



2305 W Ruthrauff Road • Tucson, AZ 85705 • (520) 887-2255

## June 2020

### Take a Meditation Break

You can't take years off your age, but you may be able to take years off your brain age. What's the secret? Some say it's practicing meditation. One research study showed that the physical appearance of meditators' brains appeared to be about seven years younger than those who didn't meditate. Scientists have observed that small bouts of consistent meditation, two to 10 minutes a day, can improve cognitive abilities.

### A Figure of Speech

*Phrase:* Tie the knot

*Meaning:* Get married

*Origin:* This phrase has been associated with marriage since at least the 13th century. Since a knot symbolizes a strong, lasting bond, the literal act of tying a knot is a custom in some wedding ceremonies.

### Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

### Remember the Three L's

The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L's when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.

### Hall of Fame Fisherman

Mention the name Ted Williams, and the MLB legend is often remembered as the sport's greatest hitter. But Williams was as skilled with a fishing pole as he was with a bat. An expert fly and deep-sea fisherman, he was inducted into the International Game Fish Association Fishing Hall of Fame in 1999. Williams is one of only a few athletes to be a Hall of Famer in more than one professional sport.

### VILLA CAPRI OFFICE STAFF

Manager ..... Kathryn Mitchell  
Admin Asst ..... Erin Eastep  
Maintenance ..... Albert Hall  
Maintenance ..... Bert Garcia

### OFFICE HOURS

Monday - Friday  
OPEN ..... 9:00 A.M - NOON  
closed for lunch ..... NOON - 1:00  
OPEN ..... 1:00 P.M. - 4:00 P.M.

### A Dandy Sight

Blooms of dandelions are an annual sight across many landscapes. The plant's head holds as many as 300 ray flowers that look like tiny petals. These mature into white seeds that can disperse and drift off miles away. Folklore says the dandelion's life cycle symbolizes our solar system: The yellow flower resembles the sun, the white puff ball looks like the moon and the scattered seeds are the stars.

### Reminders

**Assistive** animal owners must be responsible and courteous to other residents when they are outside with their animals. Never allow your animal to relieve themselves on **anyone's property!** Everyone in this community deserves equal respect in all regards.

### BULLETIN BOARD ETIQUETTE

**Postings** for the Bulletin Boards by Mail Boxes and in the Laundry must have a date stamp on them from the office. This will allow each posting to remain up for 30 days. Any postings not dated will be removed. Space is limited so this will allow each person equal

time and space usage.

**Postings** on Clubhouse hallway board are for Tucson area and Assoc Activities. Clipboards are now conveniently mounted on wall across from the board.

**Postings** on Bulletin Board in Card Room/Library are for notices of homes for sale & photos, Service Vendor/Realtor cards etc.



## Trivia Whiz

### 'Jaws' Turns 45

Considered to be the first summer blockbuster, the thriller "Jaws" opened in theaters on June 20, 1975.

"Jaws" was based on the novel of the same name by Peter Benchley. He originally titled the book "Silence in the Deep."

Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.

To add suspense, the shark isn't seen until nearly an hour and a half into the film.

The memorable line "You're going to need a bigger boat" was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.

The first movie to make over \$100 million at the box office, "Jaws" was the highest-grossing film of all time until 1977's "Star Wars."

### ATTENTION SNOWBIRDS!

Please be sure to notify the office of your departure date so we can do a final meter reading and shut off the selected utilities. We thank you for choosing **Villa Capri** as your winter destination each year and look forward to your return in the fall. If you have any questions please call: (520) 887-2255 or email us at cap942a@cal-am.com.

### TED's Anniversary

In June 2006, the first six TED Talks were posted on the internet. With the motto "Ideas Worth Spreading," TED began in 1984 as a technology, entertainment and design conference. Today, there are now more than 3,000 free talks at *TED.com* that cover a variety of topics with a total of over 1 billion views.

### 'Tree' Is One

How many words can you come up with using the letters in "summertime"?

### EMERGENCY INFORMATION

PLEASE NOTE: Villa Capri Mobile Home Park is located in PIMA COUNTY and **not** in the CITY of TUCSON!

The **PIMA COUNTY SHERIFF'S DEPARTMENT** services the park. If you have an emergency call **911** and state you are in PIMA COUNTY.

For **nonemergency** requests call: (520) 351-4900.

### Famous Faces Born in June

- June 3, 1936: Larry McMurtry
- June 7, 1946: Jenny Jones
- June 9, 1988: Mae Whitman
- June 19, 1978: Zoe Saldana
- June 20, 1945: Anne Murray
- June 24, 1987: Lionel Messi
- June 28, 1971: Elon Musk
- June 30, 1956: David Alan Grier

### On the Menu: Chimichurri

This tangy Argentinian sauce gets its name from the loosely translated phrase "a mix of several things in no special order." A typical chimichurri recipe is an uncooked combination of finely chopped fresh parsley and oregano, minced garlic, olive oil and vinegar. Other herbs, such as cilantro, can be added or substituted, as well as red pepper flakes for an extra spicy kick. Traditionally green in color, chimichurri is often used as a condiment for grilled meats and vegetables, and may have originated with the cowboys of Argentina and Uruguay to flavor beef they cooked over an open fire. A red version of chimichurri, featuring red bell peppers, is also popular.

### ANIMAL SIGHTINGS IN THE PARK

The javelinas are still being seen around the park property, so be vigilant when out walking. There is always the chance of a stray coyote entering the park as well, but they are usually non-aggressive toward humans and will move on very quickly if they find no food source (overgrown garden areas, rabbits, mice, or other rodents). No one wants to encourage these unwanted animals to remain in our park, so it is important to keep your property weed and debris free.

Is it time for a thorough SPRING CLEANING on your property?

### Feel Like a Kid Again

"Every summer, like the roses, childhood returns." —Marty Rubin



### Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

*Adjust the temp.* Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

### Lure 'Em In

Open up an angler's tackle box, and there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

*Crankbait.* Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water.

*Jigs.* A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. The lure's hook can be adorned with feathers, a fake worm, or live bait.

*Spinnerbait.* These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

*Spoons.* One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

*Flies.* To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.




### NOTES

We have noticed an ongoing issue with incorrect amounts being written on your checks or money orders. We are asking if you would please be diligent in making sure you have filled out your payment amount correctly before turning it into the office. We can not accept a payment if the amount is incorrect.

### Hawaii's First King

A state holiday in Hawaii, King Kamehameha Day pays tribute to the monarch who united the islands under his leadership in 1810. Each June 11, cities throughout Hawaii, as well as Washington, D.C., drape lei garlands over statues of Kamehameha, who is usually depicted with an outstretched arm.

## June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 	13
14	15 	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<i>June</i>			

# "This Month In History"

## JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.