



Notable Quotable

“We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.”

~ E.B. White, writer



July Horoscopes and Birthdays

In astrology, those born between July 1 and 22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23 and 31 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo’s mascot. Whether in

Laundry Love *continued from pg. 1*

Laundered clothes do not just make a good impression on others, as they also improve the self-esteem of the wearer. Throughout the month of July, Laundromats the world over will be participating in “Laundry Love,” a simple movement dedicated to helping those who live in poverty by doing their laundry.

The story of Laundry Love began in California, when a homeless man explained, “If I had clean

Gorgeous at Any Age

Everybody knows that we should respect our elders, but it’s important to also acknowledge their beauty. At least that’s the rationale behind Gorgeous Grandma Day on July 23. One 59-year-old grandma in England named Stephanie claims that she is so beautiful she has made men cry while waiting in line at the supermarket and caused traffic accidents just by walking down the street. Beauty like that demands respect!

What’s the secret to aging beautifully? Perhaps we should ask



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Celebrating July

Family Golf Month

Canada Day
July 1

World UFO Day
July 2

Independence Day (U.S.)
July 4

Grange Day
July 9

Ventriloquism Week
July 13–16

Nelson Mandela International Day
July 18

Tell an Old Joke Day
July 24

Paperback Book Day
July 30

Laundry Love

Clean towels and sheets in a hotel room. White tablecloths and folded napkins in a dining room. Laundered and pressed uniforms. No matter where you find it, clean laundry makes a good impression. It presents an aura of cleanliness, professionalism, and organization. The second week in July, Laundry Workers Week, honors those unsung heroes of the laundry industry who work with soap, starch, and steam to keep us feeling fresh and clean.

The earliest method of doing laundry was to rub and beat dirty clothes against rocks lining rivers in order to remove stains and let the currents carry away the dirt. Public laundries progressed to communal washhouses, where river water was



July Birthdays & Events

Doug Blanz 10th
Carol Leners 12th
Marguerite Dale 18th
Laura Hanson 18th
Jessica Wagner 31st

Piano Man 6th
Music by Emma 10th
Music with Jeff 20th
Down Memory Lane 18th

Water and Fire



The Great Waterfall of Nachi is one of three sacred sites in Japan's Kii mountain range.

High in the Kumano region of Japan's Kii Mountains lies Nachi, a sacred peak in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* itself means "holy ground where the gods dwell," and the mountain range is filled with many religious sites and pilgrimage routes. On July 14, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall's height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims robed in blue descend the stairs carrying 12

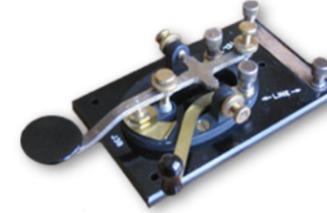
Gold Rush



Alaska has produced 40.3 million troy ounces of gold since 1880.

Visitors strike gold every third week of July in Fairbanks, Alaska, during the city's Golden Days festival. The five-day affair honors Felix Pedro, the young Italian immigrant who, on July 22, 1902, discovered gold in Tanana Hills just northeast of Fairbanks. It was Felix Pedro who famously declared, "There's gold in them there hills," triggering the Gold Rush. By 1908, so many prospectors, outfitters, and business people had ventured to Fairbanks that it became the largest city in Alaska. Today visitors

The Music of Morse



Radio operators on the Titanic sent both "SOS" and "CQD" distress signals.

Morse code, that method of communicating letters using long and short signals of sound or light, seems old fashioned. After all, the last Morse transmission went out on July 12, 1999, reading, "We wish you fair winds and following seas." It was a sad night for the men and women who had made Morse code their livelihood. The station was abandoned, leaving behind old rotary phones,

In Touch with Massage



37% of adults have received a professional massage in their lifetime.

Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas or luxury health clubs. Massages are now offered in the workplace, at the mall, and even in airports. If you've never tried a massage, perhaps you should between July 10–16, Everybody Deserves a Massage Week.

Not all massages are the same. The most well-known type is Swedish massage. This is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation. Deep-tissue massage uses slower, more forceful strokes in order to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points in order to stimulate energy and regain balance. Sometimes massage therapists incorporate pleasing aromas, hot stones, or warm pads into the treatment to increase comfort and relaxation.

Relaxation, though, is not the only benefit of massage. While studies