

Food for Thought

June is Soul Food Month, a time to appreciate the rich and delicious culinary tradition of African American kitchens. As the term suggests, this cuisine is more than just nourishment for the body; it is also food for the soul. The cuisine has sustained generations of African Americans during the struggle for equal rights.



The term *soul food* is most often attributed to the writer Amiri Baraka, who published an article entitled "Soul Food" in 1962 as a response to the assertion that Black Americans had no cuisine of their own. African Americans know better. The origins

of soul food lie in the Deep South. During the era of slavery, enslaved people had to make do with whatever meager foodstuffs they were provided. Often given the cheapest and least nutritious cuts and provisions, cooks had to use their creativity to modify African food traditions and whip up new dishes that were delicious and nutritious. While soul food nowadays is equated with comfort and community, most recipes and techniques were born out of necessity and survival.

Most soul food features southern staples such as rice, okra, pork, and greens. Much of the rice grown in the South was of a variety taken from west Africa. In the 1700s, rice was South Carolina's most valuable export and a vital ingredient in many African American recipes. Like rice, okra was also brought to America from Africa. The vegetable became a mainstay in the personal garden plots of many enslaved people. The least desirable, blandest cuts of pork were often the only cuts available to slaves. Cooks drew on African recipes to liven up the flavor, using ingredients like hot peppers and vinegar, ingredients that are the base of many southern barbecue sauces. Boiled greens are yet another vital southern staple, and they are hardy, resistant to frost, and nutritionally dense. Even leftover broth of boiled collards has a prime place at the table. The potent and vitamin-rich *potlikker* is often soaked up with cornbread. So many soul food recipes exist that there are enough to sustain you through the entire month of June.

June BIRTHDAYS

Alana	(Staff)	June 3
Eilene M.	(Resident)	June 4
Bob	(Resident)	June 7
Elaine W.	(Resident)	June 9
Brenna	(Staff)	June 11
Corie	(Staff)	June 11
Jan T.	(Resident)	June 13
Coy	(Resident)	June 25
Emily W.	(Staff)	June 29

Morgan Freeman (actor) – June 1, 1937
 Frank Lloyd Wright (architect) – June 8, 1867
 Judy Garland (entertainer) – June 10, 1922
 Jacques Cousteau (explorer) – June 11, 1910
 Burl Ives (singer) – June 14, 1909
 Lionel Richie (singer) – June 20, 1949
 Pearl S. Buck (novelist) – June 26, 1892

MONTHLY MEETING

Be Connected. Be Heard. Be Informed.

Make plans to join us on **June 16 at 2:15** for our monthly resident meeting. This is a great time to ask questions and to hear about upcoming events. If you are interested in being a Three Forks ambassador please let us know.

COMMUNITY AMBASSADORS

We are thankful for all the dedicated work that our two community ambassadors have done to help out within the community. Pat P. and Eilene M. have both done a great job. We can always use an extra hand. If you are interested in becoming a community ambassador please call Angela Tyler at **972-564-8240**.

THREE FORKS TRIBUNE

Three Forks Senior Living~335 S. F.M.548~Forney, TX. 75243 972-552-3426

Three Forks Team

Emily Whitson

Executive Director

Corie Ford Gonzales

Resident Care Director

Tony Jackson

Clinical Director

Alex Davis

Community Relations

Director

Shelby Mathis

Business Office Manager

Bill Lawson

Maintenance Director

Angela Tyler

Life Enrichment Director



Three Forks of Forney Senior Living community channel is **TV channel number 2**. This custom TV channel's content list monthly birthdays, meal times, employee of the month, special events, maintenance request information, Sunday school times, and other informative information.



On Saturday, June 19 from 10:00 to 2:00, Three Forks Senior Living will be hosting a car wash to raise money for the Forney Senior Center. Tell your friends and family to bring their vehicles to Three Forks of the 19th.



Make plans to attend our Summer Luau on **Thursday, June 24**. There will be island music and refreshments. Wear your most Hawaiian looking outfit and attend this fun event.



Join us this month on various bus outings. We play lively music and always have a fun adventure.



Driven to Succeed

On June 6, 1933, Richard Hollingshead Jr. put a grand plan in motion. He opened the world's first drive-in movie theater, in Camden, New Jersey. For 25 cents per car and 25 cents per person, with a maximum charge of one dollar, viewers could watch the British comedy movie *Wives Beware* from the comfort of their own car seats. Hollingshead called his establishment Park-In Theatres, and it was an instant sensation.



