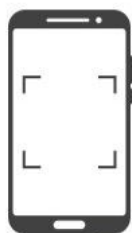




# IN A MANOR OF SPEAKING

## News & Views of Activities at Christian Care Manors

### In a Manor of Speaking



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\*\*\*\*\*

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#### Manors' Addresses:

M-I: .....11830 N. 19th Avenue

M-II: .....11802 N. 19th Avenue

M-III: .....1944 W. Sunnyside Avenue  
(plus Apartment #), Phoenix, AZ 85029

~~~~~

#### Alex Periut, Director of HUD Subsidized Housing and Security

(602) 443-5443 (Hours: 9-5) ~ M-I Office

Bonnie Brown, Apartment Manager

(602) 861-3970 (Hours: 9-5) ~ M-I Office

Ginger Venable, HUD Service Coordinator:

(602) 443-5446 (Hours: 9-5) ~ M-3 Office

Kim Cecena, Manors Admin Assistant

(480) 385-0058 (Hours: 9-5) ~ M-I Office

#### SECURITY/INFORMATION

(602) 443-5400

#### MAINTENANCE-W/O

(602) 424-9432

July 2025



### Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

### Happy Fourth!

Happy Independence Day to everyone! We hope you have a fun and festive holiday.

### America's First Zoo

The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.

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## Spread Sunshine

"A compliment is verbal  
sunshine." —Robert Orben



## Stages Under the Stars

Stage meets starlight in these  
world-famous open-air arenas:

*Red Rocks Amphitheatre.* This mountaintop venue is always ready to rock. Wedged between 300-foot-high prehistoric sandstone walls, builders broke ground on the amphitheatre during the 1930s as part of a Depression-era jobs and conservation program. Laborers were paid a dollar a day to carve this famous theater overlooking Denver, Colo.

*Sydney Opera House.* The iconic shell-shaped roof silhouetting the Sydney skyline has come to symbolize Australia itself. This UNESCO World Heritage site, which opened in 1973, has hosted a range of performances—including classical opera and world bodybuilding titles—as well as notables such as the Pope and Nelson Mandela.

*Dalhalla.* From prehistoric meteorite crater to limestone quarry to outdoor arena, Dalhalla is like a Swedish coliseum scooped into the dense surrounding forest. The stage itself is perched over a pool of crystalline water.

## Flag Facts

Our American flag has been flying for more than 240 years and has quite the story to tell.

*Kid wonder.* Our current version of the flag was created by a high school student for a history project. In 1958, Robert G. Heft designed the 50-star flag—a year before Alaska or Hawaii officially became states, though rumor was that they would both join the United States before long. Heft's teacher, however, gave him poor marks for counting and said Heft could save his grade if he could convince the government to accept his design. Two years later, Heft got a call from President Eisenhower: his flag was in. (And yes, his teacher did increase his grade, though by this time Heft had graduated!)

*Lunar legacy.* Six American flags have been placed on the moon. An American astronaut has planted the flag for each of the six lunar missions, bringing the Stars and Stripes to space.

*The tried and true Red, White and Blue.* Our pennant's colors are as symbolic as the numbers of stars and stripes. Red was chosen for valor and bravery, white for purity and innocence, and blue for vigilance, perseverance and justice.





### Protect Your Peepers

Before you head outdoors to enjoy some sunshine this summer, make sure your eyes are protected with the proper sunglasses.

**Block UV rays.** Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can slow the development of

cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

**Fit matters.** Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for your eyes.

**Don't let price fool you.** A high price doesn't mean they offer the best protection. Price often has more to do with fashion than function.

**Cut the glare.** Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

### Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.



### Manor 1

Elizabeth Makara ..... 7/17

### Brainteaser

Q: What is always coming but never arrives? (Hint: Annie loves it.)


A: Tomorrow.

### Brain Bender: A Puzzling Parade

Jeff, Andrea, Ron, Brandon and Lila each marched in their town's Independence Day parade as a member of one of the following groups: U.S. Air Force, town council, antique car owners, clowns, and a marching band. Their last names are Alvarez, Baxter, Chan, Drake and Emerson. Using the clues below, can you determine each person's full name, what group they were in, and the order they marched?

- The clowns marched after the band but before the antique cars.
- Jeff and Lila marched third and fourth.
- Ron and Mr. Drake both wore their uniforms with pride.
