

GOOD NEWS!



* YOUR NAME ADDRESS AND TELEPHONE NUMBER *

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Don't Eat An Armadillo

Cases of leprosy are generally uncommon in the United States. Most cases are among people who have traveled to other countries. But recently, scientists were puzzled by reports of the disease among people who hadn't traveled in areas where it is endemic.

After much study, they traced the source to armadillos.



Using genetic sequencing they matched up strains of leprosy-causing bacteria from patients and several of the animals.

Armadillos are among the few creatures, other than humans, that can carry the bug, according to a report in Time.

Patients had eaten armadillo meat.

Summer Great Time to Witness Native American Dance

Throughout the United States, Native American dances highlight many cultural festivals during the summer.

Since 1904, The Crow Fair has been presented each August in Billings, Montana. This year it is August 19-25.

The Crow have a heritage of many dances like the Crow Hop, honoring the bird that is believed to have brought fire to the land. The movements of the dance try to duplicate those of the black bird bearing the tribe's namesake. Two versions are identified by the footwork, one featuring stomping hard on the heels and the other alternating between skipping and hopping.

Drummers and dancers are configured inside a dance arbor 200 feet in diameter. Costumes feature long fringes that mimic feathers, brightly beaded embroidery and feathered head pieces.

The Corn Dance is performed by Native American tribes as a symbol of abun-

dant harvest and the earth's sustenance to man. It is much like the feast of the Pilgrims, who are credited for the first Thanksgiving.

Another bird tribute is the Eagle Dance, which emulates the grace of the

Bald Eagle that has become a symbol of the United States. Indian tribes, including the Iroquois, Comanche and Calumet, perform it during spiritual ceremonies. The dance marks a time when divine intervention is sought.

Central to the dress worn for the dance are feathers of the Golden and Bald Eagles. The feathers are believed to be sacred and are never allowed to touch the ground. Traditional Native American dances have sacred meanings or are designed to prepare the dancers for an event. War dances, which readied warriors for battle, usually feature face markings called war paint. Details of these ceremonies, festival dates and video clips, can be found on Native American Internet sites.

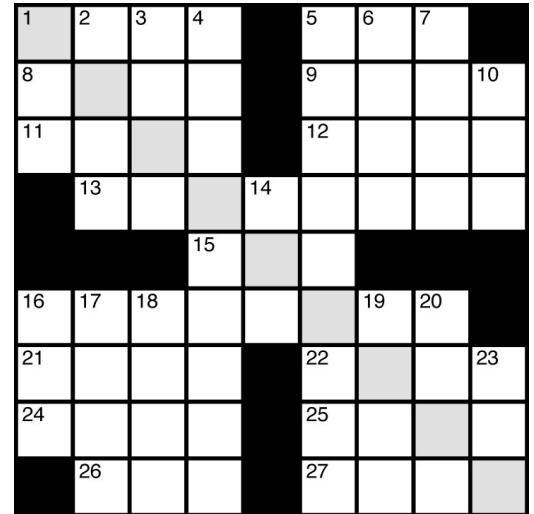




August Puzzle

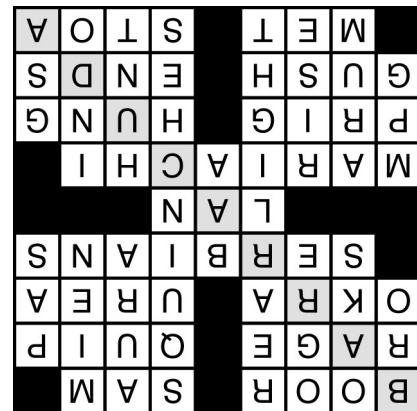
Across

1. Philistine
5. "Casablanca" pianist
8. Anger
9. Bon mot
11. Gumbo thickener
12. Carbamide
13. Residents of the Balkans
15. PC linkup
16. Mexican street musicians
21. Bluenose
22. Put decorations on a tree
24. Talk effusively
25. Means justifiers
26. Assembled
27. Greek promenade



Down

1. Pal
2. Thousand ____, Calif.
3. Shrek, e.g.
4. Tail lamp
5. Shrinks
6. Emanation
7. Appearance
10. __ de deux
14. Farm call
16. Automobile sticker fig.
17. Starch
18. Ascend
19. Stalk
20. Prefix with China
23. Fed. construction overseer



Health News

'Relaxation Drinks', Popular But Criticized

More than 70 new drinks are available and marketed as stress busters in a bottle (or can). They go by names like Unwind, iChill and the big seller, Drank.