Hollingshead came up with the idea after his own mother complained about how uncomfortable it was to sit in traditional theater seats. He first tested his idea in his own

driveway. For a screen, he used two bedsheets hung between two trees. A 1928 Kodak movie projector shot the movie from the hood of his car. In order to prevent cars from obstructing each other's views, he innovated a ramp for each parking space that elevated the front of the car and improved viewing angles.

Moving the theater from Hollingshead's driveway to a larger location proved a challenge. The RCA Victor record company provided Hollingshead with three massive six-foot by six-foot speakers to go with a 40-foot by 50-foot screen. Unfortunately, cars parked at the rear of the lot still had trouble hearing. Hollingshead and RCA worked together to invent a small speaker that could be mounted on a car and receive a radio signal. Eventually, movie sound would be broadcast directly through a car's FM radio. Hollingshead patented his idea in 1933, but in 1949 the patent was overturned, and drive-in theaters were opened all across the country. During the 1950s and '60s, nearly 5,000 drive-in theaters were in operation across America. Hollingshead's innovation had become the epicenter of American pop culture. Today, around 300 drive-in theaters remain in the U.S. (in every state except North Dakota and Louisiana) and about 40 in Canada. On June 6, or any other sultry summer night, why not revive an old pastime and enjoy a drive-in movie?



EMPLOYEE OF THE MONTH KAT GREGORY



Congratulations Kat Gregory for being employee of the month for June. Kat just celebrated her 8 year anniversary of working at Three Fork as a resident assistant. Kat was born in Dallas and currently resides in Elmo. She is the proud mother to one daughter, Haley Rae Johnston. She has one cat named Rona Leona Rose. Her hobbies include working on jigsaw puzzles, gardening, loving on her grandbabies and hanging out with her mom. Her favorite things about working at Three Forks is hanging out with the residents and getting to know each and every resident. **Way to go Kat!!**



We are pleased to announce that live music concerts have returned to Three Forks. Our first concert will be on **Thursday, June 3** with musical guest Steve Rhome. Jessie Frank will be performing on **Thursday, June 17** for a Father's Day concert and root-beer float social. Both artist will be picking and singing songs we all love.

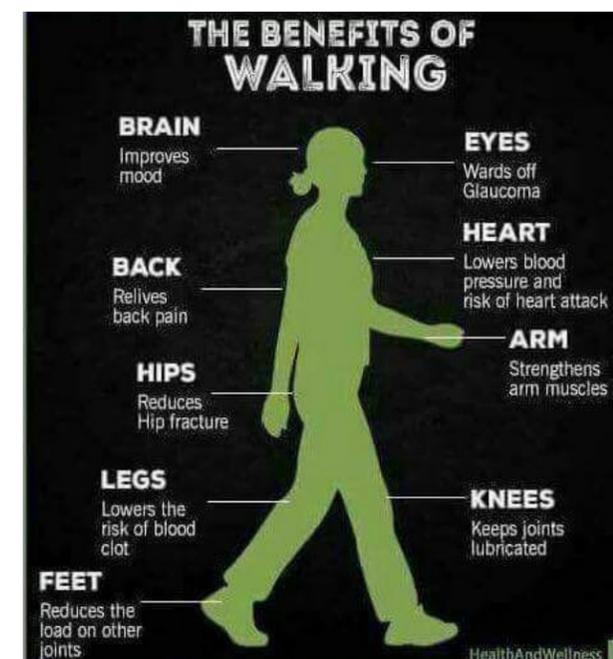
Ladies Tea Social



Mark your calendar to attend a ladies tea social on **Thursday, June 10**. Emily, Corie and Shelby will be joining us on this National Ice Tea Day.

THREE FORKS WALKING CLUB

Let's all get moving this month and walk more. Check your calendar and join us for this fun and beneficial exercise.



Happy Father's Day



Father's Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was attending a Mother's Day church service when it occurred to her

that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War veteran William Jackson Smart. By Dodd's account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father's Day on her father's birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father's Day service on the third Sunday of June instead. Join us on **Thursday, June 17** as we honor the father's at Three Forks of Forney



SPRING INTO SUMMER DOOR DECORATION CONTEST

Three Forks summer door decorating contest is a way for each resident and their family member(s) to have fun personalizing the residents door along with having the opportunity to win a \$50 gift card to a local Forney restaurant. Photos of completed doors will be posted on **Three Forks Senior Living of Forney** Facebook page. The winning door will be announce on **Friday, June 11**.

