July 2020

Chisholm Trail Newsletter

Cornerstone senior Living 513 s old Betsy rd. Keene TX 76059

Celebrating July

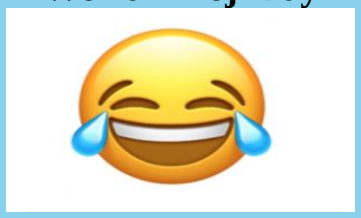
Ice Cream Month

Canada Day
July 1
Day

Independence Day: U.S.
July 4

Collector Car Appreciation
July 10

World Emoji Day



July 17

Tell an Old Joke Day
July 24

Support Public Education Day
July 30

Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, 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 in the American northeast 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 every dish imaginable, from muffins to homemade jam.

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 of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky!

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 regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. 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, cloudberries, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.

Legends of the Wild West

The fourth Saturday of July is celebrated as the Day of the Cowboy. Even though the Wild West era in America ended in the early 20th century, cowboys still loom large in the mythology and ethos of America. But how many of the West's most compelling stories—those of cowboys and Indians, outlaws and lawmen, shoot-outs, bank heists, and train robberies—are actually true?

The story of the North American cowboy did not start in America at all but rather in Mexico. During Spain's colonization of Mexico during the 1500s, Spaniards flooded the dry northern grasslands with cows and sheep. Tending these herds were the first cowboys, called *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 iconic traits from vaqueros, such as cowboy hats, spurs, chaps, lariats and lassos, and ponchos.

We often refer to the "Wild" West, but it wasn't really that wild at all. In books and on film, cowboys are depicted in constant danger of being raided by Indians. In reality, the hundreds of thousands of people living on the frontier rarely clashed with Native Americans. Only a few hundred died in skirmishes. When it comes to outlaws and 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. And the most famous shoot-out of all, the Gunfight at the O.K. Corral, lasted little more than 30 seconds and was not even at the O.K. Corral. Wyatt Earp, despite his reputation as a shoot-first type of lawman, had actually earned his renown for keeping peace without a gun. The Gunfight at the O.K. Corral was the first time he had ever been in a shoot-out, and his victims were likely the first he ever shot. Today's notions of the Wild West are largely the fictional creations found in books and movies. We enjoy this made-up history thanks to romanticized notions of rugged individualism and adventure.

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 intense 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. Jumping rope is so beneficial for heart health that the American Heart Association has teamed up with physical education teachers across the country to sponsor jump rope programs in schools. The practice also improves quickness and agility. No wonder boxers train with jump ropes to keep them light on their feet. Stepping into a boxing ring is not for the faint of heart. Jumping rope can certainly help with that.

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 creative promotions to draw fans to watch his struggling ball club. 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 doubleheader 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. And no one expected 7,000 fans to rush onto the field and riot. Needless to say, play was suspended, and the White Sox forfeited the game.

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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 what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. 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. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention 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, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love."*

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 on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights, a struggle that continues to this day.

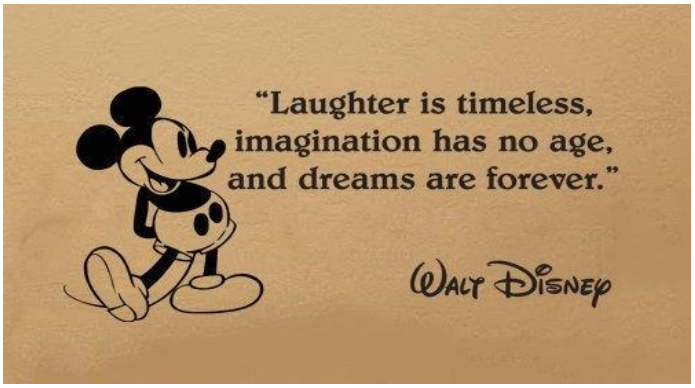
July 24th Tell an old Joke Day!

Knock: Knock Who's there?
Yule. Yule who? Yule never know unless you open the door.

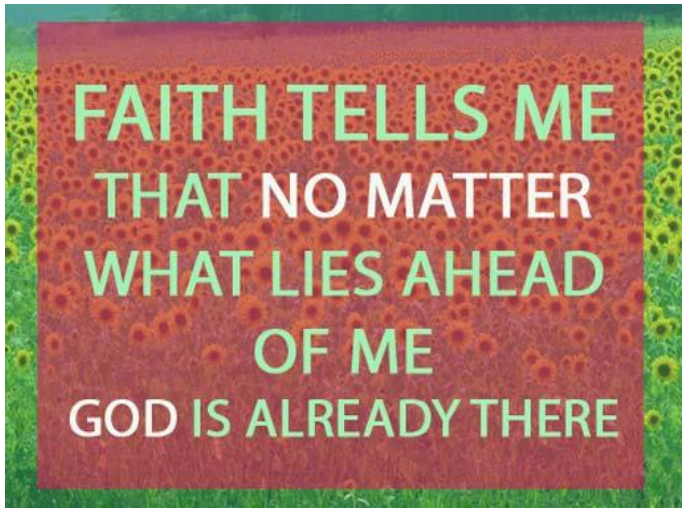
What did one hat say to the other?
You wait here I'll go on a head

Boss: This is the third time you've been late for work this week. Do you know what this means?
Me: That It's only Wednesday.

What did the traffic light say to the car?
Don't look I'm about to change.



Happy 4th of July



July Birthdays

Gertie Ayala 7th
Betty White 13th
Alberta Brown 30th
Cordell Reiner 31st

WE Are Blessed!!