



9333 E University Dr • Mesa, AZ 85207 • (480) 986-0904  
cap123a@cal-am.com

## June 2018

### Popular Pages: 'The Greatest Generation'

Celebrated journalist and anchorman Tom Brokaw says he was inspired to write this best-selling book after interviewing American veterans for a D-Day documentary. Published in 1998, "The Greatest Generation" tells the stories of 50 men and women who came of age during the Great Depression and "answered the call to save the world" in World War II, whether fighting abroad or on the homefront. Brokaw explores how the courage and contributions of this generation built and transformed modern-day America.

### Advice From Mister Rogers

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." —Fred Rogers

### Favorite Fathers

Among TV Guide's top picks for greatest TV dads of all time are Ben Cartwright of "Bonanza," Charles Ingalls of "Little House on the Prairie" and Philip Banks of "The Fresh Prince of Bel-Air."

### Fairway Fitness

Due to its relaxing pace, golf may seem more like play than a workout, but studies show that the sport is good exercise, even when riding a cart between holes. On average, walking an 18-hole course covers about 5 miles and burns nearly 2,000 calories. If using a cart, golfers still walk over a mile and can burn more than 1,000 calories. The game's swinging and bending movements provide further fitness perks, and there's the mental boost of being outside in the fresh air and natural surroundings.



### Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance by boosting the levels of the brain chemical norepinephrine. Lemony smells also made people feel better and more motivated and alert.

### Silver Spur Village Staff Community Manager

John Gallaway

Admin Assistant

Lanette Crowley

Maintenance

German Dominguez

Housekeeping, System 4

Courtesy Patrol, Blue Coast

Protection

### Office Hours

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

### Gate Hours

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

### Did You Know?

Golden Gate Park in San Francisco is located on what was once a massive sand dune ecosystem that spanned 7 miles.

### Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.



## Trivia Whiz

### Here Comes the Sun

On June 21, the Northern Hemisphere will experience the summer solstice, the day of the year with the most hours of daylight. As you enjoy the extra sunshine, ponder these facts about our closest star:

Situated at the center of our solar system, the sun is responsible for Earth's climate and weather.

About 1 million Earths could fit inside the sun.

The sun is the closest thing to a perfect sphere that has been observed in nature.

Light from the sun takes eight minutes to reach Earth.

The visible part of the sun is about 10,000 degrees Fahrenheit, while temperatures in its core reach more than 27 million degrees.

The sun is a type of star known as a yellow dwarf.

### Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

*Berliner.* This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

*Paczki.* Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the *sufganiyah* is a nearly identical treat.

*Churro.* A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

*Youtiao.* This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

*Jalebi.* Similar to funnel cakes, these

treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

*Koeksister.* South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

*Loukoumades.* A favorite in Greece and Turkey, these fried dough balls are covered with honey and cinnamon.



### All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32

make it to the World Cup—31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games. The champion team receives a gold-plated replica of the official trophy, and the tournament's best player, top scorer and best goalkeeper are honored with the Golden Ball, Golden Boot and Golden Glove awards.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles.



- June Birthday's**
- 06.03 James Stines
  - 06.05 Olga Ciaputa
  - 06.08 Mike Stahnke
  - 06.11 James Stahnke
  - 06.12 Margie VanBeek
  - 06.17 Jean Copple
  - 06.19 Lawrence Hicks
  - 06.23 Jim Collins
  - 06.24 Lawrence DeShano
  - 06.26 Michael Rigney
  - 06.27 Todd Vossler
  - 06.28 Julie Crowley
  - 06.30 Pearl Jimenez

- June Anniversaries**
- 06.03.1994 Todd & Karen Vossler
  - 06.09.1979 George & Barb Peyla
  - 06.11.1960 Bill & Judy Atkinson
  - 06.12.1983 Owen & Elsie William



### I Scream, You Scream ...

We all scream for ice cream! Chocolate or vanilla, cone or cup, soft serve or hand-dipped ... there are endless ways to enjoy this sweet treat. Dip into a discussion about ice cream and get the scoop on what others like, too.

- Did you eat ice cream when you were a child? Was it a regular dessert or a treat reserved for special occasions? What was your favorite flavor then? Is it still your favorite now?
- Have you ever eaten homemade ice cream? Did you ever make it yourself? Talk about the process and the tasty results.
- Do you prefer your ice cream served in a cup or a cone? How many scoops do you get?
- Do you like sundaes? What toppings do you like to add? What about milkshakes or malts?
- Which restaurant or parlor do you think serves the most delicious ice cream?
- Do you remember getting a treat from an ice cream truck? What are your memories of that, and what did you like to order?
- Bacon, dill pickle and pumpkin are some of the unique flavors of ice cream available today. What's the most unusual flavor you have ever eaten? Is there one you would like to try?
- Some people like to eat ice cream only on warm summer days; others enjoy it year-round. What is your preference?



### Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."  
—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."  
—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."  
—Ayn Rand

"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."  
—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."  
—Calvin Coolidge



## June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June</h1>					1 1:00 Billiards 1:00 Dominoes	2
3 1:00 Billiards	4 1:00 Billiards	5 8:50 Coffee 1:00 Billiards 1:00 Dominoes	6 1:00 Billiards 1:00 Happy Hookers	7 1:00 Billiards 1:00 Canasta	8 1:00 Billiards 1:00 Dominoes	9
10 	11 1:00 Billiards	12 8:50 Coffee 1:00 Billiards 1:00 Dominoes	13 1:00 Billiards	14 Flag Day 1:00 Billiards 1:00 Canasta	15 1:00 Billiards 1:00 Dominoes	16
17 1:00 Billiards	18 1:00 Billiards	19 8:50 Coffee 1:00 Billiards 1:00 Dominoes	20 1:00 Billiards	21 1:00 Billiards 1:00 Canasta	22 1:00 Billiards 1:00 Dominoes	23  <b>ENJOY SUMMER!</b>
24 1:00 Billiards	25 1:00 Billiards	26 8:50 Coffee 1:00 Billiards 1:00 Dominoes	27 1:00 Billiards	28 1:00 Billiards 1:00 Canasta 5:00 Social Hour	29 1:00 Billiards 1:00 Dominoes	30

## "This Month In History"

### JUNE

**1919:** A colt named Sir Barton wins the Belmont Stakes, making him horse racing's first Triple Crown winner.

**1927:** The Cyclone roller coaster opens on New York's Coney Island. The wooden coaster is one of the oldest amusement park rides in the U.S.

**1934:** Sporting a sailor shirt and cap, Donald Duck debuts in the cartoon short "The Wise Little Hen."

**1948:** Columbia Records introduces its new long-playing 33 1/3 rpm phonograph record.

**1958:** Brazil wins its first World Cup title, beating Sweden 5-2. Then just 17 years old, soccer legend Pelé scored two goals in the victory.

**1969:** Featuring country music and comedy, the TV variety show "Hee Haw" premieres.

**1971:** President Richard M. Nixon's daughter Tricia marries Edward Cox in a ceremony in the White House Rose Garden.

**1981:** The video arcade game "Donkey Kong" debuts.

**1991:** Natalie Cole releases her hit album "Unforgettable ... With Love," singing the classic songs of her father, Nat King Cole.

**2007:** Customers line up to buy the first model of the Apple iPhone.

**2010:** Woody and Buzz are back for "Toy Story 3," which becomes the first animated film to earn \$1 billion at the box office.

**2014:** One of Claude Monet's iconic water lilies paintings sells for a record \$54 million at a London auction.