

First Fingerprints

In July of 1858, an English official in India named William James Herschel began asking locals to press their fingerprints on contracts. This had nothing to do with identification. Rather, the Indians believed that personal contact with the document, pressing their hands onto it, made the contract more binding. As Herschel's fingerprint collection grew, he noticed how not only each was different and unique, but that a person's fingerprint was permanent throughout their entire lifetime. Fingerprints as a method of personal identification was discovered.



Fingerprints come in three different patterns, whorls, loops, and arches. Why do we have them? (It's not just to leave as evidence at the scene of a crime.) At first it was thought that fingerprints increased friction to help us grab and hold objects. Other studies suggest that the tiny ridges act to drain water away from our finger pads, helping us to grip wet objects. Still other scientists believe that the ridges may help to prevent blisters, as well as increase our sensitivity to touch so that we can feel very subtle textures. But the real truth is that fingerprints are a bit of an evolutionary mystery.



Humans are not the only "animals" with fingerprints. Gorillas, chimpanzees, and even koala bears have them. In fact, under a microscope, koala fingerprints look exactly the same as human ones. Some monkeys even have fingerprints at the tips of

their tails.

Take the time to look at your own fingerprints, perhaps under a magnifying glass, and compare them to a friend's. You'll be surprised to see how unique and different your fingers and palms really are. And, in case you were wondering, the fingerprint above is from a koala.

July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and ambitious.

Happy July Birthday!

Mike P	July 3
Rose D	July 13
Larry B	July 19
Dee Ann H	July 23
Betty Z	July 25
Les W	July 26



Mirror, Mirror on the Wall

While standing in front of your mirror on July 3, give both your good-looking self and your mirror a compliment because the third is Compliment Your Mirror Day. After years of displaying your beautiful or handsome face, isn't it time you thanked your mirror for all its wonderful work?



Humans have been admiring themselves in mirrors for 10,000 years. The first mirrors were probably pools of water, and then people of ancient cultures fashioned mirrors out of polished stone and metal. Today, mirrors are made by applying a reflective silver coating to the back of a pane of glass. No matter what they're made of, their shape, size, or style, mirrors have played an important role throughout civilization – reminding us of how good we look. Time to return the favor.

The

July 2010

Prairie Rose Center



Prairie Rose Center 202 East Villard Dickinson, ND 58601 Phone 701-227-0135 www.dickinsoncap.org

Celebrating July

Picnic Month

Recreation & Parks Month

Anti-Boredom Month

Center Closed

July 3,4,5

Member's Meeting

July 6

Cooking with Jennifer

July 12

House of Manna

July 16

Cooking with Jennifer

July 19

Commodity Day

July 23

Cheesecake Day

July 30

Peer Support

Monday and Friday Check calendar for correct times!



Mongolia's Manly Month

Manliness is close to godliness in Mongolia, especially from July 11-13 during Naadam, a celebration of the nation's "Three Manly Games," wrestling, horseback riding, and archery. All across Mongolia's dusty steppes, descendants of Genghis Khan's Mongols turn out for the world's second-oldest Olympic-style competition. In these "manly games," men show off skills that have been part of Mongolian nomadic life for 800 years. But today the word "manly" is inaccurate, because both women and children participate.

The manliest game is wrestling, and it is still only for men. Over 500 massive wrestlers, dressed in the traditional uniform of bikini trunks, leather boots, and arm coverings, grapple each other to the ground. Winners dance the eagle dance, become national heroes, and earn nicknames like The Invincibly Powerful, The Perfect Among Ten Thousand, and Honored Master of Mongolian Sports. One year, a woman pretending to be a man won the competition, and every year thereafter wrestlers have been forced to compete bare-chested.

Today, women rule the archery competition. They must fire arrows made of willow branches and vulture feathers at 360 small leather targets, which are placed over 100 feet away. Before the contestant shoots, the audience shouts, "Hit the target!"

The last manly sport, horseback riding, is for children, whose smallness makes them perfect jockeys. Mongolians joke that their children ride horses before they learn to walk, and it is common to see five-year-olds riding in the competition. Horses and jockeys train for months leading up to the races, and spectators watch breathlessly as the horses gallop up to 30 kilometers. Since it is the horse that wins, not the jockey, horses are trained to keep racing even if the rider falls off. When the race is over, spectators fight to slap the hindquarters of the winning horses, because the horse perspiration brings good luck all year.

Barbershop Songs

“Let Freedom Sing!” That’s the motto of the Barbershop Harmony Society for their international convention from June 28-July 4 in Philadelphia, Pennsylvania.

This unique “a cappella” music originated in the barbershops of black communities. African-American gospel singers gathered in local barbershops to rehearse their singing for church. What makes barbershop music unique is the “ringing chord.” When the four voices in the quartet harmonize perfectly, the illusion of a fifth singer is created, producing a distinct sound known as “the angel’s voice.” Barbershop quartets practice endlessly to attain this difficult and elusive chord.



