

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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*Celebrating
Senior Living*

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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!



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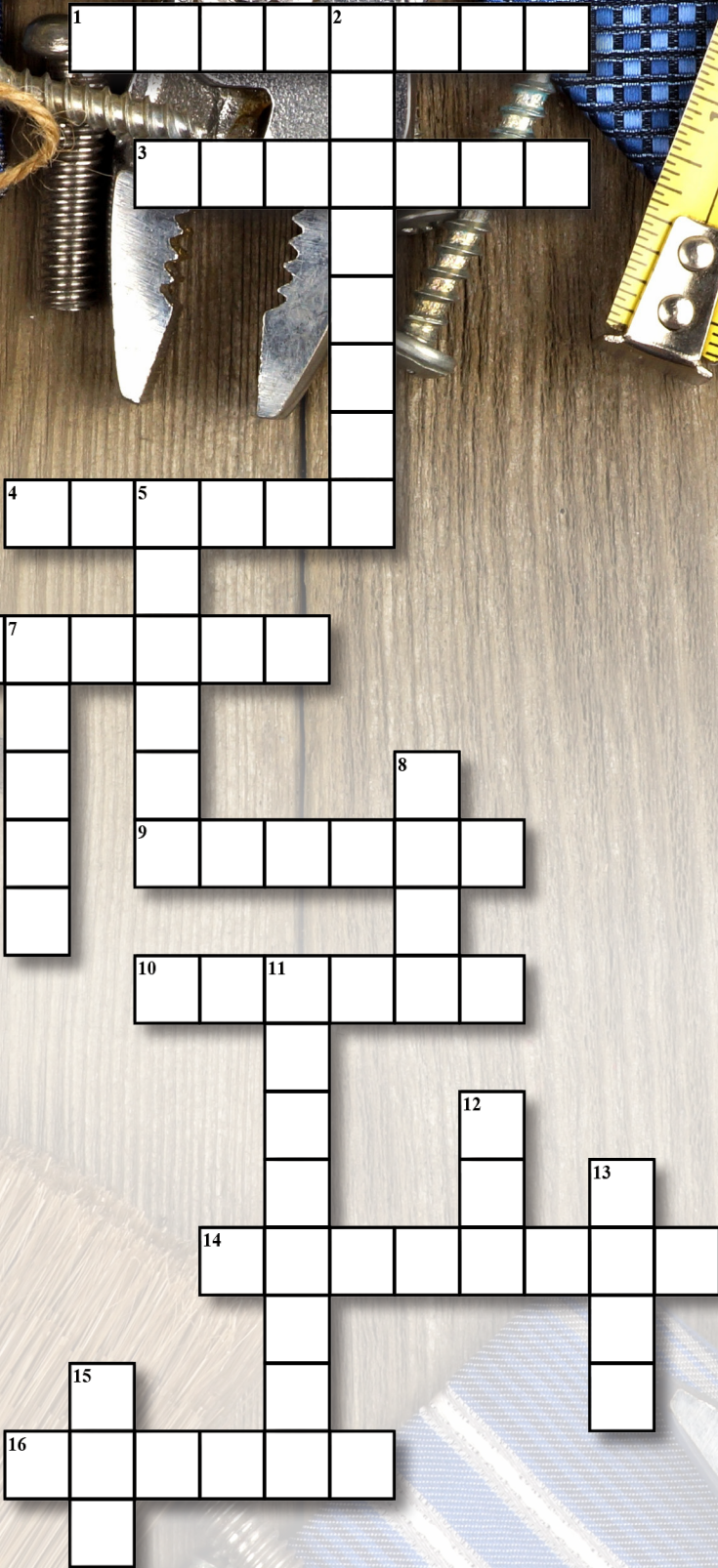




