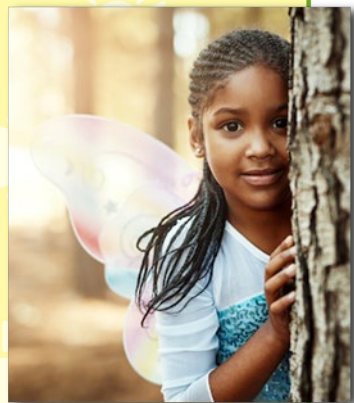




Notable Quotable

"Truth is everybody is going to hurt you: you just gotta find the ones worth suffering for."

~ Bob Marley, musician



June Horoscopes and Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious and sociable communicators. Those born from June 21–30 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home, where they nurture deep and lasting relationships.

Morgan Freeman – June 1, 1937
 Tony Curtis – June 3, 1925
 Frank Lloyd Wright – June 8, 1867
 Judy Garland – June 10, 1922
 Jacques Cousteau – June 11, 1910
 Burl Ives – June 14, 1909
 Lionel Richie – June 20, 1949
 Clarence Thomas – June 23, 1948
 Pat Morita – June 28, 1932
Whispering Oak Place
 Sharon A. - June 11
 Jean A. - June 20
 Darrel F. - June 20

Exporting Excellence *continued from pg. 1*

poverty and inequality, struggles that he himself contended with during his life. His hardships began at birth when his white British father, Capt. Norval Marley, a colonial superintendent of the island, abandoned his young Jamaican wife, leaving her to raise Bob on her own. Marley turned his difficult life story into a universal story of hope and strength for all Jamaicans, transforming hardship into beauty and song.

Often, world-famous Jamaicans like Bob Marley overshadow others making significant contributions. For example, Dr. Neil Hanchard is a leading expert in the field of childhood genetic disease. Then there's chess grandmaster Maurice Ashley, Surgeon General of California Nadine Harris, author Malcolm Gladwell, and basketball star Patrick Ewing. No part of the globe has been untouched by Jamaica's influence.

Pixies Past and Present

On the Saturday nearest Midsummer's Day, the villagers of Ottery St. Mary in England take part in an annual rite known as Pixie Day. Legend has it that before humans inhabited the town, the land was the domain of pixies. A local bishop decreed that a church be built and bells for the church be cast at a bell works in Wales. This sent the pixies into a panic, for they knew that the bells would sound their ultimate demise. So, on Midsummer's Day in the year 1454, the pixies bewitched the monks and

imprisoned them in a cave by the river, which has come to be known as *Pixie Parlour*. One monk, though, stubbed his toe on the way to the cave and exclaimed, "God bless my soul!" His words broke the spell, the monks were saved, the church bell was rung, and the pixies were vanquished. Each year, to commemorate this fantastical victory, local children dress as pixies and reenact the imprisonment of the monks. As in days of old, the monks are freed and the church bell rings out.

Whispering Oak Place

June 2021

Celebrating June

Great Outdoors Month

Audiobook Appreciation Month

African American Music Appreciation Month

Chocolate Ice Cream Day
June 7

Family Health and Fitness Day
June 12

Flag Day (U.S.)
June 14

Juneteenth
June 19

Father's Day (U.S.)
June 20

Day of the Seafarer
June 25

Assisted Living & Memory Care

903 Calverly Court Ellendale, MN 56026
 Tel: 507-684-3026 | Fax: 507-684-3194

Exporting Excellence

June is Caribbean American Heritage Month, a month to recognize the many invaluable contributions Caribbean immigrants have made to America. For many, the most famous Caribbean immigrant to come to America was Founding Father Alexander Hamilton, who was born on the small island of Nevis and eventually moved to St. Croix before venturing to King's College in New York City to embark on a storied political career. Perhaps just as impressive is newly elected Vice President Kamala Harris, who is both the first female vice president and the daughter of a Jamaican father. Jamaica's

influence extends well beyond the political—the tiny island nation has exported influential artists, scientists, businesspeople, athletes, and activists.

Perhaps no name is more synonymous with Jamaica than Bob Marley. During the 1970s, Marley single-handedly popularized reggae music around the world. Through his music, Marley also delivered messages about Jamaica's struggles with

cont. on pg. 4



For the Fathers

Father's Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was attending a Mother's Day church service when it occurred to her that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War

veteran William Jackson Smart. By Dodd's account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father's Day on her father's birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father's Day service on the third Sunday of June instead, a tradition that has endured.

Driven to Succeed



Only 321 drive-in movie theaters remain in operation in the United States.