With the advent of radio, live performances went out of fashion and barbershop quartets were on the verge of extinction, but a lawyer and singer named Owen C. Cash acted to make sure the barbershop sound was preserved. On April 11, 1938, he gathered friends on the rooftop garden of a Tulsa, Oklahoma hotel. They burst into singing, stopping traffic on the street below and warranting a visit by local police, who told them to keep it down. But the Barbershop Harmony Society was founded and soon even women were forming their own “beautyshop quartets.”

In appreciation of the barbershop quartet, gather three of your friends, unite your voices, and belt out a tune, perhaps a barbershop favorite, “Down by the Old Mill Stream.”

*My darling I am dreaming of the days gone by,
When you and I were sweethearts beneath the
summer sky;
Your hair has turned to silver the gold has faded
too;
But still I will remember, where I first met you.*

Awards and Honors

The Medal of Honor is the highest military honor awarded in the United States. It is awarded for “gallantry and intrepidity at the risk of his life above and beyond the call of duty while engaged in an action against an enemy of the United States.” This distinguished medal was established on July 12, 1862, by President Abraham Lincoln, and it was originally intended to be awarded only to those fighting in the Civil War.

The first recipient of the Medal of Honor was General Winfield Scott, a 75-year-old Civil War general who was so overweight he could not even mount a horse. Scott, who some people thought was senile, devised the plan that would eventually help to defeat the Confederacy. When the Medal of Honor was first proposed, General Scott did not like it. He opposed the European idea of receiving awards for heroism, yet thanks to his plan the Union was preserved.

France’s Yellow Jersey

France’s race for the yellow jersey takes place from July 3 to July 25. This demanding 2,200-mile bicycle race has been compared to running a marathon several days a week for almost three weeks. Each day, cyclists pedal as fast as they can to finish that stage, with some stages cruising over flat ground, and other stages rising up over grueling mountain passes. The winner dons the yellow jersey.



The Tour is a source of national pride in France, and millions of people watch by the roadside, sometimes even causing collisions with cyclists. The first Tour de France was staged in 1903, and in its 107-year history there has been only one seven-time winner. The American Lance Armstrong won the race for seven straight years, from 1999 to 2005.

Pack Your Picnic Basket

July is Picnic Month, and there is no better month for packing your basket full of goodies, laying a blanket over the soft, green grass, and enjoying food, friendship, and fresh air.



The first picnics were not held outdoors at all. The first usage of the word was in 1692, in a French dictionary, where the word “pique-nique” was used to describe a group of people who brought their own wine into a restaurant. It was not until the mid-1700s that the word picnic referred to a fun meal eaten outdoors. Still, no one knows where the French got the rhyming term “pick-nick,” although many rumors of its origin exist.

In the early 1800s, a group of Londoners formed an official “Picnic Society,” where each member agreed to bring a different dish, as in a potluck. More recently, in the year 2000, the French formed a 600-mile-long picnic to celebrate the first Bastille Day of the new millennium. Towns from coast-to-coast participated, using over 400 miles of red-checked tablecloth.

July 10 is the Teddy Bears’ Picnic Day, a day honoring both picnics and the classic tune by John Walter Bratton and Jimmy Kennedy. This marks the perfect day for children to gather their teddy bears, lay down a blanket, and eat some snacks with their stuffed friends. They can even sing the song that made that day famous. Here’s the first verse:

*If you go out in the woods today,
You’re sure of a big surprise.
If you go out in the woods today,
You’d better go in disguise.*

*For every bear that ever there was
Will gather there for certain, because
Today’s the day the teddy bears have their
picnic.*

Not-So-Scary Scarecrows

While scarecrows are commonly associated with autumn, Build-a-Scarecrow Day falls on the first Sunday of July. That’s so your finished scarecrow can keep the crows out of the fields all summer long. Clever crows, however, quickly learn to ignore those stuffed scarecrows. Yet people still keep scarecrows as a wonderful seasonal decoration.

Making a scarecrow requires five materials: pair of blue jeans with belt loops, an old shirt, some twine, a pair of panty hose, something for stuffing (straw, leaves, grass, or old rags).

Step 1: Stuff the pantyhose to make the head and arms. (The waist becomes the head, and the arms are slipped through the shirtsleeves.)
Step 2: Stuff the rest of the shirt and the pants. Attach them together by knotting the twine through the belt loops as suspenders.
Step 3: Decorate your basic scarecrow with handkerchiefs, gloves, boots, a hat, tools, or any other decoration. Don’t make it too scary!

Santa’s Busy Summer

Can you imagine Christmas without snow and sleigh bells? Well, in the Southern Hemisphere, Christmas falls in the middle of the summer. For those who desire a little winter wonderland, the answer is simple – have Christmas in July.



The scientists on Antarctica really like their Christmas cold. July is the middle of Antarctica’s winter, with temperatures reaching -90 degrees Fahrenheit. High winds and ice make it too dangerous to land supply planes, so food, mail, and gifts must be dropped by parachute. The delightful arrival of presents dropping from the sky is like a mid-winter visit from Santa. On July 25, don’t be surprised if you hear sleigh bells. Christmas in July!