

Newel Post News

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Celebrating August

Read-a-Romance Novel Month

Happiness Happens Month

Boomers Making a Difference Month

International Clown Week

August 1-7

Homemade Pie Day

August 5

International Lefthander's Day

August 13

Root Beer Float Day

August 6

Elvis Week

August 9-17

International Geocaching Day

August 20

Senior Citizens Day

August 21

Women's Equality Day

August 26

The Gold Rush

On August 16, 1896, prospector George Carmack and his family were looking for gold along Rabbit Creek, a tributary of the Klondike River in Canada's Yukon Territory. Gold was discovered in vast quantities, and Carmack immediately filed claims to mine the land. Word of the find quickly spread, and by the end of August, the length of the entire creek had been claimed by gold miners. Not even winter could stop the miners, and prospectors raced by dog sled to the Klondike and the newly renamed Bonanza Creek.

It wasn't until July of 1897 that the first shipments of Klondike gold arrived in the cities of Seattle and San Francisco. The gold shipments were valued at \$1.13 million. (That's over one billion of today's dollars!) Word of the gold spread like wildfire, and soon prospectors from all over the world were flooding the West Coast and preparing for the journey north. A great economic boom hit cities like Seattle and San Francisco, which birthed outfitting and supply industries for the prospectors.

It is estimated that 100,000 people attempted the trip into the Klondike between the summers of 1897 and 1898. Many gold-seekers had no experience whatsoever in mining or prospecting. Mass resignations occurred across the country as people left their livelihoods behind to search for riches. Even Seattle's mayor left his post to try his luck. Of the 100,000 aspiring gold miners, only 30,000 eventually made it to the Klondike.

Travel to the Yukon proved treacherous thanks to mountainous terrain and unpredictable weather. The Canadian government issued strict food and equipment requirements for prospectors in an attempt to prevent death from exposure and starvation. Of the 30,000 who made it to the Yukon, only 4,000 struck gold. And of these 4,000, only a few hundred became rich. By the summer of 1898, the word *Klondike* was spoken with scorn. As rumors of gold found in other northern locales spread, the Klondike was abandoned, and the gold rush was over.

Arrr-Gust

Shiver me timbers, August is International Pirate Month. Historians consider the Golden Age of Piracy to have occurred between the 1650s and 1730s. It was during this period that the likes of Blackbeard, Captain Kidd, Calico Jack, and Anne Bonny made their notorious reputations.

It is no coincidence that the Golden Age of Piracy coincided with an era punctuated by the shipping of valuable goods across vast oceans to Europe. European kingdoms had laid claim to distant colonies in North America, West Africa, and India. Sea routes used for the shipping of spices, gold, and other goods provided perfect targets for pirates looking for power, riches, and prestige.



A major factor that contributed to the rise of piracy was the rise of naval power. Empires like Spain and England used brutal methods to bolster their navies. Sailors were not so much recruited as kidnapped and forced into conscription. After receiving extensive training and experience on the high seas, many sailors, disgusted with their shoddy treatment and pay, left the navy for piracy. It was common for pirates to be hunted by the very navies they had once served in.

Much of what we know about piracy comes from the book *A General History of the Pyrates*, written in 1724 by Captain Charles Johnson. The true identity of Captain Charles Johnson remains a mystery, as there is no record of such a man ever existing. Despite a certain lack of credulity, Johnson's fanciful accounts of several pirates, including Blackbeard, Charles Vane, and Calico Jack, have defined piracy for centuries. It was this book that introduced the familiar tropes of buried treasure, missing limbs and eyes, and the pirate flag known as the Jolly Roger. This book also inspired Robert Louis Stevenson to write *Treasure Island*. While we may never be able to separate pirate fact from fiction, we can be sure that the romance of piracy will capture our imaginations for many years to come.

