

Gardens' News

28500 Bradley Road • Sun City, CA 92586
Phone (951) 679-2391 • Fax: (951) 679-8002



Happy Birthday, Residents!

To all of our residents who were born in June, this is your month! Happy Birthday from Sun City Gardens!!

06/02 Lenaya Hill
06/04 Alice Waisanen
06/05 Michiko Belt
06/06 Frances Toyosaki
06/08 Richard Kingsbury
06/11 Bonnie Hudson
06/18 June Prather
06/24 Clyda Holbrook
06/24 Elizabeth Hedrick



June 2021

Staff Directory Lic. #336403516

Angela Scott-Kapiloff
Senior Executive Director
Alicia Padilla
Business Office Director
Barbara Mireles
Support Services Director
Paula Morse
Food Service Director
Edoardo Estrada
Marketing Director / Resident Relations
Esmeralda Cervantes
Marketing Assistant
Bituin Dizon-Garcia
Assisted Living Director
Michele Lynch
Activity Director
Irene Luevano
Assisted Living/Memory Care Activities
Daryl Stout
Maintenance Director
Aurora Flores
Director of Housekeeping



Wish List

As a nonprofit community, we rely on donations for selected projects. The following are examples of the many projects we have on our "wish list:"

1. Atrium Renovation
2. Interior and Exterior Seating that contains shade
3. Resident computer station with Internet, Video Feed, and printers
4. Furniture for the clubhouse lobbies
5. DVD movies for the theater

If you feel compelled to make a generous donation, please contact our Administrative Director. Thank you in advance for your support.

Welcome Home to Sun City Gardens!

Dorothy Moreland
Della Lease
April Hazen
Walter Santos
Ida Pullano
Mr. & Mrs. Gene Gray
Jette Rees
Florence Myers
Pam Senior Grottolo to A/L



Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

Fort McHenry. After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw "by the dawn's early light" that the "flag was still there," flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became "The Star-Spangled Banner."

Iwo Jima. The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography.

Moon landing. After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

9/11. On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of unity.

The Classic Corn Dog

Amid the fun at a fair, festival or ballgame, you'll likely find someone in the crowd who's enjoying a corn dog.

Its recipe is simple: A hot dog is skewered on a wooden stick, dipped in cornmeal batter and then deep-fried. The built-in handle makes it easy to eat, whether you're walking along a midway or in the stands at a sporting event.

There's no definitive date or place for its invention. Patents for machines to make this food on a stick were granted back in the 1920s. Over the next decades, various people claimed they created the corn dog, and it became a popular fair food since it was inexpensive, easy to prepare and portable for folks to eat as they walked around.

Some of the earliest vendors include Neil Fletcher's Corny Dogs, sold at the Texas State Fair beginning in 1942. Around that time, Pronto Pups from Oregon starting popping up across the U.S., and Cozy Dogs have been an Illinois tradition since 1946.

Those deep-fried delights are still being served, and you'll find corn dogs at fast-food chains and corner convenience stores.





A Tie Timeline

From the skinny ties of the '50s to the power ties of the '80s, men's neckties have become a way to show personality as well as a sharp-dressed look.

Modern-day ties were likely inspired by the loosely tied scarves worn by 17th-century Croatian soldiers who were hired by the French to serve in the Thirty Years' War. King Louis XIII enjoyed the look, gave the scarves the name cravats, and made them mandatory in his

royal court.

Cravats remained popular for the next 200 years, with variations in fabric, length and method of tying. The ascot, a band of silk that's wrapped around the neck and loosely tied in front, emerged in the late 1800s, setting a pattern for more casual neckwear.

The trend changed in the 1920s, when New York tie maker Jesse Langsdorf designed the necktie we know today by cutting fabric at an angle that helped it stretch, yet preserved its shape. The Langsdorf tie allowed more creativity with knots, and soon men were sporting the style.

Going Gaga Over Goat Yoga

Fresh air, calming breaths, gentle stretching, and baby goats climbing all over you. For fans of goat yoga, that's a prescription for happiness.

The unusual exercise has hopped all over the world during the last several years, but it all started in 2016 on a small farm in Oregon. Owner Lainey Morse regularly had friends over to hang out with her small herd of miniature goats, since being around them helped relieve stress and bring smiles to people's faces. When a yoga instructor friend suggested having classes on the farm, Morse insisted the goats join.

