



Notable Quotable

“The trials on the road to world harmony are no greater than the courage of those who accept the challenge.”

~ Carl Lewis, Track & Field Olympic Gold Medalist and World Champion



JULY HOROSCOPES AND BIRTHDAY'S

In astrology, those born July 1–22 are Cancer’s Crabs. Crabs like to retreat into their “shells” and enjoy spending time at home. They nurture deep relationships and become loyal friends.

Those born July 23–31 are Lions. These “kings of the savanna” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

- Richard K. – July 1
- Carl Lewis – July 1
- Thurgood Marshall – July 2
- United States of America – July 4
- Jerry D. – July 9
- Tom Hanks – July 9
- Beanie L. – July 12
- Henry David Thoreau – July 12
- Harrison Ford – July 13
- Ernest Hemingway – July 21
- Amelia Earhart – July 24
- Joan C. – July 31

Fourth of July

WORD SEARCH

C A G F D P S J F R E E D O M
 R E V O L U T I O N L W L S X
 O V B I S T A T E S I V T J Y
 E F U D N X Z Z B W B C G U W
 F O L N H D Q I W A E I F L G
 E I H A I P E Q V R R L N Y V
 A C R N G T A P H A T F L A G
 M C J E B O E T E N Y Z Y S J
 E S X P W S D D R N K R M B V
 R U U I E O T R S I D A Q N G
 I M G C V E R A O T O E K U T
 C M J N W M C K R T A T N P N
 A E G I W I Y R S S M T I C A
 C R H C K J P A R A D E E C E
 E H D Q G A X U N B V C G S I

United States	Independence	Revolution	Fireworks
Liberty	America	Freedom	Picnic
States	Stars	Flag	Patriotic
Parade	Flag	Summer	July

4th of July Trivia Answers: 1.) Philadelphia 2.) 13 3.) The Pennsylvania Evening Post 4.) Declaration of Independence 5.) In a triangular shape 6.) Calvin Coolidge 7.) Thomas Jefferson 8.) 50 Stars and 13 Stripes 9.) Bristol, Rhode Island 10.) 56

Trinity Hills Times

July 2021

Celebrating July

Anti-Boredom Month

World Watercolor Month

Canada Day

July 1

Roswell UFO Days

July 1–3

Independence Day (U.S.)

July 4

Bastille Day (France)

July 14

“Wrong Way” Corrigan Day

July 17

Day of the Cowboy

July 24

World Ranger Day

July 31

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MARSHALL'S MINUTES

Theodore Roosevelt once said “Nothing in this world is worth having or worth doing unless it means effort, pain, and difficulty.” I learned at an early age that if I wanted to get something, I had to earn it. One of the things I enjoying doing for our residents is playing my guitar, and buying my first guitar was no exception. I was 13 years old and I decided that I was going to learn to play the guitar. My stepfather got to talking with the owner of an Italian restaurant when our family was out to eat one night and helped me obtain a job as a dishwasher at the wage of \$4.25/hour, which came out to \$3.50/hour or so after taxes. Needless to say I washed a lot of dishes to buy that first guitar but it was well worth the effort! I bought a guitar, taught myself to play, and the rest is history.

Between my high school years and throughout my college education I paid my way working in a variety of jobs: swim instructor, Subway sandwich maker, construction worker (concrete/masonry), gas station attendant, restaurant server, bartender, and landscaper. I share all of this because I am proud to have been a self-supported student and went on to earn three college degrees that helped me advance my career and become the leader of an Assisted Living community. Further, it has given me a profound appreciation to our front-line employees at our community who are working to better their condition in life, support their families, and achieve success. I know that path requires much work, challenge and sacrifice. My journey is far from over but it is a sweet feeling to know that what I have done has been on my own terms with unrelenting perseverance and appreciation for the hard work it has required to achieve it.

- Marshall McCauley



Marshall McCauley



Land of the Free Because of the Brave

As we celebrate our country's independence, we also honor those who serve or have served to preserve our freedoms. Happy 4th of July! We honor all our Veteran's here at Trinity Hills and thank each of you for contributing to our continued independence and freedom.



JULY 4TH TRIVIA & FUN FACTS

1. Where was the first celebration of Independence Day held?
2. Every Independence Day, how many times does the Liberty Bell ring?
3. What was the name of the newspaper that published the Declaration of Independence?
4. The **Fourth of July** commemorates which document?
5. What is the proper way to fold the **American flag**?
6. Which American president was born on July 4th?
7. Which president of the United States was the first to host a Fourth of July celebration at the White House?
8. How many Stars and Stripes does the first US flag have?
9. What is the location of the nation's oldest Fourth of July parade?
10. What was the total number of people who signed the Declaration of Independence?

Answers on Page 4

Sweet Smiles from The Lighthouse



The Hills (of Knoxville) are Alive with the Sound of Music!!

We love music at Trinity Hills and are happy to be able to enjoy so many different opportunities to sing, dance in our seats or play musical instruments!