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 The June Gazette 10:30 Word Scramble 11:00 Jump With Jan 1:30 The Andy Griffith Show 2:30 Split Words 3:00 Bakers Circle:S'mores 6:00 The Real McCoys	9:30 Daily Chronicle 10:30 Move It With Naomi 11:00 Trivia Time 2:30 Who Was Lou Gehrig? 3:00 Ice Bucket Challenge 3:30 ALS Canvases 6:30 Funny Films
9:30 TBN Gospel Sermons 10:00 The Amen Corner 1:30 Cup It Up 3:00 Ten Letter Words 4:00 Scavenger Hunt 6:30 The Oscar Awards	9:30 On This Date..... 10:00 Fit Mind and Bodies 10:30 Crossowrds Of June 1:30 Monday Matinee 2:30 Famous Women In America 3:45 Going In Blind 6:30 Chess and Checkers	9:30 News Currents 10:00 Family Crosswords 10:30 Balloon Bowlers 1:45 Jingle Jangle 2:30 Word Ladders 3:00 Banana Splits Social 3:30 Trivia At The Movies 4:00 Cornhole Crew 6:30 Family Feud	Sandra's Day 10:00 Dance With Me 10:00 Me Time Nail Spa 10:30 Now Cooking:Applesauce Cake 12:00 Meet Us At Glorias! 2:00 Weather Watchers Fun 2:30 Two Up Dice Game 3:30 Fly!Fly Swatters! 4:00 Tri-O-Minoes 6:30 I Love Lucy	9:30 Nat-Geo: Mini Horses 10:00 Bobbi's Mini Horses 11:00 Word Wise 1:45 Giant Connections 2:30 Virtual Tour Of Graceland 3:30 Elvis Presley Hits & Art 7:00 Relax and Unwind	10:00 Morning Chat Crew 11:00 Sit And Be Fit 1:30 Which Came First? 2:00 The Bakers Bunch:Brownies 3:00 Did You Know? 3:30 Rounds Of Rummikub 4:00 Finish The Phrase 6:30 Family Feud	9:30 Daily Chronicle 10:00 The Color Crew 11:00 What's On The Menu? 2:00 Wine,Cheese, And Laughter 3:00 Belmont Fascinators Fun 3:30 Dare To Be Puzzled? 4:00 What Brings You Joy? 5:00 The Belmont Stakes 6:30 Nightly News
9:30 Morning Socialists 10:30 Exercise With Naomi 11:00 Who Wants To Be A Millionaire? 2:00 The Bakers Club:Cinnamon Rolls 3:00 In A Pickle 4:00 Dominoes and Dictionaries 6:00 Hour Of Games	9:30 Extra!Extra! 10:00 Singing With Susie Q 10:30 Oct-A-Band Band 2:30 Butterflies On A Canvas 3:30 Whats That Slogan? 4:00 Food Trivia 6:30 Wheel Of Fortune	10:00 News Currents 10:30 States And Capitals 11:00 Move Your Bodies 1:30 King In The Corner 2:30 Family Feud 4:00 Fun With Words 6:30 Memories at the Movies	9:30 The Daily Chronicles 10:00 Exercise Crew 10:00 The Aquarium At Fair Park 10:30 You Be The Judge 11:00 Time For Trivia 2:45 Cooking Crew:Tasty Turtle Treats 3:15 Positive Poetry 4:15 Menu Talk 5:30 Family Night:Surf's Up	9:30 The Social Club 10:00 USA Quiz 10:30 Where Have You Traveled? 1:30 Tone It Up 2:30 Whats In The Past..... 3:00 US Open 3:30 Come Golf With Me! 4:00 Short Films 6:30 Wrap Up The Day	9:30 Good Morning Gossip 10:00 Opposites Attract 1:30 Corn Hole Championship 2:30 Magazines And Memories 3:00 Creative Summer Collages 3:30 Lemonade On The Patio 6:30 Pull Out The Deck	9:30 News Currents 10:00 What's Cooking?:Strawberry Cake 1:30 Midday Movie 2:00 Crafty Corner-Vases 3:00 Social Hour-Parfaits 4:00 Junk Detectives 6:45 Ease Into The Evening 7:30 Card Lovers
Happy Fathers Day 10:00 Dads&Donuts 10:30 City Church Visit 11:00 Full of Grace Sermons 2:00 Can You Tie A Tie? 3:00 Take A Jelly Bean 4:00 What Does A Father Mean To You? 6:30 Evening Movie:Mr.Mom	9:30 Daily Chat Crew 10:30 Mental Strength 10:30 Stretch And Dance 2:00 Word Ladders 2:30 Pokeno Partners 3:30 Let's Find It:Word Searches 4:00 Find The Objects 6:30 TCM Time	9:30 Morning Chat 10:00 Jazz-Er-Cize! 10:45 Our Competitive Nature 1:00 Rachel Ray 2:00 Who Am I?:Moe Howard 2:30 The Three Stooges 3:00 Reel-It-In Cocktails 4:00 Mind Games 6:30 Game Show Time 7:00 Remember When?	9:30 Daily Chronicle 9:30 Outing:Fishing Barge Of Lewisville 10:00 Active Aces 10:30 Think About It 2:00 We All Scream For Ice Cream 3:00 Game On:Yahtzee 4:00 Name That State 6:00 Relax and Unwind	9:30 What's New in the News? 10:00 Exercise Your Mind 11:00 What's That Word 1:30 Name That Tune 2:00 Heads Or Tails 3:00 The Syllables Game 4:00 How Much Did It Cost? 4:00 Sensory Stretches	9:30 Tell Me All About It 10:00 Hidden Words 1:30 Show Me Your Green Thumb 2:30 Shuffleboard And More 3:00 A Bunch Of Bean Bags 3:00 Number Logic 3:30 Forever Learning 4:00 What's On The Menu? 6:00 Evening Exceptions	9:30 The Huffington Post 10:30 Just Like The Old Times 11:00 What's For Lunch? 1:30 Match Makers 2:00 Toss Me A Ring 2:30 Trials and Decisions 3:00 Its Sundae Time! 4:00 Motions Of The Mind 6:30 Nightly News
9:30 Bible Study:Noah 10:00 Favorite Hymns 10:30 Sit And Be Fit 1:30 Board Game Gang 2:30 Finish The Lines 3:00 Make A Wish 4:00 Giant Jenga Get Down 6:30 Pokeno Players	9:30 On This Date 10:00 Jingle Jangle 10:30 Sit And Be Fit 1:30 Crafty Corner:Closed Terraniums 3:00 The Competitive Side 4:00 Famous Faces Of Art 6:30 Evening News	9:30 Morning Chat 10:00 Polka-Cize 10:45 Competition Time 1:00 Rachel Ray 2:00 Who Am I? 3:00 Drinks And Challenges 4:00 Mind Games 6:30 Short Films 7:00 Remember When?	9:30 Wedding Photo Booth 10:30 Wedding Tunes Live 2:00 Wedding Memories 3:00 Sparkling Wine And Wedding Photos 4:00 Left,Center,Right 6:00 Relax and Unwind	9:30 What's New in the News? 10:00 Summer Stretches 11:00 Crossword Crew 1:30 Name That Tune 2:00 Heads Or Tails 3:00 Famous Proverbs 4:00 How Much Did It Cost? 6:30 Evening Shows	9:30 Tell Me All About It 10:00 Hidden Words 1:30 Show Me Your Green Thumb 2:30 Shuffleboard And More 3:00 Man Of The Hour:Vincent Van Gogh 3:30 Go Van Gogh Art 4:00 What's On The Menu? 6:00 Evening Exceptions	9:30 Daily Chat 10:30 Frozen Fruit Pops 11:00 What's For Lunch? 1:30 Match Makers 2:00 Crafty Corner:Cupcake Birds 3:00 Name That Tune 3:30 Trials and Decisions 4:00 Chef's Table Talk 6:30 Nightly News



