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May 2018

The Best Defense

It's time to break out the bug spray and the sunscreen. What's the best way to apply both? According to the Centers for Disease Control and Prevention, put on sunscreen first, then spray on insect repellent. They advise against products that combine the two since sunscreen needs to be reapplied more often.

Get a Better Night's Sleep

Ensure more restful sleep by following the 6/30 rule: Avoid caffeine for six hours before bedtime, and say good night to TV, tablet or phone screens 30 minutes before hitting the hay.

Birding Benefits

Good news for bird-watchers—the hobby is “flock”-full of health benefits! Bird-watching has been shown to increase alertness, reduce stress and perk up mood.

Silver Spur Village Staff Community Manager

John Gallaway

Admin Assistant

Lanette Crowley

Maintenance

German Dominguez

Housekeeping, System 4

Courtesy Patrol, Blue Coast Protection

Famous Firsts: The Kentucky Derby

On May 17, 1875, a crowd of 10,000 people entered the gates at Churchill Downs, a new racetrack in Louisville, Ky. They cheered on the 15 thoroughbreds that raced in what was the inaugural Kentucky Derby, and Aristides came out the winning colt. The annual Derby, called the “greatest two minutes in sports,” is America’s longest-running sporting event.

Hats Off to a Tradition

The custom of graduates throwing their caps into the air originated at the U.S. Naval Academy in 1912. The hat toss has since become a signature moment at commencement ceremonies, especially at U.S. military academies since it symbolizes the start of their new commissions. Kids often scramble to pick up the caps as keepsakes.

Office Hours

Mon-Fri 8:00 AM-4:30 PM

Gate Hours

Mon-Fri 7:30 AM-5:00 PM

Did You Know?

There are six major types of corn: dent corn, flint corn, pod corn, popcorn, flour corn and sweet corn.



Maternal Blooms

Native to Tanzania and Kenya, African violets have been brightening windowsills in America since they were brought here in the 1890s. Marked by fuzzy green leaves and delicate flowers in a variety of hues, these cheerful plants thrive indoors. African violets are also easy to propagate, and one mother plant may yield dozens of offspring.

Remembering Heroes

“A hero is someone who has given his or her life to something bigger than oneself.”
—Joseph Campbell

Reasons to Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.



Trivia Whiz

Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

California. Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.

Wisconsin. The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

San Antonio. Bean burgers—piled with refried beans, cheese sauce, diced onions and Fritos corn chips—are a specialty in this Texas city.

North Carolina. Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and throughout the Southeast.

The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country's upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in

relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



Preventing and Managing Osteoporosis

Whether you've been diagnosed with osteoporosis or low bone density, or you're trying to prevent these conditions as you age, there are steps you can take to protect your bone health. National Osteoporosis Month in May is a good time to review some lifestyle tips.

Nutrition. Many vitamins and minerals contribute to bone health, with calcium and vitamin D at the top of the list. Green vegetables such as broccoli, Brussels sprouts and kale are excellent calcium sources. Yogurt, almonds and canned salmon are also good choices. For vitamin D, sources include tuna, egg yolks and fortified milk.

Exercise. Weight-bearing exercise, such as walking, climbing stairs, dancing and tennis, helps to slow bone loss. It also builds muscle and improves balance, which can reduce the risk of falls. Balance-boosting activities include yoga and tai chi.

Safety. To avoid falls that could cause a fracture, make sure your home is safe by keeping it well-lit, reducing clutter, tucking away electrical cords, and securing loose rugs. If you wear glasses, keep them clean and your prescription up to date. Pants, skirts and pajamas that are too long can cause you to trip. Use grab bars, handrails and nonslip mats when they're available.

May is National Osteoporosis Month



May Birthdays

- May 01 Dave Ayres
- May 05 Fern Jocksch
- May 06 Ken Kuapa
- May 07 Gail Brittingham
- May 07 Barb Squier
- May 10 Diana MacLaren
- May 13 Jerald Harris
- May 19 Richard Endres
- May 21 Arnie Huizenga
- May 22 Joseph Pace
- May 24 Miriam Young
- May 29 Delbert Cilk
- May 30 Jack Profant

May Anniversaries

- May 3, 1986 Ed & Gail Sanderson
- May 6, 1995 Tim & Wendy Teich
- May 8, 1982 Pat & Deb Murphy
- May 11, 1991 D & L Robertson
- May 11, 1968 Dick & Jane Cole
- May 23, 1964 J & J Stines
- May 28, 1993 M & T McDonald
- May 29, 1998 L & D Pownall



Pictures

Anyone interested in putting a picture in the monthly newsletter you may send it to my email address @ cap123b@cal-am.com.



Wit & Wisdom

"Look deep into nature, and then you will understand everything better."
—Albert Einstein

"Everything in nature invites us constantly to be what we are."
—Gretel Ehrlich

"Nature presides in all her dignity, permitting us the study and the use of such of her forces as we may understand."
—Beryl Markham

"Nature is not a place to visit. It is home."
—Gary Snyder

"Study nature, love nature, stay close to nature. It will never fail you."
—Frank Lloyd Wright

"Nature is infinitely creative. It is always producing the possibility of new beginnings."
—Marianne Williamson

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May		1 8:50 Coffee 1:00 Billiards 1:00 Dominoes	2 1:00 Billiards	3 1:00 Billiards 1:00 Canasta	4 1:00 Billiards 1:00 Dominoes	5
6 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	7 1:00 Billiards	8 8:50 Coffee 1:00 Billiards 1:00 Dominoes	9 1:00 Billiards 3-5 Wine Tasting & Painting	10 1:00 Billiards 1:00 Canasta 5:00 Social Hour	11 1:00 Billiards 1:00 Dominoes	12 
13 Happy Mother's Day!!!	14 1:00 Billiards	15 8:50 Coffee 1:00 Billiards 1:00 Dominoes	16 1:00 Billiards	17 1:00 Billiards 1:00 Canasta	18 1:00 Billiards 1:00 Dominoes	19
20	21 1:00 Billiards	22 8:50 Coffee 1:00 Billiards 1:00 Dominoes	23 1:00 Billiards	24 1:00 Billiards 1:00 Canasta 5:00 Social Hour	25 1:00 Billiards 1:00 Dominoes	26
27	28 Memorial Day Office Closed Memorial Day Party	29 8:50 Coffee 1:00 Billiards 1:00 Dominoes	30 1:00 Billiards	31 1:00 Billiards 1:00 Canasta		

"This Month In History"

MAY

1900: Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

1916: The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

1927: Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

1932: Comedian Jack Benny's first radio show is broadcast.

1942: The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

1952: Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

1961: Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

1971: The NPR radio program "All Things Considered" premieres.

1991: Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

2004: At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

2014: The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

2017: "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.