



SQUARE TIMES

FELLOWSHIP SQUARE-MESA

April 2018

6945 E. Main Street · Mesa, AZ 85207 · (480) 654-1800

‘Hallelujah’ History

Attending a performance of Baroque composer George Frideric Handel’s “Messiah” is a popular holiday tradition. But the piece wasn’t associated with Christmas until nearly a century after it was written in 1741. Handel and librettist Charles Jennens intended the oratorio to be performed at Easter, and indeed, only the first section of the piece deals with Christ’s birth. The famous “Hallelujah” chorus appears at the end of the second section, which focuses on the Resurrection and Pentecost.

Healthier Living Program

Fellowship Square Mesa is in Partnership with Dignity Health East Valley to present, Chronic Disease Self-Management Program. Take Control of Your Health and Well-being and Get Your Life Back!

We will have a free 6-week workshop series Friday, April 6th, 1-3pm for adults with COPD, Diabetes, High Blood Pressure, Arthritis, or any other Chronic Health Condition. Managing a chronic condition can be complex and sometimes frustrating. The Healthier Living workshop is designed to

EMPOWER you to become an active self-manager. You will receive the tools you need to improve your health and quality of life.

You can expect to learn about exercise and nutrition, relaxation techniques, medication usage, pain/fatigue management, dealing with negative emotions, restful sleeping techniques, making informed decisions, improving communications, decision-making, managing symptoms, setting weekly goals and better breathing. Register for this FREE workshop with Linda Petty.





Trivia Whiz

Fun With Tom Swifties

What's a great way to exercise both your brain and your funny bone? Coming up with Tom Swifties—wordplay that follows a quoted statement with a verb or adverb that makes a pun. For example:

"Watch out for that broken glass!" she said sharply.

"I only have diamonds, clubs and spades," he said heartlessly.

"I dropped my toothpaste," he said, crestfallen.

"You dance just like Fred Astaire," she said gingerly.

How many can you create?

The Wizard of OZ Musical

The Wizard of Oz was a musical extravaganza based on *The Wonderful Wizard of Oz* by L. Frank Baum, which was originally published in 1900. Much of the original music was by Paul Tietjens and has been mostly forgotten, although it was still well-remembered in the discussion at MGM in 1939 when the classic film version of the story was made. Some of the music was known even beyond the United States. During the Baums' 1907 stay at the Shepherd's Hotel in Cairo, Egypt, a Hungarian Gypsy Band played songs from the musical in their honor. The show toured from

1903 to 1909. It ran on Broadway from January to October 1903. It was released for stock and regional shows in 1911. Join us April 6th, at 5:30 PM, as we go to Highland High School for their Theatre performance. Sign up at Building 5 Second Floor.



Healthy Reasons to Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your

body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression.

Keeps you connected. Laughter is contagious. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Music as a Mirror of History by Professor Robert Greenberg

Join us in Great Courses, Thursdays at 9am, as we study Music as a Mirror of History by Professor Robert Greenberg. We'll explore the ways in which history inspired the creation of certain musical works and how those works interpreted and memorialized the history that inspired them. In this course, current events, culture, and art collide to provide a fascinating interdisciplinary look at a unique musical canon.

April 5th-

Chopin's E'tudes-(1831)

April 19th-

Glinka: A Life for the Tsar-(1836)

April 26th-

Strauss Sr: Radetzky March (1848)



Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood. Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Lowers stress. Research shows that slow-tempo tunes have a calming effect. In one study, patients who listened to music before surgery had less anxiety and lower levels of stress hormones.

Stimulates the brain. Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories. Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Inspires movement. Many people instinctively tap their feet, clap their hands or sway back and forth when they hear a rhythmic beat, increasing blood flow and working muscles.



Wit & Wisdom

Memorable Melody: 'April in Paris'

This ballad about springtime love in the City of Light was originally composed by Vernon Duke and Yip Harburg for the 1932 Broadway revue "Walk a Little Faster." It was remade as the title song for the 1952 film and sung by star Doris Day. But it was the playful arrangement by the Count Basie Orchestra in 1956 that made it a jazz classic, famous for its trumpet solo and fake-out ending in which Basie directs the band to play "one more time," not once, but twice.

A Touch of Stardust by Kate Alcott



Book Review by Colleen Clampitt

When Julie Crawford leaves Fort Wayne, Indiana, for Hollywood she never imagined she would cross paths with Carol Lombard, the famous American Film Actress.

Julie has dreams of becoming a writer, but the only job she could find was in the studio publicity office of the notoriously demanding producer David O Selsnick, who is busy burning through directors, writers and money as he films “Gone with the Wind.” Although tensions run high on the set, Julie’s access to real-life magic, came when Carol Lombard hires her as an assistant and invites her into the glamorous world Carol shares with Clark Gable.

Carol Lombard is uninhibited and makes no secret of her relationship with Gable, which poses a problem for the studio. He is still married and his wife won’t give him a divorce.

This is fun to read and in regular print.

Five Things That Will Make You Happy

Did you know that “happiness” is a cultivated skill? A professor from the University of Australia has spent years studying people of all ages to determine if there is a “happy gene” in our genetic structure. While genetics and life circumstances can affect our ability to be happy, overall happiness is a learned behavior. This includes daily habits, how we choose to think about life, and what we do in our free time. **1. Practice daily gratitude.** Expressing gratitude has been shown to do more than improve your mood. People who write down a few positive things about their day are healthier, more energetic, less stressed and anxious, and get better sleep. The key is to make this a regular habit and do it with intention. **2. Surround yourself with positive people.** Happiness is contagious. Dr. Nicholas Christakis and James Fowler, researchers at Harvard and The University of San Diego, found that each additional happy friend increases a person’s probability of being happy by about 9%. Our brains have mirror neurons that will literally mimic what the other person is expressing. **3. Spend more time with family and friends.** Having friends can save your life. **4. Spend money on experiences** instead of things. Research shows people report feeling happier when they spend their money on experiences rather than objects. We remember experiences for a longer period of time and our brains can relive them, making our positive emotions last longer. **5. Do regular acts of kindness.**

Jon Scott Williams, Executive Director since 6/1997