**Tennis With Dennis Returns!**

Evening Creek is happy to welcome back **Tennis with Dennis!** This free event is for all ages of Evening Creek residents: Dennis’ next Evening Creek class:

**Saturday, July 23**
- 8–9 a.m. – ages 5-7
- 9–10 a.m. – ages 8-11
- 10–11 a.m. – ages 12+
- 11 a.m.–12:30 p.m. Adults only

*Racquets - demo a new one, or use one of the light loaners!*

**Happy Fourth of July!**

Refer a Friend and Receive $300!!

We appreciate your referrals! Refer a friend to move into Evening Creek and receive $300!!

**2011 ANNUAL SUMMER RESIDENT POOL PARTY**

Join us on **July 10** from **noon until 4 p.m.** for our Annual Evening Creek Resident Pool Party; this year’s theme: ‘50s SOCK HOP! Enjoy food, games and contests, live entertainment and, as always, fun giveaways!

**"Like" Us on Facebook**

Become a Fan of Evening Creek! "Like" us on Facebook and enjoy our site, including photos of resident events, updates on community projects and resident event reminders!
‘The People’s Princess’
Diana, Princess of Wales, would have been 50 years old on July 1. Diana’s untimely death at the age of 36 in a 1997 car crash sent the world into mourning, but the bright spirit of “the people’s princess” lives on. Here are some facts about Diana:

Royal courtship. Prince Charles had known Diana for several years and had briefly dated her older sister Sarah. But Charles never considered Diana as a potential bride until one summer weekend in 1980, when the future princess watched the prince play polo. In the winter of 1981, Diana accepted Charles’ proposal of marriage.

Worldwide wedding. On July 29, 1981, 20-year-old Diana wed 32-year-old Charles, with 3,500 guests in attendance, at St. Paul’s Cathedral in London. Two million spectators lined the route of Diana’s procession to the church, and 750 million more people around the world watched the ceremony on TV.

Little princes. The union of Diana and Charles produced two sons, Prince William in 1982 and Prince Harry in 1984. Despite their differences, the royal couple reportedly made a good parenting team and shared responsibility for the boys after divorcing in 1996.

Lasting legacy. Her openness may have roiled the royals, but Diana modernized the monarchy. She campaigned against the use of landmines, raised awareness of eating disorders and held the hands of AIDS patients, confronting the prejudices of the time.

“Anywhere I see suffering, that is where I want to be, doing what I can.”
—Diana, Princess of Wales

Hidden Benefits of Exercise
Besides making you look better in a bathing suit, the health benefits of working out are legendary. Exercise builds muscles, strengthens bones and improves heart health. But did you know it could protect your vision, boost your word power and slash sick days? From Prevention.com, here are some of the lesser-known perks of exercise:

Healthier mouth. A study found that adults who moderately exercised for 30 minutes five times a week were 42 percent less likely to have periodontitis, a gum disease.

Sharper vision. A physically active lifestyle can cut the risk of age-related macular degeneration by 70 percent, according to a British Journal of Ophthalmology study.

Bigger vocabulary. Researchers at the University of Muenster in Germany found that people who ran two three-minute sprints, with a two-minute break in between, learned new words 20 percent faster than study participants who didn’t exercise.

Fewer colds. A University of Washington study found that women who did 45 minutes of cardiovascular exercise five days a week had 33 percent fewer colds than the control group, who did stretching exercises once a week.

Better attendance. Research finds that people who participate in strenuous leisure activities, such as running or cycling, take about half as many sick days as their sedentary cohorts.

Pour on the Ketchup
Whether you spell it ketchup or catsup, the tangy tomato-based condiment is in peak demand during the summer as Americans take aim on hot dogs and hamburgers.

A forerunner to ketchup known as keksiap or kecap originated with Indonesian and Asian cultures hundreds of years ago as a spicy pickled sauce for fish made of anchovies, walnuts, mushrooms and kidney beans. British seamen brought the condiment home with them in the 17th century and changed its name to catsup. By the 18th century, New Englanders were adding tomatoes to the mixture.

Full-blown commercial production started in 1876 when Henry J. Heinz started bottling ketchup. Although he was not the first to produce ketchup, his recipe caught on and remains the same to this day. Competitors soon were bottling their own formulas under the names of catsup, katsup, catsip, cotsup, kutchpuck, cutchpuck and even cornchops, which was briefly produced by Hunt’s for the state of Iowa.

Ketchup does have healthful properties. Its base is cooked tomatoes, which contain lycopene—shown to have cancer-fighting properties. Still, the scientific world rebelled when ketchup was declared a vegetable on school lunch menus for a brief period in the 1980s. It would be absurd to declare a hot dog smothered in ketchup a health food, but it’s summertime—the time to indulge.
Riding With the Wind

If you’ve ever wondered what it’s like to fly as free as a bird, floating in a hot air balloon is about as close as you can get. Hot air balloon festivals abound in summer as a feast for the eyes. For the adventurous, commercial hot air balloon rides are increasingly available.