- Ms. Chan's Model T was not third in the parade.
- The five participants in this puzzle are Ron, the trumpet player, Councilman Emerson, Ms. Baxter and the last group to march.
- Jeff marched between the band and the clowns.
- The band, the town council and Ms. Baxter did not march first or last.

(Answer: Ron Alvarez is in the Air Force and marched first. Brandon Drake is in the band and marched second. Jeff Emerson is on the town council and marched third. Lila Baxter is a clown and marched fourth. Andrea Chan owns an antique car and was fifth.)

| Sunday                                                                                                                                                                                                                                                                                                  | Monday                                                                                                                                                                                  | Tuesday                                                                                                          | Wednesday                                                                                                       | Thursday                                                                                                                                                                                                             | Friday                                                                                                                                                                                                             | Saturday      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <div>TRANSPORTATION</div> <div>Fellowship Bus Drivers &amp; Info:</div> <div>Tony Lopez, Supervisor</div> <div>(602) 531-6902</div> <div>DRIVERS:</div> <div>- Abe - (480) 204-2206</div> <div>- Damion - (602) 448-8094</div> <div>- Jeffrey - (602) 768-4967</div> <div>- Gene - (480) 340-5251</div> | <div>(FS) - Stands for Fellowship Square</div> <div>(AR) - Stands for Activity Room -</div> <div>~~~~~</div> <div>Terros Crisis Line 1</div> <div>1-800-631-1314</div> <div>~~~~~</div> | <div>1</div> <div>UNO Manor 1 3rd Floor @ 11 A.M. Activity Room Manor 1 &amp; 3 Residents Welcome to Come!</div> | <div>2</div> <div>8:30AM Fry's Trip - 10% OFF 43rd &amp; Cactus</div>                                           | <div>3</div> <div>Clue @ 11 A.M. Manor 3</div> <div>1st Floor Activity Room Manor 1 &amp; 3 Residents Welcome!</div> <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:30. Come join us!</div> | <div>4</div> <div>Closed for Independence Day! Have a Safe Holiday!</div> <div></div>                                           | <div>5</div>  |
| <div>6</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                                                                                                                            | <div>7</div> <div>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road</div> <div>Movie day! Manor 1 3rd floor activity room 3:30. Come join us for a movie!</div>                     | <div>8</div> <div>Yahtzee Manor 1 3rd Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div>     | <div>9</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus</div> <div>.</div> <div>*Service Coordinator Lunch*</div> | <div>10</div> <div>Bingo Manor 3 1st Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div> <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:30. Come join us!</div>          | <div>11</div> <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board</div> <div>~</div> <div>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div>                                    | <div>12</div> |
| <div>13</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                                                                                                                           | <div>14</div> <div>Movie day! Manor 1 3rd floor activity room 3:30. Come join us for a movie!</div>                                                                                     | <div>15</div> <div>Scrabble Manor 1 3rd Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div>   | <div>16</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus</div>                                                    | <div>17</div> <div>Yahtzee Manor 3 1st Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div> <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:30. Come join us!</div>        | <div>18</div> <div>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443</div> <div>~</div> <div>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern</div> | <div>19</div> |
