



### Notable Quotable

“With a doughnut in each hand, anything is possible.”

~ Jameela Jamil, British actress



## June Horoscopes and Birthdays

In astrology, those born June 1–20 are Gemini’s Twins. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming.

Morgan Freeman – June 1, 1937  
Angelina Jolie – June 4, 1975  
Prince – June 7, 1958  
Maya Moore – June 11, 1989  
Anne Frank – June 12, 1929  
Venus Williams – June 17, 1980  
Zoe Saldana – June 19, 1978  
Lionel Richie – June 20, 1949  
Dan Brown – June 22, 1964  
Pearl S. Buck – June 26, 1892  
Helen Keller – June 27, 1880  
Lena Horne – June 30, 1917

## A Holey History *(cont. from pg. 1)*

undercooked. Gregory thoughtfully called her new recipe a *doughnut*. It was her son, Captain Gregory, who made the doughnut round with a hole in its center. Some claim that the hole allowed the doughnut to be placed on the spoke of the ship’s wheel, allowing the captain to steer with both hands. In an interview with the *Boston Post* newspaper, Captain Gregory recollected how he cut the first

hole in a doughnut with the top of a round, tin pepper box.

Doughnuts did not become the beloved treat they are today until World War I, when Salvation Army volunteers brought doughnuts to American soldiers in the trenches. And it wasn’t until the first Dunkin’ Donuts opened in Quincy, Massachusetts, in 1950 that the spelling changed from *doughnut* to *donut*.

## The People’s Car

June 22 is Worldwide VW Beetle Day. What has made the Volkswagen Beetle one of the world’s most recognizable and beloved automobiles? First and foremost is its fun design—a small and compact car with an innovative curved roof, a feature that makes it both aerodynamic and adorable. The Beetle was designed for much more than just fun, however; it was also affordable, practical, and reliable. *Volkswagen* means the “people’s car,” and these cars were intended to be affordable for all,

costing just 31 weeks’ worth of pay. Vintage Beetles sported an air-cooled rear engine, which meant that it did not need expensive cooling units and could reliably operate in both heat and cold. It also got excellent gas mileage, more than 30 miles to the gallon. The car’s simple engine and parts were easy to replace and inexpensive to repair and maintain. All of these reasons made the VW Beetle the world’s best-selling car for decades. The original Beetle was built for 65 straight years!

# Sandpiper Post

June 2023

**Celebrating June**

**Men’s Health Month**

**Perennial Gardening Month**

**Go Barefoot Day**  
*June 1*

**World Bicycle Day**  
*June 3*

**D-Day**  
*June 6*

**Flag Week (U.S.)**  
*June 11–17*

**Worldwide Day of Giving**  
*June 15*

**Father’s Day**  
*June 18*

**Great American Backyard Campout**  
*June 24*

**Social Media Day**  
*June 30*

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## A Holey History

Each year, 10 billion doughnuts are made in the United States. That’s 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America’s streets, it should be easy to find one of your favorites on June 2, National Donut Day.

Doughnuts have been a beloved treat in America since the 17th century. It was the Dutch, settling in New Amsterdam (present-day New York), who first fried dough in oil. These first doughnuts were called *olykoeks*, or “oily cakes.” Of course, these original olykoeks were more fried dough than doughnut and did not yet have their signature hole in the middle.

We have to fast-forward almost 200 years until Elizabeth Gregory, the mother of a ship captain, created what we might recognize as the first true doughnut.

Gregory fried her dough with nutmeg, cinnamon, and lemon rind, ingredients undoubtedly borrowed from her son’s cargo hold. She also added hazelnuts and walnuts to the doughy center, the spot that might be

*(cont. on pg. 4)*



## Going Postal

On June 13, 1920, the United States Postal Service declared that it would no longer send children by parcel post. As strange as it may seem, we now remember June 13 as No Mailing Children Day. On January 1, 1913, the U.S. Post began mailing parcels and packages. Americans could now buy and sell large dry goods by mail. Some, however, took advantage of this service and sent

their children through the mail. After all, the delivery cost of mail was cheaper than a train ticket. Newspaper headlines captured the phenomenon: “Mail Carrier Safely Delivers Boy of 10 3/4 lbs to Grandmother, Cost 15 Cents.” Assistant Postmaster General John Koons eventually stopped the practice, declaring that children didn’t fit within the classification of harmless live animals.



