

## Fighting for a Cause

Susan B. Anthony, civil rights activist and leader in the women's suffrage movement, inspired a countless number of people to fight for equality. She held her own ground, taking firm positions on numerous occasions, especially when it came to women's rights. June 6, 1872, was one of those occasions. She and a group of women in Rochester, New York, decided to vote in a presidential election. This attempt at equal voting rights for men and women was not only frowned upon, but also worthy of an arrest in the eyes of the government. Anthony stood her ground and underwent a trial for this matter. As a result of her arrest, she was fined \$100, a penalty that went unpaid for the duration of Anthony's life. Anthony's ongoing efforts in the women's suffrage movement and unwavering dedication to civil rights were instrumental in the creation and passing of the 19th Amendment, giving every citizen, male or female, the right to vote.

## Dad's Favorite Words of Wisdom

- Your gut is usually right. Listen quietly to your intuition and you'll see that you already know everything you need to know.
- A great handshake and an honest smile are free.
- Most of the time, people are doing the best that they can. Try to believe it.
- There are no people so far beneath you that you can't learn something from them, or so far above you that you need permission to communicate with them.
- Don't wait for someone else to hold you accountable. Do it yourself.
- Respect others' beliefs, but don't back off on your own.
- Treat yourself well. Other people will, too.
- If you follow your passion, you'll never "work" a day in your life.
- Make empathy the default response.
- Strive to keep your promises.

***Happy Father's Day!***



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## Management Team

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## The Very First Father's Day

On June 19, 1910, the first Father's Day events occurred in Spokane, Washington. How was this day originally celebrated? Let's take a closer look.

According to the Spokane Regional Convention and Visitors Bureau, the first Father's Day was inspired by Sonora Smart Dodd. Her father's birthday fell in the month of June, and, after witnessing a special Mother's Day celebration, she was inspired to honor her father in a similar fashion during his birth month. She and her five siblings had been raised by their father, William Jackson Dodd. Their mother had passed away, leaving them to be raised alone by their father. So Sonora asked the mayor of Spokane to help orchestrate a celebration for Dodd, highlighting his unwavering dedication to his children. And this is how the first Father's Day came to pass.

The day's events included a large amount of roses. Red ones were pinned on living fathers or their children, while white roses were displayed and pinned on children to commemorate deceased fathers. Sonora made house calls to homebound fathers, offering gifts and roses. The day was dubbed a success, but it took decades before Father's Day became an official holiday, which actually occurred in 1972.

## Hello, Summer!

The summer solstice officially occurs on June 21. There are a number of ways to welcome summer into your home, as well as acclimate to the warm weather. What do you have in store to welcome the new season? Below are a few suggestions.


- Choose some summer buds to bask in the brightness of your home. Summer is home to many beautiful, colorful blooms, including peonies, marigolds, chrysanthemums and sunflowers.
- Change the layout of your furniture to better utilize the sunlight.
- Make a list and plan some new and exciting summer salads you're up for trying this summer.
- Open the main windows/doors of your home and let the warm air circulate in the morning. This can be quite refreshing and therapeutic.
- Plant a small raised bed garden, if space permits. If not, there's always room for an herb garden in your kitchen. There's nothing like fresh veggies, fruits and herbs in the summer.

Now, say hello to summer!

