a house-cat, and Sid begins to wish for a family of his own and steals dinosaur eggs which lands him in a lot of trouble.
**Elephantastic Weekend**

Come celebrate elephants in the W.I.L.D. Place, as well as inside the elephant house at the Buffalo Zoo on June 6 & 7. Activities include raffles, enrichment crafts, bio-facts, keeper talks, ice cream sampling by Perry’s Ice Cream, and more! Event is free with zoo admission.

*Location:* Buffalo Zoo, 300 Parkside Ave., Buffalo, NY 14214
*Contact:* 716-995-6133; www.buffalozoo.org

**Shakespeare in Delaware Park**

The 34th season of free professional Shakespeare performances at Delaware Park is upon us. Running from June 18-July 12, is ‘The Tempest’ followed by ‘Julius Caesar’ from July 23 to Aug. 16. Performances begin at 7:30pm on Tues.-Sun. at Delaware Park.

*Location:* Delaware Park—by the Rose Garden and Hoyt Lake, Delaware Park, Buffalo, NY 14209.
*Contact:* 716-856-4533.

**Family Fishing Day Clinic**

NYS Department of Education Conservation (DEC) Family Fishing Day Clinic

Join DEC staff and volunteers on June 13th, from 9:30am-1pm, for a family day of fishing at Tifft’s Lake Kristy. Refreshments, prizes, and complimentary hot dog lunch and exhibits on Lake Erie will be available. For more information and a listing of other available programs through the Buffalo Museum of Science and the Tifft Nature Preserve, visit www.sciencebuff.org.

*Location:* 1200 Fuhrmann Blvd., Buffalo, NY 14203
*Contact:* 716-851-7010 (Registration); 716-825-6397 (Tifft Nature Preserve Offices)

**Bidwell Summer Concert Series**

Beginning June 30th, the free Bidwell Park Summer Concert Series begins. Feel free to pack a picnic and enjoy the entertainment, or purchase food from local shops.

*Location:* Bidwell Parkway/ Elmwood Ave., Buffalo, NY 14222
*Contact:* 716-881-0707; www.elmwoodvillage.org

**Friendship Festival**

A bi-national celebration of peace, the Friendship Festival is a 5 day family-oriented festival with free games, contests, parades, live music, craft and car shows, rides, food, and fireworks! From Wed. July 1—Sun. July 5, Noon to 11pm.

*Location:* Riverside Park, Tonawanda & Vulcan Sts, Buffalo, NY 14207
*Contact:* 716-536-1734; www.4thatriverside.com

**Taste of Buffalo**

The 26th Annual Taste of Buffalo, presented by Tops, takes place on Sat. July 11, from 11am-9pm and Sun. July 12, from 11am-7pm. One of the regions signature events, the Taste of Buffalo is the largest 2-day food festival in the United States. Come sample food from nearly 60 restaurants from around Buffalo.

*Location:* Delaware Ave. & Niagara Square, Buffalo, NY
*Contact:* www.tasteofbuffalo.com

**Summer Festival of the Arts**

Celebrate the Festival of the Arts, July 3-5th in Ellicottville, NY with the Arts & Crafts show from 10am-5pm on Sat. and Sun. on Jefferson St. Join in the annual pet parade at 11am on Washington St. on Saturday, and finish out the weekend with the famous Strawberry Festival on Sunday. For more information, visit www.ellicottvilleny.com, and check out all the events they have to offer year round.

*Location:* 9 W. Washington St., Ellicottville, NY 14731.

**Sorrento Cheese Italian Heritage Festival**

Visit Buffalo’s Little Italy this summer from July 16-19, where sights, sounds, amusement rides and games, crafts, food, and culture flow down Hertel Avenue. Enjoy the best in local entertainment and food! With fun for all ages.

*Location:* Hertel Ave., cross-streets at Colvin and Delaware Ave., Buffalo, NY
*Contact:* Tracy Cavallera @ 716-877-1776; www.buffaloitalianfestival.com

**Party for the Planet**

Celebrate the many resources our earth provides while learning about conservation and how to give back to our planet. Activities free w/purchase of Buffalo Zoo admission. Sat. Aug. 1, from 10am-5pm.

*Location:* Buffalo Zoo, 300 Parkside Ave., Buffalo, NY 14214
*Contact:* 716-995-6133; www.buffalozoo.org

**Erie County Fair**

The largest independent county fair in North America, the Erie County Fair features free entertainment, animal exhibitions, top name grandstand acts, a mile long midway, great fair food and more! Runs from Aug. 12 (2pm-10:30pm) till Aug. 23 (9am-10:30pm)

*Location:* 5600 McKinley Pkwy, Hamburg, NY 14075.
*Contact:* 716-649-3900; www.thefairgrounds.com
*Price:* Adult: $10; Seniors (60+): $7; Kids 12 and under are Free!