The first hot air balloon took flight in 1783 in France, with a sheep, a duck and a rooster on board. In 1793, George Washington witnessed the first balloon launch in North America, piloted by Frenchman Jean Pierre Blanchard.

The three basic components of the aircraft are the envelope, burner and basket. The envelope is the actual balloon that holds the air. The burner is the equivalent of an engine and drives hot air into the balloon. The basket is where the pilot and passengers stand. To drive the balloon upward, the pilot opens the propane valve. To move it downward, the pilot uses the parachute valve. To steer the balloon, the pilot moves the craft up or down, depending on the location of wind currents, and rides with the wind.

A commercial ride in a hot air balloon generally costs from $150 to $275, but often rides in tethered balloons are available for much less at festivals. Check out HotAirBalloon.com for a list of balloon festivals around the world.

Creamy Mini Tarts

Ingredients:
- 1 8-ounce package cream cheese, softened
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla extract
- 4 1.9-ounce boxes mini phyllo shells
- 2/3 cup blueberry preserves

Directions:
Beat cream cheese in large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla until blended. Spoon about 2 teaspoons into each mini shell. Refrigerate 2 hours or until firm.

Make a slight indentation in the filling using the back of small round measuring spoon. Fill with 1/2 teaspoon preserves. Refrigerate until ready to serve.

Variations:
- Fresh fruit. Top mini tarts with fresh fruit such as strawberries, blueberries, bananas, raspberries, cherries, kiwi, grapes or pineapple. Garnish with mint leaves.
- Hot fudge. Place 2 tablespoons hot fudge topping into corner of resealable plastic bag. Cut small corner off bag. Squeeze to drizzle over top of mini tarts.
- Preserves. Use different flavors of preserves or orange marmalade to create a colorful assortment. Garnish with mint leaves.

For more recipes, visit EagleBrand.com.

Wit & Wisdom

“He who is brave is free.”
—Seneca

“Freedom is not something that anybody can be given. Freedom is something that people take, and people are as free as they want to be.”
—James Baldwin

“For to be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”
—Nelson Mandela

“To enjoy freedom we have to control ourselves.”
—Virginia Woolf

“Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.”
—Martin Luther King Jr.

“I wish that every human life might be pure transparent freedom.”
—Simone de Beauvoir

“Those who deny freedom for others deserve it not for themselves.”
—Abraham Lincoln

“Freedom’s just another word for nothing left to lose.”
—Kris Kristofferson

“Freedom is the oxygen of the soul.”
—Moshe Dayan

“The best road to progress is freedom’s road.”
—John F. Kennedy

“A forest bird never wants a cage.”
—Henrik Ibsen

“Freedom lies in being bold.”
—Robert Frost
**July 2011**

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<td>Rent Is Due</td>
<td>Independence Day - Happy 4th of July!</td>
<td>Running of the Bulls Pamplona, Spain (July 7-14)</td>
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<tr>
<td>Annual Summer Pool Party - This Year’s Theme: '50s SOCK HOP! Noon–4 p.m.</td>
<td>82nd Annual MLB All-Star Game Phoenix, AZ</td>
<td>Del Mar Races Opening Day 2011! Stretch Run admission: $10 Clubhouse admission: $20</td>
<td>Comic-Con International (July 21-24) San Diego: Convention Ctr on Harbor Dr</td>
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<td>Disneyland Opened (1955)</td>
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<td>Evening Creek Is Happy to Welcome Back Tennis With Dennis at the EC Courts 8 a.m.–12:30 p.m.</td>
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**“This Month In History”**

**July**

**1775:** Benjamin Franklin becomes the first Postmaster General of what is now the U.S. Postal Service.

**1776:** The Continental Congress approves the Declaration of Independence.

**1885:** Louis Pasteur administers the first successful antirabies inoculation.

**1862:** Congress authorizes the Army Medal of Honor.

**1893:** Katharine Lee Bates pens “America the Beautiful.”

**1916:** Look, up in the sky—it’s a bird, it’s a plane, it’s the Boeing Airplane Co. forming in Seattle.

**1933:** Batter up! Major League Baseball holds its first All-Star game, played at Comiskey Park.

**1940:** What’s up, doc? That wascally wabbit, Bugs Bunny, makes his cartoon debut in “A Wild Hare.”

**1945:** The experimental atom bomb (Trinity) is detonated in the New Mexican desert.

**1955:** Disneyland opens in Anaheim, Calif.

**1958:** NASA (National Aeronautics and Space Administration) is established.

**1960:** Harper Lee’s “To Kill a Mockingbird” is published, quickly becoming a best seller.

**1969:** Astronaut Neil Armstrong takes one giant step for mankind, being the first to set foot on the moon.

**2005:** Lance Armstrong wins his seventh straight Tour de France.