

Mountain Vista View

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Celebrating August

Birthdays

Debbie W

Leon B

Diana S

Cheryl H

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

Happy August Everyone!

Summer has been a lot of fun! 4th of July has come and gone. We also worked hard to put on a great Yard Sale in July. Thanks for all those that contributed.

Happy birthday to all our residents who have a birthday in August. Please join us to celebrate their birthdays on August 26 at noon for a lunch and sign up at the Club House. If it is your birthday month, you eat for free, otherwise it is \$5 a meal.

Reminder: Community Table food will be dropped off at the Club House on August 5 at 3 pm. This is a free resource.

Please keep an eye out for dates on the calendar that the Club House is rented out. Join us for Bible Study each Wednesday at 10 am. Also on Wednesdays we meet for cards at 1 pm. Church Service with Pastor Barry will take place on Sunday August 7 at 2 pm.

Try your luck at Bingo on August 9 & 23rd at 2 pm. This month our Coffee and Donuts will take place on August 6th and 20th at 10 am.

Important reminder: Our Resident Council meeting will take place on August 16 at 10:15 am in the Club House. We did not meet last month due to the Yard Sale though will reconvene and catch up in August. Hope to see you there.

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.

Water Conservation

Gardening is part of what makes summertime great! Beautiful flowers, fragrant herbs, tasty vegetables- all bring joy to us throughout the season. Colorado is in an active drought & we can do our part to help. Here are some helpful hints for keeping your plants happy and conserving water:

- Water plants early in the morning or at dusk. The plants are more likely to absorb the moisture and not evaporate.
- Avoid watering plants if they were recently saturated by rainfall
- Use mulch to prevent water evaporation
- Use water saving containers
- Save rainfall water for later use
- Group plants with similar watering requirements together
- Use native plants whenever possible

Thanks for doing your part!

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.