

THE ARBOR HOUSE TIMES

July
2009

ARBOR HOUSE OF GRANTS PASS 820 GOLD COURT 541-474-7887 phone 541-474-7005 fax

Celebrating July

Grilling Month

Cell Phone Courtesy Month

**Yukon Gold Panning
Championships**
July 1

Canada Day
July 1

U.S. Independence Day
July 4

Tour de France Cycling Race
July 4-26

Bikini's Debut
July 5, 1946

Tell the Truth Day
July 7

**International Town
Criers Day**
July 13

Gorgeous Grandma Day
July 23

National Day of the Cowboy

Hello everyone!

It is finally summer!

Are you ready for hot weather, BBQ's,
lemonade, ice-cream and sunsets?

Don't forget to join us for our 4th of July BBQ
celebration on Friday, July 3rd at 12pm.
We will be serving hot dogs, hamburgers, salads
and of course....what's the 4th without
watermelon!!

Coming events for the month of July are...July
18th is our annual car wash and yard sale at
Umpqua Bank at 1040 Rogue River Hwy.
Everyone is welcome to help by donating items,
assisting with the yard sale/car wash or money.

All proceeds donated to Alzheimer's
Association.

Join us for our quarterly Support Meeting on July
30th at 6pm at Autumn House speaker to be
announced.

We would also like to take this time to thank all
the families for their patience during the
transition of our administrators. Please feel free
to talk to Becky or Nancy if you have any
questions or concerns.

Have a great day
Becky & Nancy

Run for Your Life!

How much would you pay to run down a narrow avenue with six horned bulls weighing 1,300 pounds



each? Believe it or not, there are many people who pay thousands of dollars to travel to Pamplona, Spain, in July to run with the notorious bulls.

The “Running of the Bulls” is actually part of the Spanish Festival of San Fermin. This festival began in medieval times, where religious processions were held to honor Saint Fermin of Amiens, an ancient bishop of Pamplona who, some believe, was martyred when he was tied to a bull by his feet and dragged to death. These religious processions became so popular that merchants would travel from all over Spain to showcase their wares, bringing bullfighters with them as entertainment. On some days, the bulls would break free and cause chaos in the streets of Pamplona. In this way, the tradition was born.

Today, the religious aspect of San Fermin has been overtaken by the excitement of running with the bulls. Bull runs take place every morning of the seven-day festival at 8AM. The run begins at the bull corral and ends in a bullring, where the six bulls fight a matador later that afternoon. The tension is unbearable as hundreds of people wait for the bulls to be released, each person wearing the traditional white shirt, white pants, red waistband, and red neckerchief. Runners also hold a rolled copy of the day’s newspaper, which is used to distract the bull if necessary. A rocket is shot off, the bulls are released, and hundreds begin to run.

Minor injuries are common, and since 1910, fourteen people have been killed by trampling or directly by the bulls’ horns. Yet thrill-seekers still flock to Pamplona. Many attribute the festival’s popularity to Ernest Hemingway, who wrote vividly about the running of the bulls in his 1926 novel, *The Sun Also Rises*. For many, the question still remains: are these runners brave, or just foolish?

Declare Your Independence...From Meat

Fire up the barbeques, July 4 is here! But wait. Did you know that July 4 is also Independence from Meat Day? A backyard barbeque without burgers and hot dogs sure sounds unusual, but thousands of people will be throwing veggie dogs, garden burgers, and other meat-free foods on the grill this July 4 in order to promote healthier eating habits.

Research shows that the foods we eat have an enormous impact on our health. Diets high in fruits, vegetables, and grains contain less fat and cholesterol, promote long-term health, fight disease, and help save the environment. Can’t live without that sizzling steak? Just make sure you add a side salad and a hunk of watermelon.

Paint on a Living Canvas



From July 13-19, artists from around the globe gather in Austria for the World Body Painting Festival. Painters use

brushes, sponges, and airbrushes to transform models into living, breathing works of art.