[www.HarborChase.com/McKinney.htm](http://www.HarborChase.com/McKinney.htm)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>10:00 Walmart Shoppers</div> <div>11:00 Yoga Workout</div> <div>1:30 Resident Calendar Committee</div> <div>3:00 Gratitude Journaling</div> <div>4:00 Scrabble Partners</div> <div>6:30 Piano Recital</div> <div>9:05 Rangers v. Angels</div>	<div>10:00 Expressing Gratitude</div> <div>11:00 Weighty Matters</div> <div>1:30 The Story of Lou Gehrig</div> <div>2:30 Ping Pong Partners</div> <div>3:30 St. Jude Church Bus</div> <div>4:00 Ballie Busters</div> <div>6:00 Game On: Chickenfoot</div> <div>8:05 Rangers v. Angels</div>
<div>10:00 Gratitude Prompts</div> <div>10:30 Online Church Service</div> <div>11:00 Chair Aerobics</div> <div>1:30 Origami Boats</div> <div>3:00 Crossword Solvers</div> <div>3:05 Rangers v. Angels</div> <div>4:00 Yell Yahtzee</div> <div>6:00 Evening Stroll</div>	<div>10:00 Texas Butterfly House</div> <div>11:00 Yoga Stretches</div> <div>1:30 Game On: In a Pickle</div> <div>2:30 Blindfolded Banana Split Race</div> <div>4:00 Movie Trivia</div> <div>6:00 Patio Pondering</div>	<div>10:00 Gratitude Journaling</div> <div>11:00 Food Forum</div> <div>1:30 History Museum Presents: A History of McKinney</div> <div>2:30 Bocce Ball</div> <div>4:00 Sports Trivia</div> <div>6:00 Game On: Hand &amp; Foot</div> <div>7:05 Rangers v. A's</div>	<div>10:00 Workout with Omar</div> <div>11:00 Amity Church Service</div> <div>1:15 Bible Study with Barbara</div> <div>3:00 HarborChase Book Club</div> <div>4:00 History Trivia</div> <div>6:00 The Making of Ballet Shoes</div> <div>7:05 Rangers v. A's</div>	<div>10:00 Gratitude Prompts</div> <div>11:00 Balanced Bodies</div> <div>1:30 Frank &amp; Tonya Live</div> <div>3:00 Fancy Visors</div> <div>4:00 Thirsty Thursday Trivia</div> <div>6:00 Patio Dancing</div> <div>7:05 Rangers v. A's</div>	<div>10:00 Dive into the Aquarium Outing</div> <div>11:00 Full Body Flexibility</div> <div>1:30 Breaking the Boundaries of Stained Glass</div> <div>2:00 Beach Memories</div> <div>3:30 Gratitude Determines Latitude</div> <div>4:00 Wheel of Fortune</div> <div>6:00 Twilight Movie</div> <div>7:30 Rangers v. Astros</div>	<div>Belmont Stakes</div> <div>10:00 Golf on the Green</div> <div>11:00 Yoga with Adriene</div> <div>1:30 Grateful Journaling</div> <div>2:30 Game On: Chicken Foot</div> <div>3:30 St Jude's Bus to Church</div> <div>4:00 The Reminiscing Game</div> <div>6:00 Rangers v. Astros</div>
<div>10:00 Thankful Thoughts</div> <div>11:00 Cha-Cha in Your Chair</div> <div>1:10 Rangers v. Astros</div> <div>1:30 Pretty Teapots</div> <div>3:00 Domino Throwdown</div> <div>4:00 Pictionary Partners</div> <div>6:00 Movie Madness</div>	<div>10:00 Downtown McKinney Walking Tour &amp; Lunch</div> <div>11:00 Chair Yoga</div> <div>1:30 Guide Dog Training Presentation</div> <div>2:30 Giving Back: Purr-Fect Pet Toys</div> <div>4:00 Casino Games</div> <div>6:00 Puzzlemakers' Club</div>	<div>10:00 News of the Day</div> <div>11:00 Crossword Challenge</div> <div>1:30 Dick Tickles the Ivories</div> <div>3:00 Harbor Chase Book Club</div> <div>4:00 Golf Groupies</div> <div>6:00 Gratitude Group</div> <div>6:30 Domino Games</div> <div>9:10 Rangers v. Dodgers</div>	<div>10:00 Stretching with Omar</div> <div>11:00 Grateful Thinking</div> <div>1:15 Bible Study with Barbara</div> <div>2:00 Game On: Kings in the Corner</div> <div>3:00 Country Music Live</div> <div>4:00 Countdown Trivia</div> <div>6:00 The Making of Violins</div> <div>6:30 Puzzles with Friends</div>	<div>FLAG DAY</div> <div>9:45 Gratitude Journaling</div> <div>10:15 Flag Cake Fun</div> <div>11:15 A Veteran's Story: The Meaning of Our Flag</div> <div>1:30 The Flag as Art: A Different View</div> <div>2:00 Game On: Hand &amp; Foot</div> <div>4:00 Remember When?</div> <div>5:30 Family Fun Night: Surf's Up Beach Party</div>	<div>U.S. OPEN</div> <div>10:00 Thoughts on Being Grateful</div> <div>11:00 Powerful Pilates</div> <div>11:30 Lunch Bunch Outing</div> <div>1:30 Game On: 10-Card Skipbo</div> <div>3:00 The Art of Beautiful Lettering</div> <div>4:00 Countdown Trivia</div> <div>6:30 Piano Recital</div> <div>7:05 Rangers v. Rockies</div>	<div>10:00 Gifts of Gratitude</div> <div>11:00 Yoga for Balance</div> <div>1:30 Game On: Chickenfoot</div> <div>3:05 Rangers v. Rockies</div> <div>3:30 St. Jude's Church Bus</div> <div>4:00 Heads Up!</div> <div>6:00 Saturday Night at the Movies</div>