Because goats are outgoing and playful, they're ideal candidates for animal therapy. Adding them to a yoga session instantly creates a relaxed atmosphere. A nudge or nibble from a friendly kid can bring laughter and help folks feel at ease.

Since only small goats are used for yoga, some say having one climb on their back can feel a bit like a massage!



Wit & Wisdom

"The sky is an infinite movie to me. I never get tired of looking at what's happening up there."

—K.D. Lang

"You cannot look up at the night sky on the planet Earth and not wonder what it's like to be up there amongst the stars."

—Tom Hanks

"The sky is the ultimate art gallery just above us."

—Ralph Waldo Emerson

"My experiences remind me that it's those black clouds that make the blue skies even more beautiful."

—Kelly Clarkson

"I always believe that the sky is the beginning of the limit."

—MC Hammer

"Passion isn't something that lives way up in the sky, in abstract dreams and hopes. It lives at ground level, in the specific details of what you're actually doing every day."

—Marcus Buckingham

"Don't forget: Beautiful sunsets need cloudy skies."

—Paulo Coelho

"We are a nation of communities ... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky."

—George H.W. Bush

Enjoying the Great Outdoors

June brings the start of summer, a season that beckons many of us to go outside. Grab your sunglasses and a cool drink, then sit back, relax and reflect on your memories of fun in the sun.

- Sunshine, warm temperatures, nature in full bloom ... What do you like most about summertime? Are there aspects of the season that you dislike?
- What summer games or sports did you play when you were younger? What about now?
- Whether it's a pool, pond, lake or beach, water is a big part of summer fun. Did you have a favorite water-related activity—swimming, surfing, fishing, boating?
- What about other outdoor pastimes such as gardening, hiking or camping?
- Are there any memorable encounters you've had with wild animals in the great outdoors?
- Do you have memories of a special summertime trip or vacation?
- Did you go away to summer camp as a kid?
- What's your favorite outdoor entertainment—visiting a park, enjoying a cookout, going to a fair or concert, or something else?

A Mix of Melons

Refreshing and healthy, melons are ideal summertime snacks. Their high water content makes them good thirst-quenchers. These fruits are low in calories and loaded with nutrients, including potassium and vitamin C. Here's a slice of some popular melon varieties:

Watermelon. The red flesh of this familiar melon is one of the richest sources of lycopene, which is linked to heart health and cancer protection.

Cantaloupe. Also known as muskmelon, the juicy, orange flesh of this fruit is a sign of its beta-carotene content, which promotes healthy skin, vision and immunity.

Honeydew. The sweetest of all melons, the yellow-white variety with pale green flesh is the most common, but you'll also find golden and orange-flesh honeydews.

Casaba. With a thick, wrinkled yellow rind, this melon's interior is white. Its flavor is less sweet and similar to a cucumber.

Persian. This type looks and tastes like a cantaloupe, but is larger and oblong-shaped.

Canary. Named for its bright yellow skin, its pulp is white, mildly sweet and a bit tangy.



Health & Wellness

Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. Making a point to hit the ground walking can provide major mental health benefits.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body.

Taking a walk in a blue space—that's a place near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.

The Longest Day

Every year on the summer solstice, the day with the most hours of sunlight, communities across the country gather to “outshine the darkness of Alzheimer’s.”

Since 2012, the Alzheimer’s Association has hosted The Longest Day on the first day of summer, which this year is Sunday, June 20. The name of the event refers to the long daylight hours of the summer solstice as well as the journey of the 50 million people worldwide who are living with Alzheimer’s disease and their caregivers.

Individuals take part in The Longest Day by creating or joining a team of family, friends and co-workers and planning a fundraising event that will take place from sunrise to sunset. Teams can choose any activity, such as a walk-a-thon, playing cards or bingo, baking, crafting, playing a sport, or volunteering for a service project. Virtual gatherings, online charity donations, and sending cards and care packages to people with dementia are additional ways of showing support.



Celebrating Freedom

When President Abraham Lincoln’s Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated on June 19 instead?

Various factors led to the continuation of slavery. Chiefly, the Civil War had yet to end, and Lincoln didn’t have much authority over states still in rebellion. After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war’s end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas—the western-most state at the time—and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

An official state holiday in Texas since 1980, Juneteenth is now recognized by most other states. Many are lobbying to make it a federally recognized holiday, similar to Flag Day and Patriot Day.

Remember Me?

Unable to walk as a child, Wilma Rudolph would later sprint into sports history as the fastest woman in the world.