Chain Reaction

Your stomach might start to growl when you learn that August 24 is Iconic American Restaurants Day. This is a day to appreciate those perennial restaurant chains that have graced the American restaurant landscape for decades. Howard Johnson's. Beefsteak Charlie's. The Red Barn. Sizzler. And yes, even McDonald's.

If some of these restaurants don't sound familiar, that might be because so many iconic restaurants are regional. Friendly's restaurants—137 of them—were once found up and down the East Coast. In the mid-1990s, 200 Luby's Cafeterias could be found in and around Texas. One person's beloved restaurant chain is another person's head-scratcher.

What makes an American restaurant iconic, anyway? A recognizable logo? A classic menu? The sheer number of restaurants? Perhaps an iconic restaurant chain offers a place that provides all the trappings of a home-cooked meal out on the road.

Bargain Hunters



The second week in August is Bargain Hunting Week, but where can you find a bargain these days? According to experts, there are always deals to be had, if you know when and where to look.

Restaurants are often the least crowded on Tuesday, so they offer two-for-one or kids-eat-free deals to lure customers. Grocery stores often receive new deliveries each week, so you're more likely to find discounted meats and produce on delivery day. Electronics retailers will start stocking new models in April, so shoppers often find great deals on year-old models throughout the spring and summer. Experts swear that the best airfare prices can be found at 3 p.m. on a Tuesday, as all airlines race to match discounts offered by the major airlines the previous Monday.

Star-Crossed Lovers



For over 2,000 years, the Qixi Festival has been celebrated in China on the seventh day of the seventh month, which this year falls on August 4. This holiday

is known by several names: the Double Seventh Festival, the Night of Sevens, and the Magpie Festival, but it is perhaps best known in the west as China's Valentine's Day.

The Qixi Festival is based on the romantic folk tale of Zhinu the cloud weaver girl and Niulang the ox herder. Niulang had once saved an old ox when it fell ill. What Niulang did not know was that this old ox was once the God of Cattle, sent from heaven to live on Earth as penance for a former misdeed. To show his thanks, the ox introduced Niulang to Zhinu, the seventh daughter of the Goddess of Heaven and the Jade Emperor. Zhinu had come to Earth to escape the boring routine of heaven.

The two fell deeply in love, married, had two children, and set up a life together, with Niulang herding oxen and Zhinu weaving. When the Goddess of Heaven discovered that her daughter had married a mortal, she descended furiously to Earth and took Zhinu back to heaven.

The old ox instructed Niulang to kill him and wear his hide so that the mortal could ascend to heaven to find Zhinu. Niulang wept for the loss of his ox but did as he was told and took his children to find Zhinu. The Goddess of Heaven, divining the plot, created a massive, uncrossable river to forever separate the lovers.

Niulang and his children wept in their grief. Magpies were so moved that they flew to heaven and formed a bridge over the river. The Goddess, too, was moved, and so she decreed that once a year, on the seventh day of the seventh month, the two lovers should meet on the Magpie Bridge. During the Qixi Festival, if we look to the night sky, we see Niulang and Zhinu as the stars Altair and Vega, separated by the river of the Milky Way.

Hole in One

The first Saturday of August is Disc Golf Day. On the holiday last year, it is estimated that thousands of golfers threw 732,152 shots on 209,113 tournament holes. So, if you decide to play a round of disc golf today, you certainly won't be alone.

August has always been a banner month for disc golf. The first national disc golf tournament, the American Flying Disc Open, was held on August 2, 1974, in Rochester, New York. Organizers hoped to attract both disc golfers and Frisbee enthusiasts by offering a brand-new car to the tournament champion. The success of the Open established disc golf as a new national pastime.

August 12, 1997, marks another important date in disc golf history. Famed toymaker "Steady" Ed Headrick, inventor of the Frisbee and founder of the Professional Disc Golf Association, invented the chain basket device that acts as the "hole" in disc golf. Upon Ed's death in August 2002, his ashes were incorporated into a select number of flying discs, ensuring that he would play his beloved game forevermore.

