

Prairie Rose Center

Community Action Partnership | 202 East Villard | 701-227-0131 opt 2 |



Celebrating June

Adopt-a-Cat Month

National Soul Food Month

International Men's Health Month

Automotive Service Professionals Week

June 3–9

Watermelon Seed Spitting Week

June 27–30

Go Barefoot Day

June 1

Tailors Day

June 5

National Doughnut Day

June 7

Nature Photography Day

June 15

International Day of Yoga

June 21

Day of the Seafarer

June 25

National Bingo Day

June 27

High and Mighty

Tallness takes various forms in our world, from the graceful necks of giraffes to the towering structures of modern cities. Giraffes, the world's tallest land animals, can reach up to 18 feet in height. Their long necks aren't just for show; they help these gentle giants browse leaves high in the trees. Surprisingly, despite their towering stature, giraffes have the same number of neck vertebrae as humans.

On the urban front, structures like the Burj Khalifa in Dubai stand as engineering marvels. Soaring 2,717 feet in the air, it's the tallest building globally, boasting an observation deck that provides panoramic views. Nearly as tall, the Shanghai Tower in China spirals up 2,073 feet, with the twist serving a dual purpose of reducing wind loads and providing a distinctive aesthetic.

Human height, a subject of fascination, varies across the globe. The Netherlands claims the title for the tallest nation, with an average height of around six feet for Dutch men and five feet, six inches for women. In contrast, the shortest height is found in Southeast Asian countries like Indonesia, where five foot, two inches is the national average.

Giraffes may be the tallest animals, but they aren't the only giants found in nature. Coastal redwoods hold the title for the tallest trees. Hyperion, the record-breaking redwood at 380 feet tall, is no longer accessible to the public, to protect it and the forest that surrounds it. These ancient sentinels, standing for thousands of years, have bark that can be up to a foot thick and protects them from wildfires.

Impressive height, whether in living organisms or structures, fascinates us, each exemplifying unique adaptations or human endeavors that push the limits of what seems possible. These tall things remind us of the diversity and achievements that span the natural and human-made worlds.

In the Company of Fairies



In his 1904 play *Peter Pan*, playwright Sir James Matthew Barrie wrote that when the first baby laughed, the laugh broke into a thousand pieces, and each piece became a fairy. Whether you find fairies nothing but foolish folklore or believe that fairies actually flutter about the woods and glens, International Fairy Day is June 24.

Indeed, many cultures believe that fairies do exist. In January 2014, residents of Iceland protested the building of a new road for fear that it might disturb the fairies and elves living among the rocks. A survey showed that 54 percent of Icelanders believe in fairies. The Icelandic Road Administration is so familiar with protestations regarding construction and fairies that they provide locals with a five-page document detailing precautions they take so as not to disturb these miniature mythical folk.

Perhaps Iceland's only rival in its belief of fairies is Ireland. Most people are familiar with Ireland's leprechauns guarding pots of gold at the end of rainbows, but fairies are just as common. Fairies, say the Irish, are fallen angels who were not as evil as Satan and so were not banished to hell but to Earth. Fairy culture is so pervasive in Ireland that a certain mushroom is called a fairy mushroom, a type of grass is called fairy flax, and the bells of the foxglove plant are called fairy bells. Fairy mounds, called raths, are believed to be magical fairy dwellings. Visitors to Ireland today can even take guided tours of these mysterious places.

Fairies have also become part of legend in Italy, Japan, and America, where children summon the tooth fairy by placing a lost tooth under their pillows. On average, a tooth in America is worth \$5.84, which is actually down from last year's average of \$6.23—still far less than a pot of gold.

What do you think about fairies? Are they just the stuff of legends, or is there something more to the stories than we know?

Dare to Be Great

We double-dog dare you to celebrate Dare Day on June 1. While it would never be advisable to accept a dare to jump off the Brooklyn Bridge, it is always appropriate to dare to be great. President Theodore Roosevelt said, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

The first step in daring to be great is to have a positive attitude and let go of any fear of failure. It may be true that society largely judges us on our outcomes, whether we succeed or fail at work or at home, when instead we should all be measured by the fortitude of our character. No matter the outcome of taking a risk, a dare, or an endeavor, as long as you stay self-confident and maintain self-love, then great things are possible.

Eyesight Essentials



On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word.

Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts, skin cancer around the eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but these sunglasses will also reduce wrinkles. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, keep your future bright (but not too bright).

