

Book Review...

There are so many wonderful books in our library that are overlooked in favor of a few popular authors, we thought it would be good to highlight some of the lesser-known titles. We will feature one new book each month, as long as interest holds. Featured books will be displayed on the counter to the right of the fireplace. (If it's not there, someone beat you to it!)

FASCISM: A WARNING

Madeleine Albright

If former Secretary of State and U.S. Ambassador to the U.N. Madeleine Albright had written the history books I had been subjected to in school, I might have learned to like the subject. She writes of incidents she has personally observed in her long and distinguished career in public life. Secretary Albright defines a Fascist as "...someone who claims to speak for a whole nation or group, is utterly unconcerned with the rights of others, and is willing to use violence and whatever other means are necessary to achieve the goals he or she might have." They manage to "...achieve power by democratic means, then kill democracy." Think Hitler. Think Putin. Think Erdogan.

Beginning with Mussolini and up through the present, Albright asks the question: What makes these men tick? (And yes, they are always men.) How did they achieve and retain power? Could it ever happen here? We came close with Senator Joseph McCarthy, who craved power, had the temperament of a bully, but lacked the intellectual capacity and thick skin required to achieve his goals. We can thank our lucky stars for that.

The dichotomy we face can be described as follows: "Within each of us, there is an inexhaustible yearning for liberty . . . that desire often seems in competition with the longing to be told what to do." "The desire for liberty may be ingrained in every human breast, but so is the potential for complacency, confusion, and cowardice."

Our democracy has outlasted many others, but we must never let down our guard against those who would subjugate us. Madeleine Albright has lived through Fascist regimes; she knows whereof she speaks!

Never stop learning!

Pam Perkins

BOOK REVIEW LIBRARY HOUR

DATE: WEDNESDAY, JUNE 9TH

TIME: 3:00 P.M.

RSVP IN THE RESERVATIONS BOOK IN COMMONS LOBBY.

Homestead Village

924 Plantation Boulevard, Fairhope, Alabama 36532

JUNE BIRTHDAYS

Lucy Myers 6/1

Ida Burt 6/2

Diane Ehlers 6/3

Marie Sommers 6/6

Jule Moon 6/13

Margaret Vaughn 6/15

Tom Wolfe 6/15

Pat Coston 6/17

Pat Preston 6/18

Bill Heard 6/24

Pat Cassidy 6/28

Phyliss Finn 6/30

NEW RESIDENTS

Neeta Mueller 101/42

Omar Pitts 100/66

Norma Beaver 100/66

Robert & Linda Feltus 102/16

Helen Garrett 102/23

JUNE BIRTHDAY/ NEW RESIDENT SOCIAL

Date: Wednesday, June
16th

Time: 3:00 p.m.

Place: Ballroom

RSVP in reservations book in
Commons Lobby.

For the Fathers



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.

We will celebrate Father's Day with a Father's Day Cookout in the Dining and Room Courtyard on June 20th @ 11:30 a.m.

We will be having:

BBQ Ribs

Potato Salad

Baked Beans

Apple pie ala mode

Beer/Tea/Lemonade

Dinner is free to fathers; others \$8.50 or ticket punch.

Wellness Corner w/ Harriet Ingraham, Wellness Director

The Sweet Potato

Thanks to the push of a Harvest Homeschool group of students, this sweet spud was signed into bill on April 19, 2021 as **the Official Vegetable of The State of Alabama**.

Baldwin County, Alabama has a long history of farming the Sweet Potato.

Ahhh, the nutritional benefits of the Sweet Potato (in addition to palatable appreciation) are vast:

- Support Digestive health, containing both soluble & insoluble fiber.
- Support Vision, Packed with beta-carotene.
- Support the Immune System, Vitamin A fights disease causing pathogens.
- Help manage Stress, Magnesium packed.
- Anti-Inflammatory, Choline reduces inflammation.
- *May* help manage diabetes*, Compared to white potatoes, sweet potatoes are lower on the glycemic index.

The Sweet Potato is Not a Yam – although both are root vegetables, they belong to two different plant families – the sweet potato is from the morning glory family while the yam is related to the lily. Yams are sweeter than the sweet potato, grow much larger and are also nutritionally inferior.

As an aside, the official State of Alabama fruit is the blackberry, the official fruit tree is the peach, the official crustacean is the brown shrimp, and the official amphibian is the Red Hill salamander.

- Never Stop Moving
Harriet

**Not to be used to control diabetes – consult your physician for medical direction with diabetes.*

To Your Health by Dr. Daniel Scarbrough

COVID-19 Vaccine Hesitancy

Vaccine hesitancy has been declared a leading global health threat. This rejection of the vaccine lessens the probability of herd immunity and will extend the pandemic. Especially, concerning is hesitancy among health care workers (HCW) i.e., doctors, nurses, aides, helpers, lab technicians and even medical waste handlers. This puts these workers at increased risk of the disease and transmitting it but also have a powerful influence on patient vaccination decisions.

Other factors which guide vaccine attitudes: One is safety and efficiency concerns because of the short timeline of vaccine development. The emergency use authorization (EUA) involved tens of thousands of participants - three different levels of trials that all developing drugs and vaccinations go through. There was worry about mRNA technology used for the first two vaccines, but mRNA technology was first successfully used 30 years ago, and many advances have been made since then. The second factor about vaccine decision is that herd immunity through previous infection will take much longer with immense cost in health care resources and lives. Some believe the risk of vaccination is greater than the risk of infection, but this is not true as HCW in hospitals have experienced what the COVID disease can do when caring for those patients. The third factor is distrust in government and health organizations. Media misinformation causes public doubt and mistrust of the government and policymakers. Early in the pandemic, social media exposure was associated with high levels of misinformation and conspiracy theories. The divided political climate during the vaccine development stage was also detrimental. Delivering information by HCW and physicians has helped somewhat to lower this mistrust. The last barrier to vaccination and perhaps the most difficult to change is the sense of personal freedom that Americans have. The vaccination is elective, and it is understandable that Americans and HCW prefer to make their own decisions. However, no one can dispute the fact that the vaccine for COVID-19 has greatly reduced the rate and severity of COVID infections, hospitalization, and deaths. Herd immunity and reduced mutations of the virus can only occur when the virus has no place to propagate or live and reproduce. For all those reasons, I hope you will get you and your family vaccinated as I have.