- One of 22 children, she was born in Tennessee on June 23, 1940.
- After several illnesses, including polio, she lost the use of her left leg and was told she would never walk again.
- She wore a leg brace, but with rehabilitation and the help of her family, she fully recovered by age 12.
- Rudolph grew to be a star basketball player in high school, where Tennessee State University’s track coach saw her talent.
- At age 16, she made the 1956 U.S. Olympic team and won a bronze medal in the 400-meter relay at the games in Australia.
- Her biggest triumph came at the 1960 Olympics in Rome. She became the first American woman to win three track and field gold medals at one Olympics, in the 100- and 200-meter sprints and the 400-meter relay, breaking records in two of the events.
- Because the 1960 Games were televised in the U.S. and Europe, Rudolph became an international celebrity, and was nicknamed “the Tornado.”

Build a Fairy Garden

Some people transform their yards into lush landscapes that appear particularly inviting to mythical creatures such as fairies and gnomes. But you can create your own enchanting world to keep inside all year long with a fairy garden or miniature garden.

Begin by choosing a container for your tiny garden. Choose one that fits your space and the number of plants and accessories you want to add. Be sure the container has proper drainage.

Miniature gardens feature various types of plants to give the appearance of grass, trees and shrubs. Some choose low-maintenance plants, such as moss and succulents, while others prefer herbs or miniature flowers. Select plants that have similar light and watering requirements.

Fairy garden décor can be made out of various objects. Build a house out of stones and twigs, or create a pathway with pebbles or aquarium gravel. Look around your home for small objects to incorporate in your garden—perhaps buttons or marbles. Get creative!



Were You a Mibster?

If you spent time knuckling down and shooting for an aggie, chances are good that you were a mibster, slang for someone who plays marbles. The origin of these tiny toys is unknown, but it goes back centuries. Clay marbles have been found in ancient Egyptian tombs.

Marbles peaked in popularity in the early 1900s, when mass

production made them cheaper to make. One penny could buy a bag of 30 marbles.

When someone talks about playing marbles, they could actually be referring to any number of games played with the small, round spheres, which have nicknames based on their coloring, content, or purpose in a game. For example, a “shooter” or “taw” refers to a larger marble used to hit smaller ones, sometimes known as “mibs” or “ducks.” An “aggie” is made of agate stone, and “onionskins” have swirls of color over their surface.

There are still companies that manufacture marbles, and many antique marbles are collectibles.



Brain Bender: The Pet Race

Jaxon, Keisha, Libby and Max each own a different pet—a rabbit, frog, turtle and hamster.

The children entered their pets in a race at the county fair, and together they earned the top four spots.

Using the clues provided, can you figure out the owner of each pet and in what place they finished?

- Jaxon’s rabbit did not win the race.
- Libby does not own a frog, and her pet didn’t come in second place.
- Keisha’s pet finished right behind Jaxon’s pet.
- Max’s pet crossed the finish line right after the hamster.
- Keisha doesn’t own a reptile or amphibian. Her pet won third place.

(Answer: Libby’s turtle won first place, Jaxon’s rabbit won second place, Keisha’s hamster won third place, and Max’s frog won fourth place.)

Unforgettable Drives

Since the debut of the first “horseless carriage,” a variety of passenger automobile brands have come and gone. From the economical and utilitarian, to the luxurious and stylish, here are a few you may remember.

Packard. This luxury car was produced from 1899 to 1958 and was known for innovations such as air conditioning and the modern steering wheel.

Hudson. The Hudson Motor Co. hired the country’s first female automotive designer in 1939. Her innovations included exterior trim features and an interior instrument panel on their namesake model, which was produced 1909–1957.

Nash. Among the first automobiles to offer seat belts, Nash models were manufactured from 1916 to 1954. The automaker also introduced the concept of compact cars to the U.S. market.

Studebaker. Originally a producer of horse-drawn carriages and wagons, Studebaker began making cars in 1902 and continued until 1966.

In recent years, Pontiac, Oldsmobile, Plymouth, and Mercury have joined the list of American automobiles that are no longer made.



A True Road Warrior

It’s the vehicle that helped drive the Allies to victory in World War II. The jeep was so essential, the military regarded it as one of the weapons that helped win the war.

Preparing for battle in June 1940, the U.S. Army, in an urgent request, asked American automakers to create a light reconnaissance vehicle that could carry and support troops and weapons. Among the specifications, it needed to be equipped with four-wheel drive, able to carry up to 600 pounds, and have bucket seats for a three-man patrol.

