

## Editor's notes:

Perhaps because it lacks widely celebrated holidays, August has become THE month for outdoor festivals and fairs across Canada and the U.S.

The best-known may be *Folklorama, A Cultural Celebration*, the world's largest multicultural festival. It is held each year in Winnipeg, Manitoba, for two weeks. This year's event is scheduled for August 3-16. More than 500,000 are expected to attend the celebration which includes dancing, singing, storytelling and crafts as well as traditional foods.

Many cities and states across America host agricultural fairs during August, some boasting attendance in excess of 100,000 people. For example, the Iowa State Fair, one of the country's oldest and largest, will be held in Skowhegan from August 7-17, and will also feature a livestock show that is one of the world's biggest.

Perhaps one of the most unusual events is Weird Contest Week, to be held in Ocean City, New Jersey, from August 11-16. While this annual August event is different every year, you can expect some mainstays like Taffy Sculpting, French Fry Sculpting, Artistic Pie Eating (boats, seagulls, the state of New Jersey), Wet T-shirt Tossing (record: 165 feet), Putrid Puns and Celebrity Super Hero Impersonations.

Can't make it to any fairs? Maybe these will give you a smile:

**Mustard Day, August 3** -- Mustard lovers across Canada can pay tribute to the "king of condiments" by lathering their favourite spread on a variety of foods.

**Twins Day Festival, August 1-3** -- Twinsburg, Ohio, is host to the Twins Day Festival, held every year on the first full weekend of August. The first festival in 1976 brought 37 sets of twins; today it attracts more than 3,000 pairs (the largest annual gathering of twins in the world), as well as parents of twins, triplets, and other multiple births.

Festival highlights include a Double Take Parade featuring identical twins, twin talent shows, a group photo, and many twin contests for things like most look-alike/least look-alike twins.

**Civic Holiday, August 4** -- The first Monday in August is observed by the government as a holiday in seven of Canada's provinces to give Canadians a much-deserved day off from work.

**Summer Olympics, August 8-24** -- Can't get enough sports on your regular channels? The 29th Olympiad will offer you non-stop viewing of jumping, swimming, galloping, etc., over two weeks plus.

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**Perseid Meteor Showers, August 12-13** -- Star gazers can spot as many as 50 to 150 falling stars, or more accurately, "meteors," per hour during these evenings. Meteors are often no larger than a grain of sand. Because they orbit the sun, it's possible to predict the dates of their arrival. As they come within the upper atmosphere, friction with the air burns them up, which explains the light they give off.

The earliest recorded observation of the Perseid Meteor Showers, which actually begins in July but is most intense in mid-August, dates back to 36 A.D. when the Chinese first noted them.

The Perseids are so named because early observers thought that the showers emanated from the constellation Perseus. Astronomers recommend viewing the shower after midnight to see the most meteors.

**Elvis Week, August 9-17**-- Every year, thousands of Elvis Presley fans flock to Memphis, Tennessee, to visit Graceland, view Elvis movies, and attend commemorative concerts.

### International Lefthanders Day

August 13 marks the 32nd annual International Lefthanders Day, sponsored by Lefthanders International (LI), a Topeka, Kansas-based organization.

A purpose of the observance is to remind people of the negative attitudes still met by southpaws every day as well as to promote the successes of lefties in a variety of careers. Famous lefthanders include: Bruce Willis; Bill Clinton; Oprah Winfrey; Bill Gates; and Barack Obama.