<div>FATHER'S DAY</div> <div>10:00 Pleasing Platitudes</div> <div>11:00 Covenant Church Service</div> <div>11:30 Father's Day Fish Fry</div> <div>1:15 Putters &amp; Chippers Tournament</div> <div>2:05 Rangers v. Rockies</div> <div>4:00 Hole-in-One Happy Hour</div> <div>6:00 Men's Choice Movie</div>	<div>10:00 Walmart Shoppers</div> <div>11:00 Tai Chi</div> <div>1:30 Beach Painting</div> <div>3:00 Cooking with Megan</div> <div>4:00 Wheel of Fortune</div> <div>6:00 Thankful Words</div> <div>7:15 Rangers v. Royals</div>	<div>10:00 Gratitude Prompt</div> <div>11:00 Travel Souvenirs</div> <div>1:15 Bridge with Friends</div> <div>2:30 The Scraps of My Life</div> <div>3:30 A Mind for Crosswords</div> <div>4:00 Geography Trivia</div> <div>6:00 Grateful Thoughts</div> <div>6:30 Piano Recital</div> <div>7:15 Rangers v. Royals</div>	<div>10:00 Fitness with Omar</div> <div>11:00 Game On: Wahoo</div> <div>1:15 Bible Study with Barbara</div> <div>3:00 HarborChase Book Club</div> <div>4:00 Music Trivia</div> <div>6:00 Gratitude Journaling</div> <div>7:15 Rangers v. Royals</div>	<div>10:00 Clearing the Mind for Gratitude</div> <div>11:00 Balance Yoga</div> <div>1:30 Town Hall Meeting</div> <div>3:00 First Lady Series: Pat Nixon</div> <div>4:00 Family Feud</div> <div>6:00 Game On: Rummikub</div>	<div>10:00 Checkers Challenge</div> <div>11:00 Horseshoe Fun</div> <div>1:30 Downton Abbey Trivia</div> <div>2:00 Gus' Favorite Pie</div> <div>4:00 Accordion and Polkas Live</div> <div>6:00 Alaska: The Wild Frontier</div> <div>7:05 Rangers v. Twins</div>	<div>1:10 Rangers v. Twins</div> <div>10:00 Grateful Thoughts</div> <div>11:00 Wisdom of Workout</div> <div>1:30 Game On: Chickenfoot</div> <div>2:30 Art from the Heart</div> <div>3:30 St. Jude Church Bus</div> <div>4:00 Science &amp; Nature Trivia</div> <div>6:00 Cornhole Challenge</div>
<div>10:00 Gratitude For Life</div> <div>11:00 Sunrise Pilates</div> <div>1:10 Rangers v. Twins</div> <div>1:30 Pin Stackers</div> <div>2:30 Let's Play Bridge</div> <div>4:00 Literary Trivia</div> <div>6:00 Ladderball Competition</div>	<div>10:00 Thankful Mornings</div> <div>10:45 Chair Yoga</div> <div>1:30 Movie Madness</div> <div>2:00 'The Star' Outing</div> <div>3:00 Crossword Challenge</div> <div>4:00 TV Trivia</div> <div>6:00 Brainy Blokus</div>	<div>10:00 Musical Gratitude</div> <div>10:30 Marty Live on the Patio</div> <div>1:15 Game On: Hand &amp; Foot</div> <div>1:30 The Scraps of My Life</div> <div>2:30 Giving Back: Sock Puppet Contest</div> <div>4:00 Poker and Peanuts</div> <div>6:00 Words, Words, Words</div> <div>7:05 Rangers v. Padres</div>	<div>10:00 Omar Workouts</div> <div>11:00 Gratitude Journaling</div> <div>1:15 Bible Study with Barbara</div> <div>2:45 Gesso Art</div> <div>4:00 Riddler's Paradise</div> <div>6:00 Starlight Movie</div> <div>7:30 Rangers v. Padres</div>	<div>10:00 Grateful Days</div> <div>10:00 Veterans' Coffee</div> <div>11:00 Yoga with Adriene</div> <div>1:30 Whipped Body Butter</div> <div>2:30 Domino Throwdown</div> <div>3:30 Cones &amp; Cream Social</div> <div>4:00 Wheel of Fortune</div> <div>6:00 Puzzlemakers' Club</div>	<div>10:00 Dallas Museum of Art</div> <div>11:00 Workout for Wellness</div> <div>1:30 Bunco Bunch</div> <div>2:30 Chef's Corner</div> <div>4:00 Would You Rather?</div> <div>6:00 Who Wants to be a Millionaire?</div> <div>7:05 Rangers v. White Sox</div>	<div>10:00 Thankful Journaling</div> <div>11:00 Wisdom of Workout</div> <div>1:30 Game On: Wahoo</div> <div>2:30 Ping Pong Party</div> <div>3:30 Sudoku Challenge</div> <div>3:30 St. Jude Church Bus</div> <div>4:00 Culinary Trivia</div> <div>6:00 Saturday Night at the Movies</div>