MLK's Dream



Organizers of the March on Washington for Jobs and Freedom expected 100,000 people to attend their demonstration on August 28, 1963. In the end, 250,000 showed up, making it the largest demonstration in U.S. history. A speech by Martin Luther King Jr. was set to cap the march. King had used the phrase "I have a dream" in several speeches leading up to the event, and his advisors cautioned him against leaning too heavily on the theme. But when the gospel singer Mahalia Jackson said, "Tell them about the dream, Martin," King abandoned his drafted speech and launched into what is now one of the most famous speeches in history.

The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on August 10, 1897?



Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

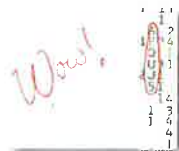
Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.

August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

P.D. James (writer) – August 3, 1920
 Meghan Markle (princess) – August 4, 1981
 Leslie Odom Jr. (actor) – August 6, 1981
 Whitney Houston (singer) – August 9, 1963
 Viola Davis (actress) – August 11, 1965
 Don Ho (singer) – August 13, 1930
 Halle Berry (actress) – August 14, 1966
 Angela Bassett (actress) – August 16, 1958
 Usain Bolt (sprinter) – August 21, 1986
 Kobe Bryant (athlete) – August 23, 1978
 Mother Teresa (nun) – August 26, 1910
 Richard Gere (actor) – August 31, 1949

Wow!



On August 15, 1977, astronomers at the Big Ear Radio Observatory in Ohio detected a signal that they had never encountered before. It was so unusual that astronomer Jerry Ehman circled a printout of the data and wrote "Wow!" next to it. The cause of the *Wow!* signal was inexplicable, and some claimed that the only plausible explanation was that it was sent by extraterrestrial life. The signal has not been repeated in the 40 years since it was picked up, perhaps providing further evidence that it had an extraterrestrial origin.

Only recently have scientists attempted to decipher the skies that night. Two comets could have been picked up by the Big Ear in 1977. One theory is that the signal was transmitted by a hydrogen cloud attached to a passing comet, but some scientists doubt this explanation, still favoring the ET hypothesis.

Monday	Tuesday	Wednesday	Thursday	Friday
1 1% Milk Hamburger Sweet Potato Fries Diced Peas WG Bun	2 1% Milk Spaghetti w/meat sauce Peas & Carrots Diced Peaches WG Breadstick	3 1% Milk Baked Chicken Corn Macaroni Salad Diced Peaches WG Bread	4 1% Milk Egg Salad Carrots Banana WG Bread	5 1% Milk Beef Taco's Taco Toppings Refried Beans Mandarin Oranges Corn Shells
8 1% Milk Ham & Potato Soup WG Saltines Pineapple Tidbits Cottage Cheese WG Bread	9 1% Milk BBQ Pork Baked Beans Fruit Cocktail WG Bun	10 1% Milk Chicken Alfredo Peas Mandarin Oranges WG Bread	11 1% Milk Meatloaf Mashed Potato & Gravy Diced Peas WG Bread	12 1% Milk Sloppy Joes Coleslaw Applesauce WG Bun
15 1% Milk Chicken Patty Sandwich Mixed Vegetables Diced Peaches WG Bun	16 1% Milk Scrambled Eggs Hashbrown Patty Banana WG Cheerios	17 1% Milk Cheeseburger Green Beans Applesauce WG Bun	18 1% Milk Goulash Broccoli & Cauliflower Mandarin Oranges WG Bread	19 1% Milk Turkey Carrots Fruit Cocktail WG Stuffing WG Bread
22 1% Milk Ham Sweet Potatoes Pineapple Tidbits Yogurt w/ Granola WG Bread	23 1% Milk Pizza Corn Diced Peaches Cottage Cheese WG Bread	24 1% Milk Salisbury Steak Honey Roasted Carrots Diced Peas Wild Rice Casserole	25 1% Milk Chicken Sandwich Peas Banana WG Bun	26 1% Milk Lasagna Rolls Lettuce w/ Dressing Mandarin Oranges WG Bread
29 1% Milk Chicken & Noodles Mixed Vegetables Diced Peaches WG Bread	30 1% Milk Hamburger Green Beans Banana WG Bun	31 1% Milk Mac n' Cheese Peas & Carrots Diced Peas Yogurt w/ Granola		

