

# AUGUST Newsletter

## HAPPY BIRTHDAY

### Resident Birthdays in August

Judith W 08 / 06

Joseph K 08 / 22

### Staff Birthdays in August

Ternora W 08 / 1

Jane F 08 / 4

London M 08 / 6

Jennifer C 08 / 20

Estell B 08 / 22

Georgia H 08 / 26

Sasha G 08 / 27

### What's Happening in August

**Read-a-Romance-Novel Month**

**Happiness Happens Month**

**International Clown Week**

*August 1-7*

**Watermelon Day**

*August 3*

**Elvis Week**

*August 8-16*

**Creamsicle Day**

*August 14*

**Senior Citizens Day**

*August 21*

# Wilkins



## Keeping Our Cool

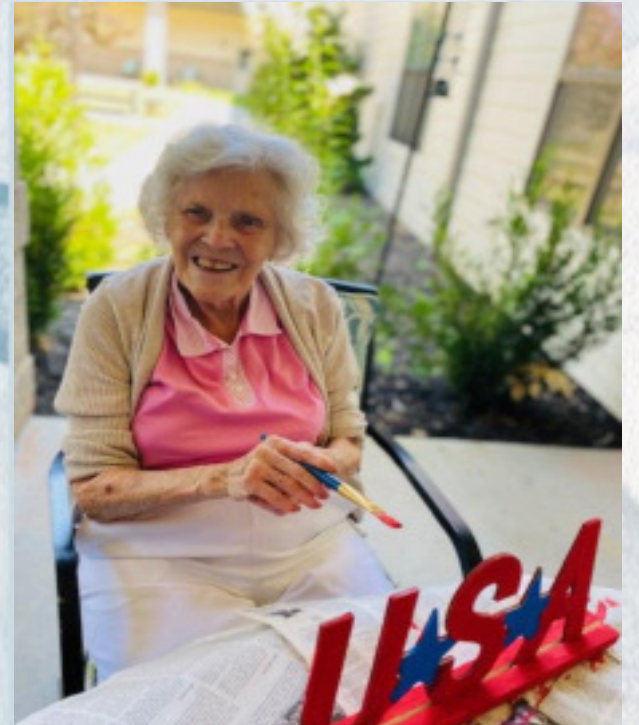


The so-called “dog days” of summer stretch from mid-July into mid-August. Today, many people believe that we call these the dog days because we all feel as hot as a dog, or that the heat of the day is enough to make a dog go crazy. But to discover the real explanation behind the dog days, look to the night sky. This period earned its canine moniker during the age of ancient Greece. Mid-July coincided with the rise of the constellation Canis Major, the Greater Dog, which features the brightest star in the night sky, Sirius, also known as the Dog Star. During this time, Sirius rises just before the sun. No wonder the word *sirius* means “scorching” in Greek. The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air conditioning?

It is no coincidence that Air Conditioning Appreciation Days overlap with the dog days of summer, because for many this invention is the greatest source of relief from the oppressive heat. It was during the dog days of 1902 that Willis Carrier invented the first air conditioner. He did not set out to create artificial cooling but rather a machine that could lower humidity. A printing company came to Carrier with a problem. During summer, high humidity would wreak havoc with their color printing. Carrier designed a system of chilled coils, fans, ducts, heaters, and temperature controls that not only lowered the humidity inside the printing plant but created cool artificial breezes! Carrier's new industry changed the world.

Air conditioners did not become widely available to the public until the 1960s, but once they became common in homes, heat-related deaths decreased by 80%. Talk about life-changing! Air-conditioning cools more than air; it cools our tempers, too. Research shows that heat increases aggression, while air-conditioning actually helps calm us down. It may be much easier to enjoy Relaxation Day on August 15 with the air-conditioning on!

# Taking A Look BACK!!



## Tree of the Month – Oak

There are over 600 species of oak trees and shrubs, which are part of the Quercus genus, in the beech family. Oak tree leaves are arranged in a spiral pattern, and its fruit is a nut, commonly called an acorn or oak nut. The lone seed inside an acorn matures in six to 18 months. The average oak tree lives to around 200 years, but some survive up to 1,000. Oaks can be found in the Americas, Asia, North Africa, and Europe, and will thrive in a variety of climates, from cool temperate to tropical regions. They can be deciduous or evergreen. The tall and mighty live oaks of the American South have come to symbolize the beauty and resilience of the region. Oak trees were also prized by Celts and Druids who believed in powerful “oak fairies.” Ancient rulers across cultures often wore oak leaf crowns. Because the trees are often struck by lightning, they were also linked to Thor and Zeus.



# King's Inspirational "Dream"

On August 28, 1963, before a crowd of 250,000 Americans, Martin Luther King Jr. gave his "I Have a Dream" speech at the Lincoln Memorial in Washington, D.C. The speech remains one of the most memorable ever made, ranking alongside Lincoln's "Gettysburg Address" as one of the most moving and most analyzed in American history. King's mention of his "dream" was not in his prepared remarks. Gospel singer Mahalia Jackson prompted King to "tell them about the dream," and so King improvised the most famous part of his speech on the spot.

King and his thousands of followers had come to the capital for their March on Washington for Jobs and Freedom. The march was attended by civil rights leaders, the United Auto Workers Union, and the American Jewish Congress, all of which were united in their calls for desegregating public schools, expanding federal works programs to train workers, and addressing violations of citizens' constitutional rights. The march was not strictly business. Musicians such as Joan Baez, Bob Dylan, and Mahalia Jackson were scheduled to perform. Jackson, especially, was a mainstay at King's rallies. Their relationship was such that she had no qualms in interrupting King during his remarks and suggesting that he "tell them about the dream."

For many attendees of the march and many in the media, King's speech was the highlight. The fact that it was televised also helped the civil rights movement gain mainstream acceptance. Indeed, King's triumphant speech at the feet of Lincoln helped secure the passage of the Civil Rights Act of 1964 and paved the way for the passage of the Voting Rights Act of 1965. Both the image of King at the podium and his refrain of "I have a dream" have become defining moments of the civil rights era. Not only was King's speech added to the Library of Congress' National Recording Registry in 2002, but its words were forever etched into the marble steps of the Lincoln



## A Can-Do Attitude

The first of August is International Can-It-Forward Day, a day to extol the virtues of preparing for winter by canning all types of foods. With careful planning, summer's bounty of fruits and vegetables can be enjoyed throughout the winter. The canning of foods was invented by Frenchman Nicolas Appert, a Parisian chef who successfully preserved the first soups, juices, jellies, vegetables, and syrups in jars. His process was simple; he sealed jars with cork and sealing wax and then boiled them to cook the contents, destroy bacteria, and make the jars airtight. In many ways, our modern methods of canning foods are no different from Appert's methods of a century ago.



## August Birthdays

In astrology, those born between August 1–22 are Leo's Lions, the natural-born leaders of the zodiac. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations. Those born between August 23–31 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint.

