

Everyone Deserves  
a Great Life

June 2017



BUCHANAN  
MEADOWS

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### Remember When: Station Wagons

Before SUVs and minivans, the station wagon was the vehicle of choice for many families. Originally used as commercial vehicles to taxi people to and from train depots, wagons cruised into their heyday as the family car between the 1950s and 1970s. Even TV's "The Brady Bunch" had one. With a roomy interior that included fold-down third-row seats, station wagons could hold up to nine people, as well as luggage or groceries, making them ideal for road trips, carpools and store outings.

### American Eagle Day

The proud and majestic bald eagle has served as the living symbol of America since June 20, 1782, when the bird's image was adopted in the design of the Great Seal of the United States.



### Fastest Fastball

The fastball might be the most common pitch used in baseball, but one flying at 105.1 mph is not something you see every day. Aroldis Chapman, the current record-holder for the fastest pitch in MLB history, has thrown balls clocked at that speed *twice*—in 2010 for the Cincinnati Reds and in 2016 for the New York Yankees.

### A Figure of Speech

*Phrase:* The world is your oyster.

*Meaning:* The opportunities for success are endless.

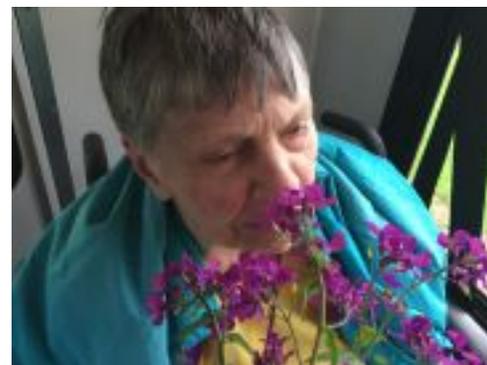
*Origin:* This idiom is attributed to William Shakespeare, who used it in his play "The Merry Wives of Windsor." The phrase is generally a metaphor of hope, suggesting that you can find success in life if you're willing to work for it, just like you might find a pearl if you labor to pry open an oyster's shell.

### A Sweet Snack

It's the short but sweet season for sweet cherries, which are now being harvested in California and the Pacific Northwest. Once you get your hands on some, save a few for a nighttime snack. Cherries contain melatonin, a hormone that helps regulate the body's sleep cycle.

### Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife's batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.





## Trivia Whiz

### Starry, Starry Night

The night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

*Orion.* The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

*Ursa Major.* The name of this constellation means "Great Bear," and it is notable for containing the Big Dipper, one of the most recognizable star patterns.

*Ursa Minor.* In Greek mythology, the "Little Bear" is the child of the Great Bear, and is also called the Little Dipper.

*Canis Major.* The brightest star in the night sky, Sirius, is located in this constellation, which means "Great Dog."



## Films About Fathers

Celebrate Father's Day this month by watching these movies that explore the relationship between dads and their children.

*"Father of the Bride" (1950).*

Spencer Tracy plays a dad whose daughter (Elizabeth Taylor) is planning a lavish wedding, which leads to funny and poignant moments. A 1991 remake starring Steve Martin was also a hit.

*"To Kill a Mockingbird" (1962).*

In this acclaimed classic, Gregory Peck portrays a Southern lawyer who teaches his children about compassion in a town divided by prejudice.

*"Field of Dreams" (1989).* An Iowa farmer (Kevin Costner), following the advice of a mysterious voice, turns his cornfield into a baseball diamond and receives visitors from the past searching for a second chance.

*"Mrs. Doubtfire" (1993).* Yearning to spend more time with his children, a divorced dad (Robin Williams) disguises himself as a female Scottish nanny in order to be hired by his former wife.

*"Finding Nemo" (2003).* In this Oscar-winning animated feature, Marlin, a timid clown fish living in the Great Barrier Reef, braves unfamiliar waters to rescue his lost son, Nemo.

*"The Pursuit of Happyness" (2006).* Actor Will Smith and his real-life son star in this drama based on the true story of a determined single dad who perseveres despite life's setbacks.

## High-Flying Feats

With their trademark blue and gold jets, the U.S. Navy Blue Angels are famous for amazing audiences with spectacular aerial feats and formations. This elite flight demonstration squadron performs for about 10 million people each year at air shows and sporting events across the country.

The Blue Angels have been thrilling spectators since 1946, when the chief of U.S. naval operations, Adm. Chester W. Nimitz, established the team to encourage public interest in naval aviation, attract recruits to the Navy and boost morale in the branch.

Today, a squad of six expert Navy and Marine Corps aviators, flying modified F/A-18 Hornets, demonstrate many of the same exciting maneuvers from the unit's first flights. Showcasing skill, precision and teamwork, the pilots execute loops, rolls, tight turns and high-speed passes of up to 700 mph. In the Blue Angels' signature diamond formation, the jets fly as close as 18 inches from each other.

Along with providing entertainment in the sky, the pilots also work on the ground as goodwill ambassadors, by talking with spectators at shows and practice sessions and making personal appearances at schools, hospitals and public functions.

The Blue Angels and their support crew of more than 100 personnel are based at Naval Air Station Pensacola, on Florida's Gulf Coast.



## Nurses Day



### Happy Nurses Day

The best way to find yourself is to lose yourself in the service of others.





## “This Month In History”

### JUNE

**1903:** Ford Motor Company is incorporated by carmaker Henry Ford and 12 investors.

**1919:** The Treaty of Versailles is signed in Paris, officially ending World War I.

**1925:** Starring as his screen character the Little Tramp, Charlie Chaplin’s comedy “The Gold Rush” premieres and is a box office hit.

**1944:** President Franklin D. Roosevelt signs the GI Bill into law, providing benefits for veterans of World War II.

**1956:** At a courthouse ceremony in White Plains, N.Y., actress Marilyn Monroe marries playwright Arthur Miller.

**1965:** During the flight of Gemini 4, astronaut Edward White becomes the first American to walk in space.

**1977:** Seattle Slew wins horse racing’s Triple Crown.

**1985:** Due to newer interstates, Route 66, the iconic road stretching from Chicago to Santa Monica, Calif., is officially removed from the federal highway system.

**1996:** The Women’s National Basketball Association is founded.

**2004:** Former President George H.W. Bush celebrates his 80th birthday with a parachute jump over his presidential library in College Station, Texas.

**2007:** After 35 years, Bob Barker retires as host of TV’s longest-running game show, “The Price Is Right.”

**2010:** The FIFA World Cup begins in South Africa. It was the first time the international soccer tournament was held on the African continent.