Three companies helped design and manufacture the jeep—American Bantam Car Co. of Pennsylvania, Ohio’s Willys-Overland Motors, and Ford Motor Co. In all, about 645,000 jeeps were built.

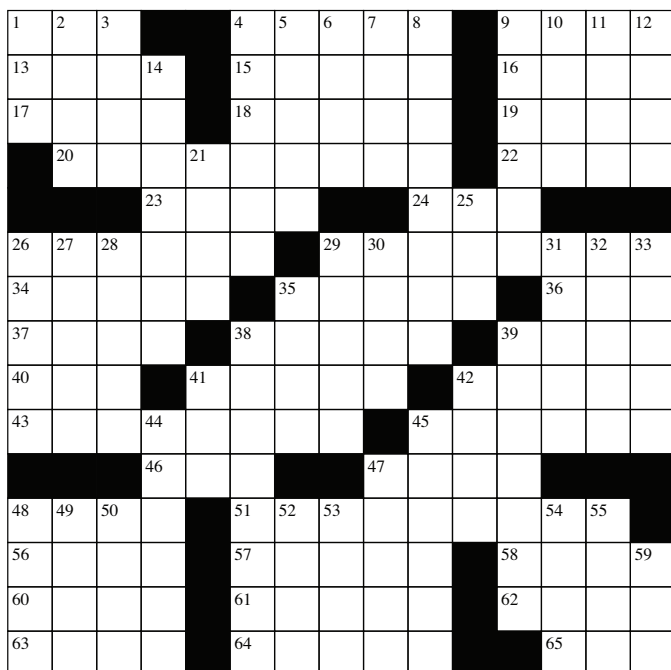
The automotive warrior proved to be sturdy, fast and agile, driving over rough terrain, up mountains and through rivers. GIs called them jeeps. Some say the name came from the letters GP, the military term for general purpose, or from the animal character Eugene the Jeep in the “Popeye” comics and cartoons.

Laugh Lines: Funny Future Predictions

When you look back in history, there were some hilarious predictions made about what life would be like in the 21st century. Here are a few of those funny forecasts:

- We wouldn’t just watch TV, but also feel and smell the images on the screen.
- Instead of cooking in our own kitchens, ready-to-eat meals would be delivered to homes through a huge system of underground pneumatic tubes.
- New farming methods promised to yield much bigger produce, including blueberries as big as apples, 3-foot-long carrots and tomatoes the size of basketballs!
- Every family would have a personal helicopter, small airplane, or flying saucer in their garage.
- Riding giant fish and supersized seahorses would be new water sports.
- By wearing mini hot air balloons and shoes shaped like boats, people could walk on water.
- Humans would only have one eye, needed for up-close tasks such as reading.
- There would be just one toe on a human foot, since the smaller toes would be used less over time.

Crossword Puzzle



ACROSS

1. Shade tree
4. Commonplace
9. Breathe with difficulty
13. Palm reader
15. Coeur d'____, Idaho
16. Chorale member
17. Remove potato skins
18. Main points
19. Space
20. Caucus attendees
22. Sow's opposite
23. Drinks
24. Early apple eater
26. Synagogue soloist
29. Income tax deductible
34. Emigré
35. Burdened
36. Brazilian city, for short
37. Swamps
38. Subdued
39. Hay unit
40. Ace, sometimes
41. Phonies
42. Traveler's stop
43. Those who dine on the house
45. Sharpeners
46. Suffix for assist or attend
47. Grouch's problem
48. Deeds
51. Perform for

DOWN

1. Eerie sense, for short
2. Go first
3. One who has enfants
4. Grocery store employee
5. Otherwise known as
6. Treehouse?
7. Poker term
8. Ebbed
9. Upper room
10. Lotion ingredient
11. Greek portico
12. Splendor
14. Narrates
21. College in North Carolina
25. Mover's need
26. Lodge's middle name
27. Companionless
28. African country
29. British titles
30. Keats' specialties
31. Fuming
32. Refueling ship

33. Seasonal songs
35. Fishing spot
38. Ragged
39. Slavery
41. \$5 bill
42. Disapproving shout
44. Dog owner
45. Derby participants
47. 39.37 inches, in London
48. Weapons
49. Winter item
50. Sound
52. 15th-century vessel
53. Recommend highly
54. Oil exporter
55. Space flight agcy.
59. Slangy response