A Slippery Showdown



It is a fascinating sporting event that dates back to 2650 BC, according to evidence unearthed from an ancient Egyptian tomb. Today, oil wrestling is not just a sport but a sacred

tradition for those who participate. Each June, Turkey's famous oil wrestling tournament, *Kirkpınar*, draws thousands of spectators. It has even earned a privileged UNESCO status as a preserved Cultural Heritage of Humanity, "contributing to social cohesion and harmony," making it more than your usual wrestling match.

Oil wrestling is the national sport of Turkey. The rules are rather vague and depend largely on sportsmanship rather than refereeing. Two opponents, called *pehlivan*, meaning "heroes" or "wrestlers," cover themselves in a mixture of olive oil and water. They wear only a *kispet*, a pair of traditional leather breeches, from their waist to just below their knees. Metal studs across the pant bottoms reveal the wrestlers' names. There is no other protective padding or headgear. To win, you must pin your opponent belly-up by holding them to the ground or even carrying them five paces.

In olden times, the matches had no time limit, with wrestlers competing for hours under a scorching sun. There is no wrestling mat or arena, just a large open field, where a referee often chases after the two slippery opponents. Modern matches might last 30 minutes but are no less exhausting.

This type of wrestling is one of the world's most demanding sports. It was once the method for training the sultan's elite guards during the Ottoman Empire. In modern-day Turkey, oil wrestling is a lifelong endeavor, with wrestlers entering into master-apprentice relationships. Any true *pehlivan* is not just a champion wrestler but an exemplary member of society, a model of generosity, honesty, respect, and tradition. They are heroes in every sense of the word.

Off the Beaten Path

The residents of Ainsworth, Nebraska, enjoy poking fun at themselves when they celebrate their annual Middle of Nowhere Festival each June. In fact, the sign at the edge of town welcoming visitors to Ainsworth proudly declares that you've entered the Middle of Nowhere. Incidentally, Ainsworth also calls itself Nebraska's Country Music Capital, and it will come as no surprise that the town theme song is an apt country tune called "In the Middle of Nowhere."

Residents of Ainsworth might be sorry to hear that analysts have mapped the actual middle of nowhere (in America, anyway) and found it to be either in Idaho, far northern Maine (although you would be close to Canada), the Grand Canyon, or the intersection of Oregon, Idaho, and Nevada. Each of these places is incredibly remote and far from any roads or highways leading back to civilization. So if you truly want to find a place where you can get away from the everyday hustle and bustle of society, then take your pick. Of course, once you have arrived in the middle of nowhere, then you must be somewhere, right?

A Firm Tradition



Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced

the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!

Inbox Insights



This might be good news or bad news depending on your relationship with your email inbox, but the second week of June is Email Week. No doubt about it, email has

forever transformed the way we communicate. The question is, has it transformed our communication for better or for worse?

Email truly is a communication miracle. It has shrunk space and time, making communication global and instantaneous. In both our personal and business lives, we can now keep in touch more easily, saving time and money in the process. (Just ask your postal carrier.)

Through email, we can correspond using more than just words. We share documents, pictures, videos, and music. Email allows us to work from home rather than commute to the office each day. It also enables us to reach hundreds of people at the click of a button. And thanks to smartphones and other mobile devices, we can access our email on the go—anytime, anywhere.

Yet studies show that most people can handle a maximum of only 50 work emails per day. Any more than that and they feel overwhelmed. In fact, many people feel “inbox anxiety,” a deep pressure to respond to every email they receive. When you consider that over 361 billion emails are sent around the world each day, that’s a lot of inboxes to clear!

This brings us to spam. No, we’re not referring to the canned meat product that has become a pop culture phenomenon; we’re talking about those junk emails flooding your inbox: advertisements, forwards, and even fraudulent scams. As much as 85 percent of all email falls into this category. Perhaps the best way to celebrate Email Week is to not read email at all. After all, some believe that email is passé, and that the communication of the future is texting and social media sites like Facebook, Instagram, and X.

June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

Pat Boone (singer) – June 1, 1934
 Rafael Nadal (tennis player) – June 3, 1986
 Suze Orman (financial advisor) – June 5, 1951
 Dai Vernon (magician) – June 11, 1894
 Stan Laurel (comedian) – June 16, 1890
 Prince William (British royal) – June 21, 1982
 Meryl Streep (actress) – June 22, 1949
 Larry Blyden (TV host) – June 23, 1925
 Slim Pickens (actor) – June 29, 1919
 Lena Horne (entertainer) – June 30, 1917

Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That’s the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase *upsy daisy* is from an 1862 book by C. Clough Robinson entitled *The Dialect of Leeds and Its Neighbourhood*: “Upsa daisy! A common expression when a child, in play, is assisted in a spring leap from the ground.” While in this expression *daisy* is a cute way of saying *day*, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name *daisy* also refers to the word *day*, as in *day’s eye*. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.