Water is served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Morning Social 9:30 August Gazette & IQ 10:30 Bucketz 11:30 Lunch 12:30 Dice Bingo 1:30 Exercise	2 8:30 Morning Social 9:30 Music Therapy 10:30 Penny Pitch 11:30 Lunch 12:30 Pet Pals 1:30 Exercise	3 8:30 Morning Social 9:30 August Trivia 10:30 Ring Toss 11:30 Lunch 12:30 Uno 1:30 Exercise	4 8:30 Morning Social 9:30 Watermelon Day 10:30 Horseshoes 11:30 Lunch 12:30 Card Games 1:30 Exercise	5 8:30 Morning Social 9:30 Word Categories 10:30 Flyswatter Balloon 11:30 Lunch 12:30 Bingo 1:30 Exercise
8 8:30 Morning Social 9:30 Lucille Ball's Bday 10:30 Kickball 11:30 Lunch 12:30 Toss Up 1:30 Exercise	9 8:30 Morning Social 9:30 Client Mtg./Safety 10:30 Bullseye Bounce 11:30 Lunch 12:30 Bingo 1:30 Exercise	10 8:30 Morning Social 9:30 Leap Scotch 10:30 Frisbee Golf 11:30 Lunch 12:30 Dominoes 1:30 Exercise	11 8:30 Morning Social 9:30 Paul Bunyan Day 10:30 Target Ball 11:30 Lunch 12:30 Swipe 1:30 Exercise	12 8:30 Morning Social 9:30 Music Therapy 10:30 Noodleball 11:30 Lunch 12:30 Detective Sheet 1:30 Exercise
15 8:30 Morning Social 9:30 Iowa State Fair 10:30 Washer Toss 11:30 Lunch 12:30 EZ Yahtzee 1:30 Exercise	16 8:30 Morning Social 9:30 Music Therapy 10:30 Bucketz 11:30 Lunch 12:30 Pet Pals 1:30 Exercise	17 8:30 Morning Social 9:30 Elephant Day 10:30 Tic Tac Toe 11:30 Lunch 12:30 Bingo 1:30 Exercise	18 8:30 Morning Social 9:30 Games we Play 10:30 Wii Bowling 11:30 Lunch 12:30 UNO 1:30 Exercise	19 8:30 Morning Social 9:30 Potato Day 10:30 Penny Pitch 11:30 Lunch 12:30 Memory Magic 1:30 Exercise
22 8:30 Morning Social 9:30 Short Story 10:30 Bullseye Bounce 11:30 Lunch 12:30 Rock n' Roll Game 1:30 Exercise	23 8:30 Morning Social 9:30 Sunflower Day 10:30 Flyswatter Balloon 11:30 Lunch 12:30 Lemonade Fun 1:30 Exercise	24 8:30 Morning Social 9:30 Wizard of Oz Day 10:30 Horseshoes 11:30 Lunch 12:30 Table Pong 1:30 Exercise	25 8:30 Morning Social 9:30 National Dog Day 10:30 Parachute Games 11:30 Lunch 12:30 Bingo 1:30 Exercise	26 8:30 Morning Social 9:30 Music Therapy 10:30 Kickball 11:30 Lunch 12:30 R-L-C Dice Game 1:30 Exercise
