Birthdays

August 05.................................................Joan Morgan
August 19............................................RoseMary Bogdan
August 25..........................................Connie Hallinan
August 30.............................................GiGi Bouyssou
August 31.................................................Lois WoodHouse

Lions and Tigers and Bears! Oh, My!

The MGM Technicolor classic The Wizard of Oz was originally released on August 25, 1939. Here’s some unusual facts about this monumental film and its all-star cast.

Dorothy: Due to the fact that white does not film well in Technicolor, Garland’s oh-so-recognizable blue-and-white gingham dress was, in fact, pale pink and white. She wore a corset to help her maintain her childlike physique throughout the duration of the film.

Toto: Terry, a Cairn Terrier, was cast to play Garland’s companion, Toto. For playing the role of Dorothy’s faithful companion, the dog earned $125 per week. Terry made appearances in more than 12 films.

The Tin Man: Haley’s costume was excessively stiff – so much, in fact, that he had to lean against something if he wished to rest. Haley mentioned on multiple occasions that creating the film was not very enjoyable.

Wicked Witch of the West: Hamilton endured severe burns while filming the movie following the sequence where she disappears in a cloud of smoke after meeting Dorothy. She missed six weeks of filming.

August 2017

Living the Dream

Civil rights leader Martin Luther King, Jr., took Washington, D.C. by storm when he delivered his famous “I Have a Dream” speech on August 28, 1963. He had organized a march on Washington intending to show America that ending racial problems was of the utmost importance. From the steps of the Lincoln Memorial, King spoke in front of more than 250,000 people who were eager to hear his dreams of peace and change. This speech later became known as one of the most pivotal moments of the American Civil Rights Movement. King and other civic leaders speaking during the March on Washington wanted to promote change through peaceful means, as so many events surrounding the Civil Rights Movement were plagued with unnecessary acts of violence. This speech led to his receipt of the Nobel Peace Prize the following year.

The Heat is On

August is a month in which sweltering heat sweeps across our nation. From the West to East Coast, North to South, many of our bodies are drenched in sweat on a very regular basis. But let’s not dwell on the obvious. Here are some random “cool” facts for the month of August. See how many of them you know.

• Of the major U.S. cities in the lower 48 states, San Francisco, CA has the lowest average temperature for August. It would be easy to stay cool there, with an average high of 68°F and a low of 55°F.

• Antarctica reached a new low on Aug. 10, 2010, as the air’s temperature reached its coldest temperature on record: -135.8°F. This temperature was approximated by a satellite reading.

• Of the major U.S. cities, 14 of them stay below 80°F, on average, during the summer: San Francisco, San Diego, San Jose, Seattle, Buffalo, Milwaukee, Portland (Oregon), Boston, Rochester, Providence, Cleveland, Minneapolis, Pittsburgh, and Detroit.

