



## The President's Corner

Some mailboxes are missing numbers and quite a few could use a little sprucing up with new paint. Broken and missing numbers on mailboxes detract from the overall standards of our neighborhood. You may order replacement numbers from Classy Mailboxes.

Contact information is:

*Classy Mailboxes*  
Mailboxes of Distinction

**Mailing Address**

1450-A Roswell Road  
Marietta, GA 30062

**Phone Numbers**

Office (770-321-4049) or Fax (404-393-9614)

**Website address**

[www.classymailboxes.com](http://www.classymailboxes.com)

**Email address**

[sales1@classymailboxesinc.com](mailto:sales1@classymailboxesinc.com)



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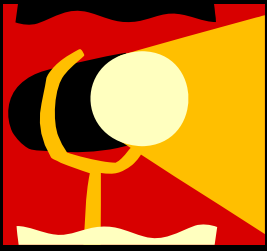
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### Welcome Neighbor!

We would like to take this opportunity to extend a special welcome to our new homeowners:

*Ona & Victoria Coker  
Mr. & Mrs. Benjamin McQuery & Family  
Christopher & Kimberly Parks  
Lorna Proveaux*



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**FREE !!!!**

Landscape Bricks  
for your Landscaping Project  
Pick them up right here in your community!

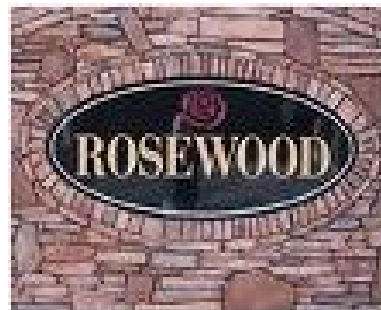
**Call**

404-825-4880



**Rosewood**

Homeowners Meeting  
Sunday, June 14, 2009  
4:00 p.m.



## History of Father's Day



The United States is one of the few countries in the world that has an official day on which fathers are honored by their children. On the third Sunday in June, fathers all across the United States are given presents, treated to dinner or otherwise made to feel special.

The origin of Father's Day is not clear. Some say that it began with a church service in West Virginia in 1908. Others say the first Father's Day ceremony was held in Vancouver, Washington. Regardless of when the first true Father's Day occurred, the strongest promoter of the holiday was Mrs. Sonora Dodd (wife of Bruce John Dodd) of Spokane, Washington. She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man.

### *Father's Day Promoter*



*Mrs. Sonora Dodd*

In 1909, Mrs. Dodd approached her own minister and others in Spokane about having a church service dedicated to fathers on June 5, her father's birthday. That date was too soon for her minister to prepare the service, so he spoke a few weeks later on June 19th. From then on, the state of Washington celebrated the third Sunday in June as Father's Day. Children made special desserts, or visited their fathers if they lived apart. In early times, wearing flowers was a traditional way of celebrating Father's Day. Mrs. Dodd favored the red rose to honor a father still living, while a white flower honored a deceased dad. J.H. Berringer, who also held Father's Day celebrations in Washington State as early as 1912, chose a white lilac as the Father's Day Flower.

States and organizations began lobbying Congress to declare an annual Father's Day. In 1916, President Woodrow Wilson approved of this idea, but it was not until 1924 when President Calvin Coolidge made it a national event to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations." Since then, fathers had been honored and recognized by their families throughout the country on the third Sunday in June.

In 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day and put the official stamp on a celebration that was going on for almost half a century.

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Raw Fruits



Whole Wheat Breads



Fresh Vegetables



Boiled Chicken



Broiled Fish

## What's Cooking?

### Diet and Weight Loss Tips

#### 1. Take Control of What You Eat

There are few things that we have complete control over, but what we put in our mouths is one of them. We don't have to lose control in a restaurant or a friend's home, and we don't have to eat everything that's put in front of us.

#### 2. Eat Frequently, and Eat Slowly

Never skip a meal, especially breakfast, and eat healthy snacks between meals. Eating frequently prevents hunger pains and the binges that follow, provides consistent energy, and may be the single most effective way to maintain metabolism efficiency. Eating slowly gives our bodies time to tell us they are full before we've eaten more than we need.

#### 3. Eat More Fruits, Vegetables and Whole Grains

People who eat healthy, mostly unprocessed foods, including fruit, vegetables, whole grains, legumes, and limited amounts of lean animal protein, often find that they can eat as much as they want without gaining weight.

#### 4. Eat More Fiber

Fiber makes us feel full sooner and stays in our stomach longer than other substances we eat, slowing down our rate of digestion and keeping us feeling full longer. Due to its greater fiber content, a single serving of whole grain bread can be more filling than two servings of white bread. Fiber also moves fat through our digestive system faster so that less of it is absorbed.

#### 5. Cut Down on Sugar

Be careful about sugar in coffee and soda pop. It can add up quickly, and these drinks aren't filling. Watch for "hidden" sugar in processed foods like bread, ketchup, salad dressing, canned fruit, applesauce, peanut butter, and soups. And be careful with "fat-free" products. Sugar is often used to replace the flavor that is lost when the fat is removed. Fat-free does not mean calorie-free.

#### 6. Too Much of a Bad Thing

Be careful with salad dressings, mayonnaise, and other condiments that are high in fat content. They greatly increase the calorie count and can negate the healthy aspects of a meal. Replace mayonnaise-based condiments with fat-free alternatives like fat-free yogurt, mustard, ketchup and barbecue sauce.

#### 7. Exercise Regularly

People who exercise regularly not only lose weight faster, they are more successful at keeping it off. If walking is all you can do, then walk because it's great for you. But muscle burns more calories than fat, so put on a little muscle if you can and you will burn more calories just sitting there... looking good.

#### 8. Take It Easy

Unless you are excited to be following a very specific diet and exercise plan, do not try and change too much too fast. If you have been eating poorly and not exercising, both your body and your mind will have a lot of adjusting to do. If you try and change everything too quickly the odds are greater that you will feel bad, get discouraged, and give up. So be patient.