29 8:30 Morning Social 9:30 Travelogue 10:30 Ring Toss 11:30 Lunch 12:30 Golden Trivia 1:30 Exercise	30 8:30 Morning Social 9:30 Music Therapy 10:30 Noodleball 11:30 Lunch 12:30 Pet Pals 1:30 Exercise	31 8:30 Morning Social 9:30 Trail Mix Day 10:30 Basketball Hoops 11:30 Lunch 12:30 Pizza Game 1:30 Exercise	 <p><i>August 2022</i> Activities with Kenda</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Morning Social 9:30 Colorado 10:30 Bullseye 11:30 Lunch 12:30 Detective 1:30 Exercise	2 8:30 Morning Social 9:30 Music Therapy 10:30 Ring Toss 11:30 Lunch 12:30 Dice Games 1:30 Exercise	3 8:30 Morning Social 9:30 National Basketball 10:30 Penny Pitch 11:30 Lunch 12:30 Basketball Game 1:30 Exercise	4 8:30 Morning Social 9:30 Client Mtg./Safety 10:30 Flyswatter Balloon 11:30 Lunch 12:30 Bingo 1:30 Exercise	5 8:30 Morning Social 9:30 Lucille Ball 10:30 Tic Tac Toe 11:30 Lunch 12:30 Card Games 1:30 Exercise
8 8:30 Morning Social 9:30 Happiness Happens 10:30 Balloon Volleyball 11:30 Lunch 12:30 Memory Board 1:30 Exercise	9 8:30 Morning Social 9:30 Ping Pong Basket 10:30 Bowling 11:30 Lunch 12:30 Pet Pals 1:30 Exercise	10 8:30 Morning Social 9:30 Music Therapy 10:30 Kickball 11:30 Lunch 12:30 Matching Game 1:30 Exercise	11 8:30 Morning Social 9:30 Monthly Gazette 10:30 Parachute 11:30 Lunch 12:30 Table Pong 1:30 Exercise	12 8:30 Morning Social 9:30 I hear Memories 10:30 Horseshoes 11:30 Lunch 12:30 Bingo 1:30 Exercise
15 8:30 Morning Social 9:30 Deal or No Deal 10:30 Frisbee Golf 11:30 Lunch 12:30 Point Game 1:30 Exercise	16 8:30 Morning Social 9:30 Food & Drink Trivia 10:30 Noodleball 11:30 Lunch 12:30 Bingo 1:30 Exercise	17 8:30 Morning Social 9:30 Travelogue 10:30 Basketball Hoops 11:30 Lunch 12:30 Finish the Lyrics 1:30 Exercise	18 8:30 Morning Social 9:30 Music Therapy 10:30 Ball Toss 11:30 Lunch 12:30 Wii Games 1:30 Exercise	19 8:30 Morning Social 9:30 Spiritual Time 10:30 Flyswatter Balloons 11:30 Lunch 12:30 Can you Beat that? 1:30 Exercise
22 8:30 Morning Social 9:30 Dominoes 10:30 Penny Pitch 11:30 Lunch 12:30 Song Choice 1:30 Exercise	23 8:30 Morning Social 9:30 Rock n' Roll Game 10:30 Bullseye 11:30 Lunch 12:30 Pet Pals 1:30 Exercise	24 8:30 Morning Social 9:30 Guess the Person 10:30 Target Ball 11:30 Lunch 12:30 Bingo 1:30 Exercise	25 8:30 Morning Social 9:30 Charades 10:30 Kickball 11:30 Lunch 12:30 Ping Pong Basket 1:30 Exercise	26 8:30 Morning Social 9:30 Music Therapy 10:30 Washer Toss 11:30 Lunch 12:30 Craft 1:30 Exercise
29 8:30 Morning Social 9:30 L-R-C Dice Game 10:30 Horseshoes 11:30 Lunch 12:30 Dice Bingo 1:30 Exercise	30 8:30 Morning Social 9:30 Wii Games 10:30 Ring Toss 11:30 Lunch 12:30 Short Story 1:30 Exercise	31 8:30 Morning Social 9:30 High Rollers 10:30 Noodleball 11:30 Lunch 12:30 Scavenger Hunt 1:30 Exercise	 <p><i>August 2022</i> Activities with Sherry</p>	