Active ingredients vary from amino acid L-lysine, which is found in green tea, and melatonin, used in sleep aids. They come in 2-ounce shots to 12-ounce cans. Sales are expected to grow by 38 percent this year.

Experts at Tufts University say there is no research supporting the drink claims and if you want to relax, drinking a cup of chamomile tea is probably better.

The drink industry claims a relaxation drink is a better alternative to stress than pills or beer.

Early Treatment Reduces Risk of HIV Transmission

A nine-nation study finds convincing evidence that HIV medicines don't just benefit the patient but may act as a preventive measure by making them less infectious.

Early treatment meant patients were 96 percent less likely to spread the virus to their uninfected partners, according to the National Institutes of Health.

Doctors are urged to treat patients right away, before they are too sick.

Columbus sails for the New World

August 3, 1492



October 12, 1492

landing at San Salvador Island, Bahamas.



Avoid a Medical Emergency **Heat and Humidity = Danger**

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

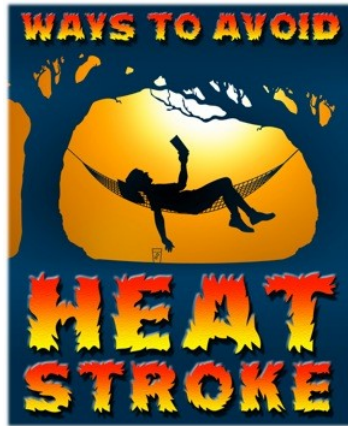
The American College of Emergency Physicians gives this advice on how to stay safe in hot weather:

Check the heat index before going out to work, play or practice and plan accordingly.

Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.

Wear loose, light-colored clothes and hats. Dark colors absorb more heat.

Drink lots of water or sports drinks, about 8 ounces an hour when in the sun in order to avoid dehydration.



Take frequent breaks in the shade or in air-conditioning to cool off.

Calculate the "apparent temperature" before taking part in activities.

According to the National Oceanic and Atmospheric Administration:

* At 90 degrees and 50 percent hu-

midity, it feels like 96. At 70 percent humidity, it feels like 106 degrees.

Heat exhaustion is likely, so take it easy.

Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate

changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels on extremities.

Fan and give small sips of water.

* At 95 degrees and 50 percent humidity, it feels like 107 degrees. At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside, and heatstroke could occur.

* At 100 degrees, humidity ranging from 35 percent to 55 percent can cause heat exhaustion. At 100 degrees, humidity of 60 percent or higher puts a person into heat stroke territory.

Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures.

Wedding Planning Software

In 2010, the cost of the average wedding was \$24,641. The average number of guests was 141.

The arrangements for these events can be very complicated, but software can help the planner (the bride and groom or parents) keep track of prices and arrangements. Search the Web for wedding

planning software, some of which is free. The top-rated package is the iDo Wedding Couple Edition, according to experts at bridaltips.com.

Discuss the guest list and limitations with both sets of parents, allowing each the same number of guests. If one set of parents has more people they need to invite, give the other parents a few more seats at the rehearsal dinner.

Event Planner Tasha Brown of Boston, writing in *The Wall Street Journal*,

suggests letting single guests who have been with someone for some time bring their dates.

Decide whether children will be invited. If many parents are disappointed at not being able to bring them to the big event, compromise by hiring a baby sitter.

Moneysavers: Instead of having a dinner and dance, marry in the morning and have a nice luncheon. If mom or dad are disappointed at not having a dance, hire a DJ and have dancing at the lunch.

Gyrating Movie Seats, *Feel Actors' Movements in 3-D Movies*

At 50 specially equipped theaters, movie goers this summer will be able to feel actors' movements right in their seats.

Motions range from being pitched forward, backward or side to side and give the experience of a momentary freefall when a character jumps off a cliff. Seat controls let the viewer dial down the intensity of the movement, which at the highest setting can reach up to two times the acceleration caused by gravity.

Made by D-Box Technologies of Montreal, the seats are one more way theaters are moving to compete with

home theater systems. The company has 70 installations worldwide and 50 in the United States. It aims to expand to 200 locations within a year and to 1,000 locations within four years, according to *The Wall Street Journal*.

Guy Marcoux, D-Box vice president of marketing, says it took 600 hours to program seats for "Fast Five." Engineers go through movies frame-by-frame to create a "motion track", which is like a sound



track and controls the seat.

For complex scenes, such as a character racing away from an explosion in a car while being shot at, a single frame could feature multiple

motions simultaneously, and the D-Box chair would jar the viewer in all the appropriate directions.

Tickets for a movie with D-Box seats cost \$8 more than a regular ticket but offer a unique experience.

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August 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13 Full Moon ○
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 New Moon ●	30	31			