| <div>20</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                                                                                                                           | <div>21</div> <div>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road</div> <div>Movie day! Manor 1 3rd floor activity room 3:30. Come join us for a movie!</div>                    | <div>22</div> <div>Bingo Manor 1 3rd Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Welcome to Come!</div>        | <div>23</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus</div>                                                    | <div>24</div> <div>Uno Manor 3 1st Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div> <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:30. Come join us!</div>            | <div>25</div> <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board</div> <div>~</div> <div>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div>                                    | <div>26</div> |
| <div>27</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                                                                                                                           | <div>28</div> <div>Movie day! Manor 1 3rd floor activity room 3:30. Come join us for a movie!</div>                                                                                     | <div>29</div> <div>Sorry! Manor 1 3rd Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Welcome to Come!</div>       | <div>30</div> <div>8:30AM Fry's Trip 13 43rd &amp; Cactus</div>                                                 | <div>31</div> <div>Scrabble Manor 3 1st Floor Activity Room @ 11 A.M. Manor 1 &amp; 3 Residents Welcome!</div> <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:30. Come join us!</div>       |                                                                                                                                                                                                                    |               |



**Manors' Office Phone Number**  
(602) 861-3970

**Alex Perlut**  
EXT 5449

**Director of Subsidized Housing & Security**

**Bonnie Brown**  
EXT 3970

**Hud Apartment Manager**  
**Ginger Venable**  
EXT 5446

**HUD Service Coordinator**

**Kim Cecena**  
EXT 9981

**Administrative Assistant**

### **Manager's Office Hours:**

Monday - Friday 9am - 5pm  
(Sat.: By Appointment)

**Service Coordinator office**  
**hours:**

Monday- Thursday 9am - 5pm



### **Revolutionary Words**

"Learning is not attained by chance, it must be sought for with ardour and attended to with diligence." —Abigail Adams



### **Bubbly Band Leader**

Seventy years ago in July 1955, "The Lawrence Welk Show" debuted nationwide. At the helm, with conductor's baton in hand and his catchphrase count of "ah-one, ah-two," was the show's namesake, Lawrence Welk.

Following a successful career as a bandleader, Welk transitioned to television, aiming to create a show similar

to Saturday nights spent listening to music and dancing. Welk brought that sentimental atmosphere to viewers with his signature mix of easy-listening music one could dance to, what he called "champagne music," and a family of regular entertainers.

Over the years, show favorites included Welk's female lead singers, dubbed "Champagne Ladies," the vocal group the Lennon Sisters and dancer Bobby Burgess, a former Mouseketeer. Welk was also known for inviting couples in the studio onto the dance floor, which featured the show's trademark bubbles floating around them.

### **Soldiers' Pocket Books**

The popularity of softcover books is the legacy of a World War II effort to support American troops.

Seeking to boost morale and provide entertainment for soldiers serving overseas, the American Library Association, Red Cross and United Services Organization organized a nationwide book drive. Over 18 million used books were donated, but many titles weren't a good match for the battlefield, like children's books or bulky hardbacks.

In 1943, publishers introduced Armed Services Edition paperbacks. About the size of a postcard, the softcover

books could easily fit into a uniform pocket. From classics and Westerns to mysteries and poetry, more than 122 million copies were printed.

ASEs were an immediate hit. The books often provided comfort to soldiers, who swapped copies and even wrote thank-you letters to the authors. The program's success outlasted the war. By 1949, sales of soft cover books outstripped those of hardcovers.





### Cheeseburger Choices

The grills are sizzling from sea to shining sea with these different states' spins on the classic cheeseburger.