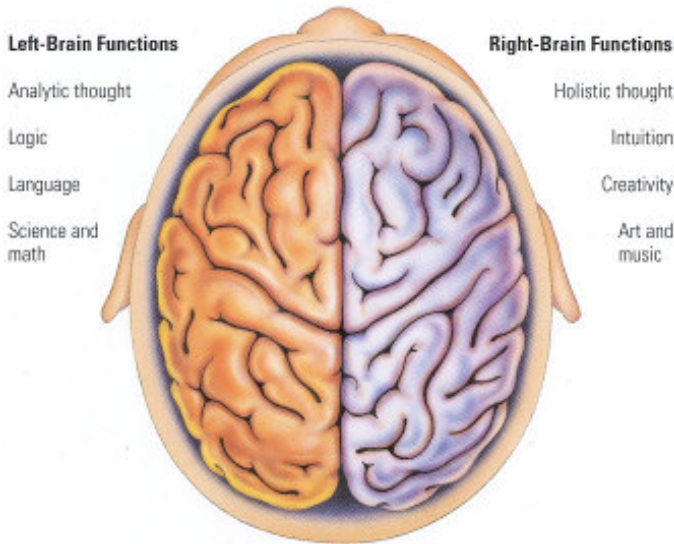
The first Lefthanders Day was held on Friday, August 13th, 1976. The date was chosen to poke fun at the superstitions that have surrounded lefthandedness for centuries. For example, favouring the left hand was a sign of witchcraft during the Salem witch trials. In more recent times, school children had their knuckles slapped to discourage usage of their left hands.

LI also publishes the only magazine specifically for lefties. Lefthander Magazine is bound on the right and contains interviews with well-known southpaws, parenting tips and description of a number of products made specifically for lefthanders.

Please have a safe (but fun)  
Civic Holiday weekend!

# The Brain Quiz

## Left and Right Brain Functions



Scientists say that you can improve your work habits by determining whether you are a “left-brain” person or “right-brain” person. Those who work primarily with the left side of their brains tend to be fastidious and orderly, wanting all the details on an assignment. So if you are left-sided, you may want to tailor your work habits to take advantage of these strengths by, say, creating a detailed filing system for your desk to better handle your assignments.

Right siders take a more easy-going approach to their work, concentrating more on the big picture. So if you are right-sided, you might excel at thinking of new ways your company can make money, rather than bothering with a complex filing system.

This quiz will help you determine which side you favour. With this information, you can work to your strengths and de-emphasize your weaknesses:

*A score of 0 - 3 = left-brained; 4 - 5 = mixed; 6 - 9 = right-brained*

1. When I enter a movie theatre, I tend to sit on the:

- A. right
- B. left

2. I usually follow a hunch:

- A. yes
- B. no

3. I always keep my things in specific places, so I know where they are:

- A. yes
- B. no

4. I learn an activity best by:

- A. imitation
- B. studying the mechanics of how it works

5. I change the pictures in my home several times a year:

- A. yes
- B. no

6. I usually know what time it is without looking at my watch:

- A. yes
- B. no

7. In school, I was better:

- A. geometry
- B. algebra

8. I am more comfortable as:

- A. speaker
- B. listener

9. I plan activities:

- A. in advance
- B. spontaneously

*Give yourself one point if you checked any of the following:*

**1.A; 2.A; 3.B; 4.A; 5.A; 6.B; 7.A; 8.A; 9.B.**

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## The Story of Lemonade

Food historians differ on the origins of lemonade. Some believe that lemons are native to China and speculate that the Chinese were the first to make lemonade, a drink that eventually made its way to the Middle East and then to Europe during the Arab occupation of Spain.

Others cite documents that date back to medieval Egypt with references to “qatarmizat,” a sweetened lemon drink that was bottled and exported. Still other historians peg the 17th century Mediterranean as the home of lemonade because lemon trees were grown along the Italian coast, and processed sugar was becoming more available.

Early imbibers drank it for medicinal purposes. Physicians prescribed lemon juice as a cure for scurvy, a vitamin C deficiency disease, which was common among sailors with little access to fresh fruits and vegetables while at sea.

Christopher Columbus is credited with bringing lemon seeds to the New World.

Today, the leading lemon producing countries are the United States, Italy, Spain, and Argentina.

## Take Two Dips and Call Me In The Morning

Health experts say that swimming in the ocean is like taking a mineral bath. Plentiful quantities of magnesium help heal sores and cuts; potassium helps moisturize the skin; bromides soothe and relax the nervous system; calcium iodine boosts metabolism. “All of these wonderful minerals penetrate the skin and become a part of your overall health and well being,” says Camilla MacPherson, a beauty and health specialist in Bermuda. “They help tired muscles to relax and promote the healing of sprains, strains, swelling, inflammation, arthritis, and sports injuries.”