• The average high temperatures in Alaska during August range from 40°F to 68°F.
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<th>SUNDAY</th>
<th>MONDAY</th>
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<tr>
<td>9:30 Family Tree Project</td>
<td>9:30 Who is Pablo Picasso 10:00 Recycled Art - Lighthouse 11:00 Qi Chong w/Janet 11:30 Dance Like No One is Watching 1:30 Wag &amp; Tail Visits 2:00 Gift Giving - Lavender Sachet 2:30 Public Speaking Fears 4:00 Finish The Phrase 7:00 Karaoke-Love Songs</td>
<td>9:30 Morning Trilogy 10:00 Deep Breathing Exercises 11:00 Patio Whale Tales 2:00 Chinese Soapstone 3:00 The Do's and Don'ts for Babies 4:00 O Say Can You See Social 7:00 Tranquility Yoga</td>
<td>9:30 HC Headlines 10:00 Stretch &amp; Fit 10:30 Botanical Table Florals 11:00 Young At Art - Summer Necklaces 11:30 Name that Monument 2:30 Memory Magic w/Lucky 4:00 Friendly Visit 3:00 Expressive Art w/Zach 7:00 Evening Cinema Singing in The Rain</td>
<td>9:30 Only The Good News 10:00 Morning Stretches 10:30 Botanical Table Florals 11:00 Young At Art - Summer Headlines 11:30 Name that Monument 2:30 Memory Magic w/Lucky 4:00 Friendly Visit 3:00 Expressive Art w/Zach 7:00 Evening Cinema Singing in The Rain</td>
<td>9:30 Today's Weather 10:00 Movin and Groovin 10:30 Demolition Derby 11:00 Art Expression - Chinese Fan Art 11:30 Famous Mother's In History 2:00 Name that Country 3:00 Art Behind Michelangelo 4:00 Star Board or Port side Trivia 7:00 Conducting The Symphony</td>
<td>9:30 Young At Art - Silhouette Art 10:30 News Current Events 10:30 The Secret To High Kicks 11:00 History of Belmont Stakes 11:30 Thumb Ball Trivia 11:45 Reminiscing The Famous Kool-Aid Ads 2:30 Word Challenge 4:00 Name That Tune Challenge 7:00 Sensory Stretches</td>
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<td>9:30 The Daily Chronicle 10:00 Joys of Movement 10:30 Learn About Left Handed People 11:00 Sunday Morning Hymns 11:15 Praise &amp; Worship w/Janet 2:00 Bible Jeopardy 2:30 Untold Stories of the Kool-Aid Man 4:00 Snip, Clip and Save 7:00 Karaoke-Love songs</td>
<td>9:30 Open Mind, Open Heart 10:00 Let's Kick it! 10:30 Discussion-Police Jobs 11:00 Qi Chong w/Janet 11:30 Navajo Sand Paintings 1:30 Pet Pooch Visits 2:00 Westminster Cathedral Tour 2:30 Art of Knitting w/Gwen 4:00 Common Sayings 7:00 Evening Meditation</td>
<td>9:30 Summer Beach Bags 10:30 Walk Fit 11:00 Color the phrase 11:30 Baking Like Julia - Peanut Butter Cookies 11:30 Name that Fairy Tale 2:30 Who Was Napoleon 3:00 Name that Tune 4:00 Summer Road Trip Stories 7:00 Aromatherapy Hand Massages</td>
<td>9:30 You Think You Know Elvis 10:00 Evening Meditation 10:30 Elvis Presley Sing-A-Long 2:30 Art Design - Beachy 11:30 Visiting The Grand Canyon 3:00 Visiting The Grand Canyon 5:00 Let's Kick It! 7:00 Evening Meditation</td>
<td>9:30 Reflections of the Day 10:00 Pep in your Step! 11:00 Basket Ball Challenge 11:30 Which Comes first? 2:30 Art Design - Beachy 2:30 Art Design - Beachy 2:00 Let's Kick It! 7:00 Evening Meditation</td>
<td>9:30 Piano Discussion- Winning The Lottery 10:00 Stage Racing 11:00 Basketball Challenge 11:30 Which Comes first? 2:30 Art Design - Beachy 2:30 Art Design - Beachy 2:00 Let's Kick It! 7:00 Evening Meditation</td>
<td>9:30 What Did This Antique Do 10:00 Used Scissors Run Hunt 11:00 Young At Art- Sand Castles 11:30 Dog Fetch Fails 12:00 Who Said That Presidential Quotes 2:30 Baking Challenge - Rockflower Floats 4:00 Famous Actors of the 40's 7:00 The Best of I Love Lucy</td>
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<td>9:30 Art Design- No Sew Pillows 10:00 Music in Motion 10:30 Morning Devotions 11:00 Summer Family Trips 11:15 Praise &amp; Worship 2:00 Bingo With A Twist 2:30 Sunday Summer Trip Stories 2:45 Origami Art - Flower Design 4:00 Karaoke-Oldies</td>
<td>9:30 Is The Weather Always Accurate 10:00 Learn The Art of Hula 11:00 Qi Chong w/Janet 11:30 Art Deco Photo Frames 11:45 Sensational Hand Massages 2:00 Family Vacation Books 2:30 Hawaiian Song Dictionary 4:00 Blue Grass Sounds 7:00 Sayings To Live By</td>
<td>9:30 Short Story Drawings 10:00 Fit For Life 10:30 Evening Meditation 11:00 Ready Set, Grow! 1:30 Outing: Airport Sightseeing 2:00 Clay Sculpting Sand Angels 3:00 What Was That Beat-Drum Circle 4:00 Zumba w/Phyllis 7:00 Origami Fighter Jets</td>
<td>9:30 Garden Stroll 10:00 Stretch &amp; Fit 10:30 Botanical Table Florals 11:00 Jukebox Bombshells 11:30 Ice Cream Social 2:30 Sponge Cake Bakers 2:45 Friendly Visit 3:00 Love To Paint w/Zach 4:00 Which Presidents Had Pets 7:00 Movie: Teacher's Pet</td>
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Are you male or female? The answer to this seemingly simple question can have a major impact on your health. While both sexes are similar in many ways, researchers have found that sex and social factors can make a difference when it comes to your risk for disease, how well you respond to medications, and how often you seek medical care. That's why scientists are taking a closer look at the links between sex, gender, and health. Here's a list of quick facts and differences between men and women:

- Women and men have different symptoms of heart attack.
- Women are twice as likely as men to experience depression.
- Men are less likely than women to admit to negative moods and seek treatment for mental health issues.
- Men are more likely than women to have gout, a type of arthritis. Female risk for gout increases after menopause.
- Osteoporosis is more common in women than men, yet it still poses a risk to men as they age.
- Some medicines affect women and men differently, such as aspirin and some sleep medications.
- Females are more likely to injure their knees playing sports.
- Males are more likely than females to develop autism spectrum disorders and certain other neurodevelopmental conditions.
- Two-thirds of people age 40 and up who are visually impaired or blind are women.
- Pain disorders like chronic TMJ are more common in women.
- Women are often primary caretakers of children, household needs, and aging family members, but they are more likely to delay their own health needs.

**A Dynamic Discovery**

What can you buy with $7.6 million? Try the largest Tyrannosaurus rex fossil available to date. This 40-foot long fossil better known as "Sue," named after its discoverer paleontologist Sue Hendrickson, was unearthed on Aug. 12, 1990, on the Cheyenne River Indian Reservation in South Dakota. It was unquestionably well maintained for its age, with a skull measuring roughly 5 feet in length. A dispute erupted over the land in which Sue was discovered, as several parties claimed rights to the enormous dinosaur’s bones. Many believed this find belonged in a museum, for all the world to see. Therefore, multiple donors and charitable organizations joined together in 1997 to purchase Sue at a Sotheby’s auction on behalf of Chicago’s Field Museum of Natural History. The fossil’s safekeeping was ensured, and Sue, teeth and all, can currently be found resting comfortably in her home at the Field Museum.

**National S’mores Day**

August 10, 2017

Cost: Just $7.6 Million!