

# August New

The Village Assisted Living and Memory Care \* 1919 Brinker Road Denton TX, 76208



## Celebrating August

**Read-a-Romance Novel Month**

**What Will Be Your Legacy?  
Month**

**International Clown Week**  
*August 1–7*

**Twins Days**  
*August 4–6*

**Lighthouse Day**  
*August 7*

**Social Security Day**  
*August 14*

**Bad Poetry Day**  
*August 18*

**Kiss and Make Up Day**  
*August 25*

**Love Litigating Lawyers Day**  
*August 31*

## The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, “What is art?” Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is the application of human skill and imagination to create something wholly new, a work of beauty and harmony, a revelation of truth, a connection of feeling and self-expression. Truly, art is as diverse as its makers. So what is art? You’ll know it when you see it—and may surprise yourself when you make it.

While not everyone may be a famous artist, anyone can create art. And August 8 is the Date to Create. We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or build a makeshift centerpiece out of tissue paper and empty bottles, your creation will take on a life of its own as a form of creative self-expression.

If you’re still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O’Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an endless wealth of writers, singers, and dancers to awe and inspire you.

Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you’d rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit.

## The Legends of Bigfoot



Since 1992, believers in the preternatural have gathered during the last weekend in August in Carson, Washington, for Bigfoot Daze, a celebration of the legend of Bigfoot. Washington state is an appropriate venue, for stories of “wild men” living in

the woods have long been part of Native American lore in the Pacific Northwest. Curiously, the indigenous stories of a massive, hairy, ape-like man, known as Bigfoot or Sasquatch, are set in the very same locales as contemporary sightings. Is it merely a coincidence that modern sightings overlap with historical record? Or is there really a Bigfoot?

While most people agree that Bigfoot sightings are hoaxes, some researchers have looked for plausible explanations to the many sightings and stories. Bigfoot, they speculate, may be the last existing specimen of a prehistoric giant ape, *Gigantopithecus*, which could have crossed the Bering land bridge from Asia into North America. Other experts suggest that Bigfoot is the last living Neanderthal or other crude human-like creature such as *Paranthropus robustus*. All of these explanations, however, lack sufficient scientific evidence and proof.

And yet, despite the lack of hard evidence, many cultures across the world have claimed to see similar creatures. The Sasquatch has been sighted in the Pacific Northwest. The Yeti, also known as the Abominable Snowman, has been part of the legend in the Himalayas. Australia has its own version of a large ape-like human, called a Yowie, stalking the Outback. In Mongolia, the creature is called an Almas. In China, it is called the Yeren. The tribes of the jungles of South America spin tales of the Mapinguari. Perhaps the reason people still want to believe in this fantastic creature despite hard evidence is because so many separate cultures around the world claim to have sighted it. Are all these humans suffering the same delusion? Or are there really Bigfoot-like creatures scattered across the globe?

## This Joke's on Joe

Joe Miller was a popular actor on England's stages in the early 1700s. He performed in the plays of Shakespeare and excelled at comedy. Miller, though, is not remembered for his acting but for a pamphlet of jokes published after his death on August 15, 1748, entitled *Joe Miller's Jests*. This is why August 16 is celebrated as Joe Miller's Joke Day.

Strangely, Joe Miller himself likely had nothing to do with the joke book bearing his name. A down-and-out writer named John Mottley compiled the volume and used the popularity of Miller's name to advertise his work. It was a savvy marketing move, for the book was wildly popular and was published in three editions in its first year. The first edition presented 247 jokes and witticisms. Over 100 years later, the book was still being published and updated with over 1,300 jests. The stage comedian's name has even entered our modern language. A “Joe Miller” is a term for an old, time-worn joke or a groaner. Scant thanks for the comedian who made Mottley a small fortune.

## First in Flight?



Orville and Wilbur Wright are widely credited for inventing modern powered flight in 1903 on the sandy beaches of Kitty Hawk in North Carolina. The story of German aviator Gustave Whitehead throws a wrench into the gears of this lauded

history. Whitehead emigrated to America in the late 1800s and spent much of his adult life building and experimenting with airplanes. His supporters claim that he performed the first powered flight on August 14, 1901, two years before the Wright brothers. When, in 1935, the magazine *Popular Aviation* published an article detailing the possibility of Whitehead's achievement, experts set out to verify these claims—but no hard evidence was ever discovered.

## Drinking the Stars



It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the

undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."

## Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

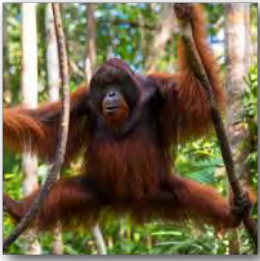
## Golf Rediscovered



The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee.

Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins. College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was "Steady" Ed Headrick who invented the Wham-O Pro model Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it's still common to find kids hurling Frisbees through the neighborhood at trees and light poles.

## Forest Friends



Orangutans may be found in only two places in the world, but the entire world will celebrate International Orangutan Day on August 19. These large, gentle apes are some of humankind's closest

relatives, sharing not just 97% of their DNA with us, but also possessing the ability to reason and think. It's no wonder that the indigenous people of Indonesia and Malaysia named these magnificent creatures *orang hutan*, meaning "person of the forest." They were believed to be humans who hid from slaveowners in the trees.

Of the four great apes—gorillas, chimpanzees, bonobos, and orangutans—orangutans are unique in that they come from Asia, while all the others come from Africa. There are two species of orangutan: the Bornean orangutan from the jungles of the island of Borneo (shared by Malaysia and Indonesia), and the Sumatran orangutan from the island of Sumatra in Indonesia. Both of these subspecies distinguish themselves from the other great apes because they live primarily in the trees. They climb, travel, and build sleeping nests high in the canopy. Their feet are designed like hands for climbing. Their flexible hips allow them to swivel in any direction. Long, strong arms make it easy to grasp faraway branches. When on the ground, orangutans are clumsy and awkward.

Like most spectacular big animals, orangutans are endangered, primarily due to the destruction of their homes for lucrative palm oil plantations. Currently 40,000 orangutans are believed to inhabit the forests of Borneo and Sumatra. This may sound like a lot, but it takes many years to rear young orangutan. Babies stay with their mothers until six years of age and sometimes into their teens. For this reason, female orangutans give birth only about once every eight years, the longest time between births of any animal on Earth. The time is now to celebrate and protect this rare and beautiful creature.

## August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779  
Louis Armstrong (musician) – August 4, 1901  
Neil Armstrong (astronaut) – August 5, 1930  
Allegra Kent (ballerina) – August 11, 1937  
Mae West (actress) – August 17, 1893  
Robert De Niro (actor) – August 17, 1943  
Connie Chung (journalist) – August 20, 1946  
Dorothy Parker (writer) – August 22, 1893  
Leonard Bernstein (composer) – August 25, 1918  
Leo Tolstoy (writer) – August 28, 1828  
Van Morrison (musician) – August 31, 1945

## A Car Is Born



Toyota didn't become the world's most successful car company overnight. Its history began on August 28, 1937, when the Toyota

Motor Company split from its parent company, the Toyoda Automatic Loom Works. Toyoda was founded in 1926 in Japan by Sakichi Toyoda, the inventor of a series of manual and machine-powered looms. Today, Toyota is still in the textile business and manufactures sewing machines and looms. However, in 1929, Sakichi encouraged his son Kiichiro to travel to America to investigate the auto industry. The Japanese government strongly encouraged the Toyoda company to begin domestic auto production due to their war with China. The venture proved so successful that the Toyota Motor Co. was spun off, eventually to become the world's leading car manufacturer.