Happy
Father's Day



ACROSS

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

DOWN

- 2. Dad's favorite chair that leans back
- 5. Five O'clock
- 7. Has a big collection of these in his workshop
- 8. Father knows
- 11. Something furry on dad's lip
- 12. Traditional Father's Day gift
- 13. Looks good in a 3-piece
- 15. 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

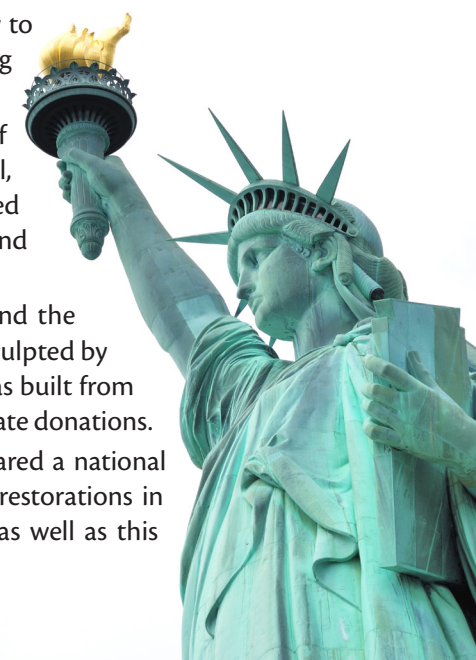
June 17, 1885

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.