## Summer Camp



*The portmanteau glamping was invented in England in 2005.*

Last year alone, America's national parks were visited by almost 312 million people, evidence of how much we crave the clean air, beautiful scenery, and tranquility of the outdoors. Is there any better way to immerse yourself in nature than camping? June is Camping Month, and these days you no longer have to "rough it" to enjoy the splendors of nature. Camping options abound that provide all the amenities and comforts of home.

The *glamping* ("glamorous camping") trend has hit the mainstream. Tents are large and comfortable, outfitted with electricity, beds, furniture, kitchens, and even running and heated water. Some campgrounds offer yurts, those round tents from Mongolia, or fabulous architectural tree houses that turn traditional camping into a fairytale dream.



*As emperor, Napoleon often disguised himself and walked the streets to see what the common people thought of him.*

## Napoleon's Waterloo

On June 18, 1815, Napoleon lost the Battle of Waterloo, suffering the final defeat of his military career and marking the end of his reign as emperor.

Napoleon's meteoric rise as a military strategist and leader began around 1799, when Napoleon returned to France from his military campaign in Egypt to find that France was at war with most of Europe and near collapse. Napoleon reorganized the French army,

Of course, glamping doesn't come cheap, with tents sometimes costing as much as luxury hotel rooms.

RVs, too, have become luxury vehicles. Some are 45 feet long and boast king-sized beds, leather sofas, washers, dryers, electric fireplaces, and jacuzzi-like tubs. One model even has a rooftop lounge with a pop-up sun shield. These RVs are more like luxury apartments on wheels, and they often cost as much, with prices typically soaring over one million dollars.

For those who still want to rough it, there are wilderness survival-skill camps. Professional survivalists lead you into the wilderness without a backpack or any gear and teach you how to live off the land. This might not be as comfortable as glamping, but some might find the challenge to be more rewarding.

marched to victory across Europe, reestablished France as a leading superpower, and was crowned emperor. Waterloo, however, proved his undoing. Napoleon led his forces against a well-defended Prussian army, and after a series of strategic mistakes, had his forces crushed on the field of battle. Today, in remembrance of Napoleon's historic defeat, we use the name "Waterloo" to mark a devastating failure or ultimate defeat.



*Socks, ties, and underwear still rank as some of the most popular gifts for dad.*

## Father's Day up in Flames

Father's Day is on June 18, and that likely means gifting dads plenty of ties. The first Father's Day in America was proposed by Sonora Louise Smart Dodd in 1909, who wanted to honor her father, a Civil War veteran and widowed single dad. On the first Father's Day, Dodd suggested that all fathers be honored with a rose—red for those still living, and white worn for those who

had passed. In France, dads receive quite a different gift: a *Flaminaire* lighter. Flaminaire commercialized the first lighters in 1908, but it wasn't until the 1950s, when consumerism began to peak, that the Flaminaire company embarked on an ad campaign linking its lighters to a French Father's Day. It has been tradition to offer dad a lighter ever since.

## A Witchy History

The city of Salem, Massachusetts, is infamous for its witch trials of the late 17th century. On June 10, 1692, Bridget Bishop became the trials' first victim. While the witchcraft hysteria gripping Salem lasted just one year, its legend and lore have lived on for centuries.

There was a time when Salem wanted to forget its sordid history. As late as 1895—over 200 years after the hysteria—the *Philadelphia Inquirer* ran a headline reading, "The People of Salem Do Not Like to Be Questioned in Regard to the Witchery Affair." It wasn't until playwright Arthur Miller wrote *The Crucible* in 1953 as an allegorical response to Senator Joseph McCarthy's anticommunist hearings that the witch trials entered the popular imagination.

Historians and scientists began to reexamine the cause of the hysteria. Some scholars

suggested that piety was the root of the problem. Notions of witchcraft came straight from scripture. Pious people accused others of witchcraft, while pious judges adjudicated the trials.

Others have blamed ergot poisoning. The theory goes that stores of rye contaminated with ergot fungus caused residents of Salem to hallucinate, convulse, and suffer delusions, symptoms that were equated with witchcraft.

No one truly knows how the all-consuming witch hysteria gripped the community of Salem and other surrounding towns. What we do know is that the city of Salem has tried to make amends to Bridget Bishop and the hundreds of other victims who were wrongfully charged and punished. Salem opened the popular Salem Witch Museum in 1972 and dedicated a Witch Trials Memorial in 1992. Thousands of tourists visit Salem each year.



*Some believe Bridget Bishop was accused of witchcraft because she flouted social conventions for women.*