Body painting isn’t just about painting human bodies, but inserting that body into a setting, complete with scenery, movement, and music. At night, painters even use special paints that glow through the darkness. Body painting champions compete for awards in different categories such as face painting and special effects make-up.

The culmination of the festival is the Body Circus, an extraordinary ball held inside the walls of an ancient Austrian castle, where all the guests arrive in full body paint, wearing masks and fantasy costumes. It is like walking into a fairy tale, where, for one night, breathtaking dreams and fantasies come true.

A Rootin' Tootin' Good Time



The Calgary Stampede is billed as the “Greatest Outdoor Show on Earth,” and it certainly lives up to its billing. From July 3-12, the Canadian city of Calgary hosts a Wild

West Extravaganza, complete with a rodeo, chuck wagon races, concerts, dancing, tractor pulls, blacksmith competitions, livestock exhibits, parades, and much, much more. Over one million visitors flock to Calgary each year, where they are transported back to a time when the cowboy way of life ruled the land.

The Calgary Stampede was inaugurated in 1912, when an American trick roper named Guy Weadick envisioned a rodeo that would showcase the talents of the best cowboys on the North American continent. He enticed cowboys with generous prize money. This first stampede distributed prize money totaling \$20,000. Today, it's up to \$1.82 million.

The rodeo is the hallmark of the Calgary Stampede. Cowboys participate in six major events: Bareback Riding, Bull Riding, Barrel Racing, Saddle Bronc Riding, Steer Wrestling, and Tie-Down Roping. While the rodeo provides the thrills of first-class competition, the Stampede Midway is the biggest crowd-pleaser. This carnival is complete with a Ferris wheel, a haunted house, and roller coasters sure to get your heart racing. Win a stuffed grizzly at the ring toss and celebrate with a bowl of chili, a corn dog, and a funnel cake.



Every night at 8 PM, visitors hear the thunderous pounding of hooves. This can mean only one thing – the chuck wagon races have begun. Some 36 drivers

and 228 horses compete in races every bit as thrilling as the Indianapolis 500. Put on your 10-gallon hat and get ready to yell “Yee-Haw!”

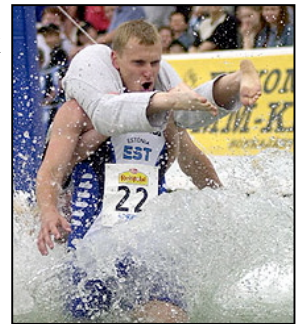
Tom Sawyer Comes to Life

The famous American novelist Mark Twain immortalized the character of Tom Sawyer as a happy-go-lucky boy with a taste for adventure. From July 2-4, the town of Hannibal, Missouri, on the banks of the Mississippi River encourages us all to live out the antics of Tom Sawyer during its National Tom Sawyer Days festival.

People enter frogs in a frog-jumping contest just like the one Twain wrote about in his story *The Celebrated Jumping Frog of Calaveras County*. And who can forget that famous scene from *The Adventures of Tom Sawyer*, where Tom Sawyer is told he must whitewash a picket fence and he tricks his friends into finishing the chore for him? In Hannibal, contestants enter a fence-painting competition where the first one to finish wins a prize. But whether you win or lose, the best prize of all may be the reminder that there's a little Tom Sawyer in all of us.

Carry the Old Ball and Chain

In the 19th century, Viking men from Finland would sack neighboring villages and steal whatever they wanted, including women. Bizarrely enough, this tradition of woman-stealing is still celebrated in Finland every July with the Wife Carrying Championships. No wife?



No problem. Participants can borrow a wife as long as she's over 17 years old.

Husbands must carry their wives as fast as they can through a grueling obstacle course of sand, grass, asphalt, and water. Judges penalize men who drop their brides. There are a variety of carrying styles: piggyback, the fireman's over-the-shoulder carry, and Estonian-style, where the wife hangs upside-down with her legs over the man's shoulders. The prize is one fit for a Viking – your wife's weight in beer.

The Beginning of The Beatles

On July 6, 1957, John Lennon

July Birthdays

July 2009

Postage
Information