**Elmwood Avenue Festival of the Arts**

This year marks the 10th annual Elmwood Festival of the Arts. Shop from over 170 artists and craftspersons selling their work, see over 50 performances on 3 stages, dance at the family friendly dance tent, and bring the family to Kidsfest, where children can do hands on arts projects, see kids-oriented performances, and march in Sunday’s Kidsfest parade. Occurs on Sat. Aug 29, from 10am-6pm and Sun. Aug. 30, from 10am-5pm.

*Location:* Elmwood Ave. & Lafayette Square, Buffalo, NY
*Contact:* 716-830-2484; www.elmwoodartfest.org

For a complete listing of summer concerts and festivals, visit www.bestofwny.com/concert_festivals/#cf.
Fill the game board so that numbers 1 to 9 occur exactly once in each row, column and 3x3 square. The numbers can appear in any order, but diagonals are not considered. Good luck!

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Pet Mix-up Puzzle

Cindy, Lisa, and Tanya Chalmers, three very responsible girls, loved animals and wanted to care for their own. Their parents agreed that to let them each adopt one pet and drove them to the pet center to pick out the pets they wanted to adopt.

They completed some adoption paperwork and the attendant said that the pets would be delivered the next day.

Minutes after the Chalmers Family left the pet center; a mischievous parrot flew over to the stack of adoption papers and started shredding the papers with his sharp claws. The attendant tried to rescue the papers but was too late and found them in pieces.

With most of the papers destroyed the attendant managed to piece together the information below.

- The girl who adopted the dog did not name it Tutu.
- Lisa’s pet who she named “Fluffy,” is not the type of animal that hops.
- Rex, who is not a dog, was adopted by Tanya.
- The rabbit was not adopted by Cindy.

Can you help the attendant figure out which pet each girl chose and the name of each pet? Use the chart below to help make your deductions. Put an “X” in the grids that are false. Put a dot in each grid that is true.

What You Need:
- Large Cup
- 1/2 cup Dish Soap
- 1 1/2 cups Water
- 2 teaspoons Sugar

Here’s How:
- Get out a large cup.
- Pour 1/2 cup dish soap into the cup.
- Add 1 1/2 cups water to the cup.
- Measure 2 teaspoons of sugar into the water soap mixture.

Patriotic Word Search

Find these words in the puzzle on the right going horizontally, vertically, and diagonally. Good Luck!

INDEPENDENCE  FIREWORKS  HONOR
FLAG          PATRIOTIC  PRESIDENT
UNITED STATES UNION  CELEBRATE
JULY           CONSTITUTION  RED
If I Have a Wicked Stepmother, Where’s My Prince?  
By: Melissa Kantor

Wicked stepmother? Check. Evil stepsisters? Check. Miserable life? Check. Lucy Norton’s life has all the makings of a Cinderella story. Her dad’s always away on business, leaving Lucy with her cruel stepmother and bratty stepsisters. She’s burdened with chores and has a hard time fitting in at her new school. So when she meets Connor, star of the varsity basketball team, Lucy hopes her destiny has finally changed.

The Stupendous Dodgeball Fiasco  
By: Janice Repka

 Phillip comes from a circus family, but all he really wants is to be a regular kid. He winds up in a school called Hardington, where everyone is wild about dodgeball. Phillip must find a way to take on the Unofficial Dodgeball Capital of the World.

Maniac Magee  
By: Jerry Spinelli

Maniac Magee is a very excitable boy. One that can outrun dogs, tie a knot that no one can undo, and hit a homerun off the best pitcher in the neighborhood. “Kid’s gotta be a maniac” is what folks in Two Mills say. Follow Jeffery Lionel ‘Maniac’ Magee as he finds a home in an unexpected place and tries to smooth tensions in town.

Hoops  
By: Walter D. Myers

All eyes are on 17 year old Lonnie Jackson while he practices with his team for a city-wide basketball Tournament of Champions. His coach, Cal, knows Lonnie has what it takes to be a pro-basketball player, but warns him about giving into the pressure Cal knows can be hard to turn down.

*Recommended Reading for ages 9-14*

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**Presidential Fun Fact Answers**

A. Lyndon B. Johnson  
A. Woodrow Wilson  
A. France  
A. George H.W. Bush, Senior  
A. Delaware  
A. Three-quarters

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**Word Search Solution… Did you find them all?**

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**Sudoku Solution**

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**Pet Mix-up Puzzle solution**

- Cindy
- Lisa
- Tanya

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On behalf of the UB Adolescent & Family Development Project, have a fun and safe summer!

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