#### ACROSS

- Often referred to as this comic book hero
- Hangout in the basement also called a
- Sport that has a race in Daytona
- A sport that is a Sunday favorite
- This is usually in his back pocket
- Item that is often found in a couch
- A cookout
- Means Father in Latin

#### DOWN

- Dad's favorite chair that leans back
- Five O'clock
- Has a big collection of these in his workshop
- Father knows
- Something furry on dad's lip
- Traditional Father's Day gift
- Looks good in a 3-piece
- Short word for Father

# HarborChase Happenings





## THIS MONTH IN HISTORY, AN AMERICAN LEGEND IS BORN: THE DOUGHNUT



Doughnut shops are a dime a dozen these days and they're sold in mass-produced quantities in just about every convenience store or establishment with anything barely reminiscent of a bakery. Let's take a sweet trip down memory lane back to the dawn of what has become an American icon: the doughnut.

Back in the mid-1800's, doughnuts were known by the Dutch word *olykoeks*, or "oily cakes." They were literally balls of dough fried in pork fat. The legendary doughnut truly gets its start because of a woman named Elizabeth Gregory. Elizabeth had a mean recipe for a sweet fried dough that her son loved. He was a ship captain, and he would bring her spices such as nutmeg and cinnamon, which she used to flavor her famous little fritters. Elizabeth made batches of the pastries so her son and his crew had something sweet to savor while spending a long time at sea. She placed a nut in the center of the dough ball, like a hazelnut, hence the name "doughnuts."

But where did doughnuts get their holes? Much lore surrounds the first doughnut with a hole. Some think the Captain Gregory skewered the pastry on a spoke of the ship's wheel in order to steer better whilst enjoying a snack. However, according to Gregory himself, the first doughnut actually got its hole when he cut the center out of one of the pastries with a small round metal can to remove the nut. And then the doughnut hole was born.

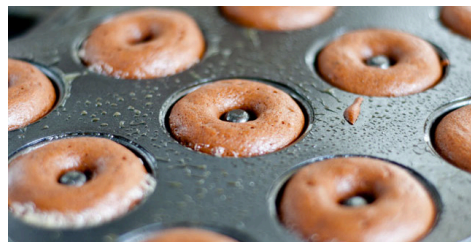
Fast forward a few years and doughnuts were even served to soldiers during World War I to give the men overseas a taste of home. This is when these little sticky, sweet legends really started to come into their own.

Once the 1920's rolled around, oily cakes were being mass-produced and the first mass-production doughnut making machine was created. The sugary confections were just now becoming associated with breakfast foods, but were still regarded as a popular snack food in

movie theaters.

By the 1940's and 50's, familiar brands such as Dunkin Donuts and Krispy Crème were started to pop up. Coincidentally, the bagel was also coming into existence at this time. The doughnut's popularity wavered, but only for a brief moment in time. People called doughnuts unhealthy alternative to bagels and cream cheese, but really – who's to argue that either are necessarily a low-calorie health food?

Next time you bite into a fresh-off-the-press donut and it melts in your mouth, think of that sea captain, sailing along, enjoying one of his mother's sugary treat of sweet fried dough, and thank him for helping invent one of America's most celebrated food past times.



## The Statue of Liberty Arrives in NEW YORK CITY

June 17, 1885

Over a hundred years ago, the people of France gave the Statue of Liberty to the people of the United States in recognition of the friendship established during the American Revolution.

200,000 people lined the bay on June 17th, 1885, to welcome the Statue of Liberty when it arrived to the U.S. aboard the Frigate *Iser*. She stood 151 feet tall, and was broken down into 350 pieces, and placed into 214 crates when transported to America in 1885. She stands off of New York's bay facing the east, away from land greeting incoming ships, standing toward her birthplace back in France.

The framework was designed by Alexandre-Gustave Eiffel, the man behind the famed Eiffel Tower, and the outside panels constructed of copper sheets hand sculpted by French sculptor Frederic-Auguste Bartholdi. The pedestal that she stands on was built from funds raised by the local community through benefits, charity auctions and private donations.

The Statue of Liberty was not recognized for her fame until she was declared a national monument in 1924 by President Calvin Coolidge and had to undergo major restorations in the 1980's. Since then, she has grown to represent freedom and democracy as well as this international friendship.



## Facts about June

According to the Gregorian calendar, which is used over most of the world today, June is the sixth month. On the Roman calendar, it was considered the fourth month and had only 29 days. Julius Caesar gave the month 30 days in 46 B.C., when he reformed the Roman calendar.

Spring ends and summer begins around June 20, 21 or 22 in the Northern Hemisphere. It's the time that the flowers are beautiful. It is especially the month for roses. In the Southern hemisphere, winter begins during June, and it brings cold, rainy weather to this part of the world.

"Flag Day" is observed in the United States on June 14. It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars to match its 13 stripes.

It's not an official national holiday, but in Pennsylvania it is a legal holiday. The President has proclaimed a public flag day observance every year. It was first observed to celebrate the 100th anniversary of the selection of the flag. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.

