

SunnyBrook of Carroll
1214 East 18th Street
Carroll, Iowa 51401

Postage
Information



SunnyBrook of Carroll

Assisted Living and Memory Care

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July 2020



Ice Cream Month

Parks & Recreation Month

Canada Day
July 1

Independence Day: U.S.
July 4

Collector Car Appreciation Day
July 10

World Emoji Day
July 17

Space Exploration Day
July 20

Tell an Old Joke Day
July 24

Classic Car's



Thanks to Jay Chapman for coordinating this event and thank you to all who participated. What great memories for us to share!

Berry Bounty cont. from pg. 1

of them out of the state. You'd be very lucky to find any outside of Oregon!

The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to white pine trees. The ban was lifted in the 1960s, but they are still hard to find in the U.S. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb.

These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberry, or others waiting for you to add them to your favorite pie or cobbler.

Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them out of your hand or add them to your favorite recipe, give thanks for this delicious bounty during July, National Berry Month. Keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.

Residents of Maine take pride in their wild

blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into everything from muffins to jams.

Marion County, Oregon, is awfully proud of their marionberries,

the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none

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Jumping for Joy

The first full week of July brings World Jump Rope Week. People began jumping rope as soon as the rope was invented. In early China, it was traditional to play the Hundred Rope Jumping game during New Year's celebrations. "Rope skipping," as the

sport is called in the Netherlands, was brought to America in the 1600s by Dutch colonists. Dutch children would often jump over two swinging ropes while singing songs to keep the rhythm. From this came the popular jump rope style called "Double Dutch." Jumping rope is

not all fun and games, though. It has become a regular part of workout routines thanks to its cardiovascular and calorie-burning benefits. Ten minutes' worth of skipping rope is equivalent to running an eight-minute mile and can burn up to 16 calories per minute.

Legends of the Wild West



The fourth Saturday of July is celebrated as the Day of the Cowboy. The Wild West era ended long ago, but cowboys still loom large in the mythology of America. How many of the West's most compelling stories—those of cowboys and Indians, outlaws and lawmen—are true?

The story of the North American cowboy did not start in America but in Mexico. During Spain's colonization of Mexico during the 1500s, Spaniards flooded the northern grasslands with cows and sheep. Tending these herds were *vaqueros*, a Spanish word derived from *vaca*, meaning "cow." These *vaqueros* developed a ranching culture that stretched north into modern-day Texas

and California. When Americans moved West, they adopted many traits from the *vaqueros*, such as their hats, spurs, and lassos. These were America's first cowboys.

We often refer to the "Wild" West, but it wasn't really that wild at all. In reality, the hundreds of thousands of people living on the frontier rarely clashed with Native Americans. As for shoot-outs in the street, the numbers are even smaller. There is evidence of only eight bank robberies over the 40-year Wild West period. Modern notions of the Wild West are largely the fictions of books and movies, romanticized stories of rugged individualism and adventure.

Notable Quotable

"Never run a bluff with a six-gun."

~ Bartholomew "Bat" Masterson, Wild West lawman and professional gambler



The Disco Demolition

People are still unsure how Disco Demolition Night at Comiskey Park got so out of hand. Back in July 1979, the Chicago White Sox were owned by Bill Veeck, who often came up with promotions to draw fans to the ballpark. Disco Demolition Night was a tongue-in-cheek swipe at disco, a musical genre that Chicago's working class despised. Fans

who brought disco records to the double-header got a ticket for just 98 cents. Best of all, in between the games, the records would be blown up on the field. No one expected that the stadium would be packed. No one expected the explosion to leave a crater in center field or for 7,000 fans to rush onto the field and riot.

The Buffalo Soldiers

Buffalo Soldiers Day on July 28 remembers the formation of the very first all-African American army regiments. On July 28, 1866, the U.S. Congress passed the Army Reorganization Act, which called for the creation of six all-black infantry and cavalry regiments. They were deployed to the Western frontier, where they were ordered to protect settlers and railroad crews. Why were they called "buffalo soldiers" by the Native Americans? One story tells that they fought as fiercely as the buffalo of the plains. Other theories suggest that the soldiers' dark curly hair resembled that of the buffalo. The buffalo soldier regiments served courageously until the desegregation of the Army in the 1950s.

A Fight for Women's Rights

On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social and civil rights of women.

While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the

unequal treatment of women in society. Eight years later they convened in Seneca Falls. Stanton opened the convention with a stirring speech:

"We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free..."

Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the

Declaration of Independence that added the words *woman* and *women* throughout. The document also listed 18 grievances highlighting the disempowerment of women in society. Attendees discussed and passed 11 resolutions that demanded women be held as equals to men in the eyes of the law and society. The convention remains a watershed moment for women's rights, a struggle that continues to this day.



Notable Quotable

"The right is ours. Have it we must. Use it we will."

~ Elizabeth Cady Stanton, suffragette

Leading Women

Can you match these women to their contribution to women's rights?

- | | |
|------------------------|---|
| 1. Maud Wood Park | A. Founder of National Council of Negro Women |
| 2. Rose Schneiderman | B. First President of League of Women Voters |
| 3. Mary McLeod Bethune | C. Formed the National Women's Party |
| 4. Lucy Burns | D. President of Women's Trade Union League |

ANSWERS: 1. B; 2. D; 3. A; 4. C

Getting a Leg Up

If you've ever wanted to feel a little bit taller, then get ready for Walk on Stilts Day on July 27. Stilts are often associated with clowns, but stilts originated as utilitarian tools. During the 1600s in the Landes region of southeastern

France, shepherds used five-foot-tall stilts to watch their flocks and traverse the soggy lowlands. For hundreds of years stilts have been used to pick fruit from high branches, to prune trees, and even to

harvest hops. One of the oldest stilt traditions, held since 1411, is Namur, Belgium's stilt jousting. Players knock the stilts out from underneath their opponents. The award goes to the last stilts standing.

