

# SQUARE TIMES

## FELLOWSHIP SQUARE-MESA

March 2018

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

### Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. When a chemical engineer at General Electric combined boric acid and silicone oil, the result was a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

### Fort Huachuca's Cutting-Edge History, From Buffalo Soldiers to Drones

The Army's unmanned aircraft system flight reached 1,000,000 hours this past month which marks a milestone showing just how far the importance of UAS has grown since the United States entered Iraq and Afghanistan. The program grew from a handful of systems in 2001 to roughly 1,000 aircraft in 2010. Unmanned Aircraft Systems serve as unique tools for the commander, which broadens battlefield situational awareness and

ability to see, target and destroy the enemy by providing actionable intelligence and persistent surveillance to the lowest tactical levels. The battalion now operates the largest UAS training center in the world. UASTB is the Army's only training center for UAS operators and maintainers operating the Shadow, Hunter, Warrior and A and Gray Eagle (ERMP). UASTB also trains the 150U Warrant Operations technician. March 16th, at 2pm, Brian Woody will present the Ft. Huachuca Drone Program. Building 5 Second Floor. Everyone is invited.

### Prescription Transportation

Prescription Pickup  
Monday, Tuesday and  
Thursday at 2pm.  
Please sign up  
Building 5  
Second Floor.





## Trivia Whiz

### St. Pat's Facts

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish.

About 55 percent of people in the U.S. celebrate St. Patrick's Day.

An estimated 34 million Americans have Irish ancestry. That's more than seven times the population of Ireland.

Over 650,000 babies born in the U.S. in the last century have been named Patrick.

Your odds of finding a four-leaf clover are about 1 in 10,000.

### Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

#### *Better physical health.*

Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

*Increased life span.* Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to

live longer. A study of centenarians found that the majority had positive attitudes.

#### *Stronger immune system.*

Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

*Faster recovery.* Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

### Motivational Tip: Take A Break

Sometimes we push ourselves too hard and become impatient and frustrated if we don't meet all our own expectations. When this happens, consider making whatever you are doing right now the priority, instead of focusing on the end result. Find fulfillment in your present state, and soon you will feel re-energized and ready to tackle what comes next.



### Spring Is Coming

Can you believe spring is just around the corner? March winds, April showers and May flowers will be here soon. Our dedicated staff will have landscaping work done for your enjoyment this spring, so stop and smell the flowers!



## Virtual Reality

“Virtual reality” refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle. Researchers are now finding ways for VR to benefit the lives of seniors. A VR headset allows the wearer to go anywhere in the world—snorkeling above a coral reef, hiking in a national park, even skydiving—without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person. With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot. The use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. MRIs showed increased brain activity after a VR session. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.

## Eye-Opening Eye Facts

In recognition of Healthy Vision Month during May, here’s some clarity on common eye care myths:

*Myth:* Reading in poor light will harm your eyes. *Fact:* Reading in low light can strain your eyes and make them feel tired, but it will not permanently damage your eyes.

*Myth:* Wearing glasses or contacts will make your vision worse. *Fact:* Corrective lenses like glasses and contacts cannot change any part of your eyes themselves. They simply change the light rays that the eyes receive, helping you see better. It is common for people’s vision to change over time due to age.

*Myth:* Sitting too close to the TV or staring at a computer screen for too long is bad for your eyes. *Fact:* It’s true that looking at screens can dry your eyes out, causing irritation and fatigue. But you can avoid these problems by taking breaks from watching the screen and resting your eyes.

*Myth:* Crossing your eyes can make them stay that way. *Fact:* Our eyes were meant to move in various directions. Crossed eyes, called strabismus, can be caused by a disease, disorder, or muscle or nerve damage, but you cannot force them to stay crossed.



## Wit & Wisdom

“Are you looking for gold, friend? Look around you; anything useful to you is pure gold, pure silver!”  
— Mehmet Murat Ildan

“The man who treasures his friends is usually solid gold himself.”  
— Marjorie Holmes

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”  
— J.R.R. Tolkien

“Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold.”  
— Leo Tolstoy

## Power of Prayer



Chaplain Chats with Dan

Jesus taught us to pray with faith and simplicity (Matt 6:7,8). Prayer is how we talk with our Creator, God. Prayer is the communication, communion and privilege of going before the Throne of God and pouring out our heart before Him. We pray because we desire to be in His presence. We also pray together for one another. Colossians 4:2 says ***“Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.”*** We have begun a prayer ministry at Fellowship Square – Mesa in order to lift people up in intercessory prayer. Each Monday we meet in the Saguaro room in Building 4 at 1:30 to pray. Dear God, teach me about the power of prayer. As I talk with you each day, I trade my weakness for your strength, my foolishness for your divine wisdom and my disappointment for your peace. Amen

### Left Brain, Right Brain

The left side of our brain allows us to handle dozens of everyday tasks: word building, spoken language and writing; analytical thinking, reasoning, criticism as well as calculations and math skills. The right brain activates when we try something new and inspiring. It is also responsible for imagination, visualization, creativity, and painting, playing a musical instrument and writing a poem. The theory is that people are either left or right brain dominant. If you're mostly analytical and methodical in your thinking, you are said to be left-brained. If you tend to be more creative or artistic, you are thought to be right brain dominant, Although the two sides function differently, you don't use only one side of your brain at a time. Research is showing that as we age we need to work to strengthen parts of our brains that we haven't used before. It is not enough that we continue doing what we have always done, but instead we need to introduce new ideas, concepts and tactics. Find new ways to stimulate your brain and challenge the way you think. Choose activities that involve more mental engagement. Seek out mentally stimulating activities that include social engagement and greater purpose. Never stop learning. Attend a lifelong learning class or join a book group. Try something new. Take up a creative hobby, such as playing an instrument, painting or storytelling. So, if you are looking for a brain boost, put down the remote control, put down the puzzle and start moving, thinking and connecting with people. **Jon Scott Williams**