*Oklahoma onion burger.* These smashburgers are cooked together with plenty of caramelized onions, topped with American cheese and then finished with steamed buns. This burger boasts a one-to-one ratio of beef to inexpensive onions, making it an affordable and delicious option, especially for past generations during the Depression and the Dust Bowl.

*Animal style at In-N-Out.* At California-based fast-food chain In-N-Out, customers in the know can order burgers "animal style." This off-menu code means the thin patties are cooked with mustard and topped with the traditional tomato and lettuce plus pickle, grilled onions and extra spread.

*Texas bean burger.* Cheeseburger meets Frito pie in San Antonio's rendition of an American classic. A beef patty is layered with diced onions, crushed Fritos, refried beans, Cheez Whiz and either pico de gallo or jalapeños. Unlike the walking Frito pie, this burger's messy magic is best enjoyed sitting down with plenty of napkins on hand.

### Famous Performers for U.S. Troops

"Entertainment is always a national asset. Invaluable in time of peace, it is indispensable in wartime," said President Franklin D. Roosevelt. Check out these well-known performers who rallied troops overseas and became as renowned for their service tours as their talent.

*Bob Hope.* Comic legend Bob Hope performed overseas for over four decades. He had a knack for knowing the humor soldiers needed and was famous for joking with wounded soldiers during hospital visits, "Okay, fellas. Don't get up."

*Marlene Dietrich.* Born and raised in Germany, actress and singer Marlene Dietrich became a U.S. citizen after the start of World War II. The Oscar nominee performed more than 500 times for Allied forces across North Africa, Italy, France and Germany.

*Sammy Davis Jr.* Musician and Rat Pack member Sammy Davis Jr. was drafted in World War II at 18. Decades later, he spent a two-week tour entertaining soldiers in Vietnam. His first overseas show drew a crowd of 15,000 service members.



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### Brain Bender: Labor Day Mystery

It won't be hard work to solve this Labor Day puzzle! Unscramble the words related to the holiday below. Then rearrange the letters in bold to fill in the blanks of the secret phrase.

DKEWNEE  
UOKOCOT  
LEARX  
YDONMA  
RPAEAD  
WSRROEK  
LESSA

G \_ \_ \_ B \_ \_ \_ \_ M \_ \_ !

(Answers: weekend, cookout, relax, Monday, parade, workers, sales. The phrase is "Goodbye, summer!")





## Popular Baby Names

Take a look at how the most popular baby names have changed over the years. Names are listed from the most popular on.

| Decade | Names                                                                                                                                                  |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1930s  | <b>Girls:</b> Mary, Betty, Barbara, Shirley, Patricia, Dorothy, Joan<br><b>Boys:</b> Robert, James, John, William, Richard, Charles, Donald            |
| 1940s  | <b>Girls:</b> Mary, Linda, Barbara, Patricia, Carol, Sandra, Nancy<br><b>Boys:</b> James, Robert, John, William, Richard, David, Charles               |
| 1950s  | <b>Girls:</b> Mary, Linda, Patricia, Susan, Deborah, Barbara, Debra<br><b>Boys:</b> James, Michael, Robert, John, David, William, Richard              |
| 1960s  | <b>Girls:</b> Lisa, Mary, Susan, Karen, Kimberly, Patricia, Linda<br><b>Boys:</b> Michael, David, John, James, Robert, Mark, William                   |
| 1970s  | <b>Girls:</b> Jennifer, Amy, Melissa, Michelle, Kimberly, Lisa, Angela<br><b>Boys:</b> Michael, Christopher, Jason, David, James, John, Robert         |
| 1980s  | <b>Girls:</b> Jessica, Jennifer, Amanda, Ashley, Sarah, Stephanie, Melissa<br><b>Boys:</b> Michael, Christopher, Matthew, Joshua, David, James, Daniel |
| 1990s  | <b>Girls:</b> Jessica, Ashley, Emily, Sarah, Samantha, Amanda, Brittany<br><b>Boys:</b> Michael, Christopher, Matthew, Joshua, Jacob, Nicholas, Andrew |
| 2000s  | <b>Girls:</b> Emily, Madison, Emma, Olivia, Hannah, Abigail, Isabella<br><b>Boys:</b> Jacob, Michael, Joshua, Matthew, Daniel, Christopher, Andrew     |

## "This Month In History" JULY

**1799:** French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

**1826:** Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

**1847:** The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

**1903:** The Tour de France hosts its first race outside of Paris.

**1955:** Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

**1969:** Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

**1979:** Sony reveals the first portable cassette player—the Walkman.

**1985:** More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

**2002:** American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.