

Are you a believer?



July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be

sure to keep an open mind when considering that humans might not be alone in the universe. There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "flat like a pie pan" and "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of covering up an alien encounter ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project, conducted by the Air Force, was an investigation into UFO encounters in order to determine their veracity and whether or not any UFO was a threat to national security. The program lasted for 20 years and concluded that an alien UFO had never been observed. It seems that the public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a routine training mission off the coast of California in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-929-3966 Fax 916-929-3627
 Barbara/Activities Office 916-929-6003
 Van/Transportation 916-468-3091
 Dining Room 916-921-5998
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon Jane Ma 916-223-9658
 Wednesday-Saturday
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & Drop-off Monday & Thursday

The World in Watercolor

July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water. Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium.



However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form.

Be sure and come to the Ice Cream Social this month and see how it's all done by our very own Marie Crockett on Thursday, July 26th, at 2pm in the Cabaret Lounge.

Campus Commons

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Shawn Asberry, Karen Schaefer &
 Thealise Wager, Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

It's that time again! We're gearing up for the party of the year at Campus Commons...Casino Night! On July 20th, the entire Cabaret Lounge will be converted into a Casino. We'll have a full Craps table, Blackjack tables, a Roulette table, and a Texas Hold 'em table for our poker players. Play with "fun money" that you can redeem for raffle tickets and prizes at the end of the evening. If gaming isn't your "thing", we'll have a full bar and food stations set up around the dining room for your enjoyment. If you'd like a boxed dinner instead, there will be sign up sheets for that as well.

I would like to introduce our new food and dining volunteers: Lorraine Day, Ginny Johnson, Shirley Moore, Paige Small, Claudia Trnka and Yolanda Wright. If you would like to bring any questions or concerns to our monthly meetings, please seek out these individuals and please be specific with your comments.

Some of you may remember Tony Cano, he used to be one of our evening porters. He will return on the 4th of July to conduct our fireworks display out front in the round-about parking lot. Chairs will be set up for your convenience, so be sure and come down early to get a seat. Fireworks start about 9pm. We won't forget the ice cream treats either.

Shirley Riemer asked that I remind all of you that she will take all used batteries and take them to a recycling center. You can drop them in her in-house mailbox, or to her apartment, #309.

We'd like to welcome the following new residents last month; Mary Johnson and Betty Cable. This month, we welcome Al B. and Helga L.

Happy 4th of July everyone. Be safe, stay hydrated and stay healthy!

Activities Corner by Barbara Higley

The lazy days of summer are here, and residents are enjoying outdoor activities. On **Wednesday, July 11th**, we will visit High-Hand Nursery & Restaurant located in Loomis. This nursery is hands down the most beautiful and fun nursery we've ever had the pleasure of exploring. Complete with a koi pond, gallery, boutique shop, vinegar and olive oil shop, as well as other specialty shops, that makes it one of a kind! The restaurant spills into the most beautiful garden and outdoor nursery area. It makes for a great summer outing. It has something for everyone to enjoy!

A visit to the beautiful Ironstone Winery Estate in Murphys is planned for **Wednesday, July 18th**. Take a stroll of the grounds and enjoy what this winery has to offer, not to mention the beautiful museum that houses the largest gold nugget in the world. The quaint atmosphere of the winery, along with the colorful landscape surrounding the grounds, is a must see! Oh, and I can't forget that adorable wine tasting room for our wine lovers.

Summer shopping comes to Campus Commons! **Thursday, July 19th**, residents will have the convenience of shopping from home with Michelle's Traveling Boutique. Michelle will display a variety of summer fashion for all to enjoy for that upcoming summer vacation.

Join us for our 2nd summer ice cream social on **Thursday, July 26th**. Marie Crockett, our talented water color instructor, will demonstrate the art of using water colors while you enjoy a cool treat with friends.

Happy 4th of July to all!



July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Bob Chadwick, July 2nd
Theresa Stump, July 3rd
Mary Johnson, July 12th
Harold Gladstone, July 14th
Yvonne Oliveira, July 21st
Jane Johnson, July 24th
Eileen Hyde, July 27th
Ginny Johnson, July 30th

Library News by Pat Edmonds

Our library has received two new bookshelves!! I am really excited about this. Though some books will be moved, you will be able to find your favorite reads. Almost all of the books have a genre label, and the shelves will also be marked. The genre definitions are explained on the white poster on the wall. Also, by year's end, I plan to have all of the books inventoried, so you will be able to know what is in the library.



This Month's Featured Resident by Shirley Riemer

Fran Messenger's stories of her early years may recall many of our own childhood memories. Born and raised in Verona, Pennsylvania, near Pittsburgh during the Depression, she and her sister, Jennie, spent their childhood days in activities that many of us can also recall – roller-skating, swimming, sledding, playing kick-the-tin-can, Red Light, Take-a-Giant-Step, jumping rope, and endless games of jacks. And of course, there were the Saturday matinees at the movies – admission 10 cents.



The two young girls also loved to play house, dividing up the side yard into "rooms" with sheets tied to the cherry trees. Playtime had one restriction: when the street lights came on in the evening, the children had to go home.

Fran's father, Frank Bozich, born in Slovenia, moved to America before Fran was born. Her mother spent her early years in Slovenia.

In the fall, Fran's father and other local men would make wine from the local grape harvest. Every year the family made sauerkraut, and they canned peaches, pears, tomatoes, pickles, beets, relishes, jellies and fruit juices, and root beer, too. The shelves of the family's "cold cellar" were kept fully stocked every year.

There was no money for Fran to go to college. Her mother worked as a housekeeper, and her father worked in the local steel mill. Guiding principles laid down by Fran's parents were education and hard work.

While still in high school, Fran worked in the toy department at G.C. Murphy, where she became assistant bookkeeper, followed by a job as head bookkeeper in another G.C. Murphy store. After acquiring further skills at a business

school, she worked at the Water Authority in Verona.

After Fran's father died in 1948, she moved with her mother to Los Angeles. She recalls going to lots of polka dances – at one point, dancing three nights a week. The family then moved to San Gabriel, where Fran worked for Aerojet General Corporation in Azusa. Six months later, after a transfer to Sacramento as the new plant manager's secretary, she met an engineer named Miles Messenger.

On their first date, the two hiked nine miles with the Sierra Club, from Jackson to Silver Lake, starting out at 7 a.m. and returning at 11 p.m. Returning home, she announced to her roommate: "I'll never see that fellow again." Not quite three years later, the two were married.

The couple's first home was in Citrus Heights, California, where their two children were born. For many years, she served as the local precinct leader. During the 1964 presidential election campaign, she walked her area with Brian on his tricycle and Holly in her stroller, while delivering voting materials and getting people registered to vote.

Miles built an A-frame cabin at Gerle Creek in the Sierra. She and her family, including five grandchildren, enjoy that cabin to this day.

Following classes at American River College and DeAnza College, Fran found herself a freshman at 40. After moving to Cupertino in the Bay Area, Fran pursued many teaching assignments, received her Master's Degree in Business, and then worked in several high-power jobs related to her robust business background. After her husband died in 1988, Fran became increasingly active in practicing income tax law, and by 1993, back in Sacramento, she became an Enrolled Agent and started her own income tax practice, preparing 125 tax returns per year for her clients.

Looking back, Fran recalls her participation in at least 13 Elderhostel adventures throughout the world, as well as numerous hiking experiences through Europe and the United States. Active in volunteering, she gave 14 years service to Mercy Hospital and 20 years to the Sacramento State Fair.