On June 6, 1933, Richard Hollingshead Jr. opened the world’s first drive-in movie theater, in Camden, New Jersey. For 25 cents per car and 25 cents per person, with a maximum charge of one dollar, viewers could watch the British comedy movie *Wives Beware* from the comfort of their own car seats. Hollingshead called his establishment Park-In Theatres.

Hollingshead came up with the idea after his mother complained about how uncomfortable it was to sit in traditional theater seats. He first tested his idea in his own driveway. For a screen, he used two bedsheets hung between trees. A 1928 Kodak movie projector shot the movie from the hood of his car. In order to prevent cars from obstructing each other’s views, he innovated a ramp for each parking space that elevated the

front of the car and improved viewing angles.

Moving the theater from Hollingshead’s driveway to a larger location proved a challenge. The RCA Victor record company provided Hollingshead with three massive six-foot by six-foot speakers to go with a 40-foot by 50-foot screen. Hollingshead and RCA worked together to invent a small speaker that could be mounted on a car and receive a radio signal. Eventually, movie sound would be broadcast directly through a car’s FM radio. Hollingshead patented his idea in 1933, but in 1949 the patent was overturned, and drive-in theaters opened across the country. During the 1950s and ’60s, nearly 5,000 drive-in theaters were in operation. Hollingshead’s innovation had become the epicenter of American pop culture.

Holiday Fit for a King



The burial location of King Kamehameha remains one of Hawaii’s greatest secrets.

King Kamehameha the Great is lauded in Hawaii as the one king who was able to unify the disparate, warring island tribes into one kingdom. Each year, June 11 is celebrated as Kamehameha Day, and festivities in Honolulu begin with the decoration of the 30-foot-tall statue of Kamehameha with gigantic leis draped over his outstretched arms. Waikiki holds its annual Floral Parade, with massive floats decorated with thousands of Hawaii’s tropical

blooms. The king and queen of the parade are escorted by eight *pa’u* riders, eight princesses on horseback who represent Hawaii’s eight main islands. Each island hosts its own *ho’olaule’a*, a massive celebration and thanksgiving complete with music, hula, and luau feasts. There may be no better time to enjoy Hawaii’s famed “Aloha Spirit,” that island celebration of shared humanity and mutual affection, than on Kamehameha Day.

Suckers for Seersucker



One of Senator Trent Lott’s rules for wearing seersucker includes “Don’t wear black shoes.”

On a hot and humid Thursday in June, United States senators arrive to work wearing seersucker suits. “Seersucker Thursday” is an annual bipartisan tradition, a throwback to the days before air-conditioning was installed in the U.S. Capitol. The holiday was championed by Mississippi Senator Trent Lott in 1996, who wanted to “bring a little Southern charm to the

Capitol.” Seersucker is popular in the South, but the cool, dimpled cotton fabric originated in India. The word *seersucker* comes from the Persian phrase *shir o shekar*, meaning “milk and sugar,” which refers to the smooth and coarse textures of the cloth’s alternating light and dark stripes. It wasn’t until 1907 that a New Orleans merchant brought seersucker to America.

Food for Thought



Red kola nuts and red hibiscus flowers were used to make the original red soul food drinks.

June is Soul Food Month, a time to appreciate the rich and delicious culinary tradition of African American kitchens. This cuisine is more than just nourishment for the body; it is also food for the soul, a cuisine that has sustained generations of African Americans during the struggle for equal rights.

The term *soul food* is most often attributed to the writer Amiri Baraka, who published an article entitled “Soul Food” in 1962 as a response to the assertion that Black Americans had no cuisine of their own. African Americans know better. The origins of soul food lie in the Deep South. During the era of slavery, enslaved people had to make do with whatever meager foodstuffs they were provided. Cooks creatively modified African food traditions to innovate new dishes that were delicious and nutritious. Soul food is equated with comfort and community, but most recipes were born out of necessity and survival.

Most soul food features southern staples such as rice, okra, pork, and greens. Much of the rice grown in the South was of a variety taken from west Africa. In the 1700s, rice was South Carolina’s most valuable export and a vital ingredient in many African American recipes. Like rice, okra was also brought from Africa. The vegetable became a mainstay in the personal garden plots of many enslaved people. The least desirable and blandest cuts of pork were often the only cuts available to enslaved people. Cooks drew on African recipes to liven up the flavor, using ingredients like hot peppers and vinegar, ingredients that are the base of many southern barbecue sauces. Boiled greens are yet another vital southern staple. They are hardy, resistant to frost, and nutritionally dense. The leftover broth of boiled collards has a prime place at the table. The vitamin-rich *potlikker* is often soaked up with cornbread. So many soul food recipes exist that there are enough to sustain you through the entire month of June.