

SunnyBrook of Carroll

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August 2020



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

**Happiness
Happens
Month**

**International
Clown Week**
August 1-7

**Watermelon
Day**
August 3

Elvis Week
August 8-16

**Creamside
Day**
August 14

**Senior
Citizens Day**
August 21

**National
Park Service
Day**
August 25

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. 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.

Jerry Garcia (musician) – August 1, 1942
James Baldwin (writer) – August 2, 1924
Barack Obama (president) – August 4, 1961
Alex Haley (writer) – August 11, 1921
Lillian Evanti (singer) – August 12, 1890
Julia Child (chef) – August 15, 1912
Coco Chanel (designer) – August 19, 1883
Ray Bradbury (writer) – August 22, 1920
Althea Gibson (athlete) – August 25, 1927

Keeping Our Cool cont. from pg. 1

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 brilliant invention sparked an industry that changed the world, putting a much-needed chill on summer's dreaded dog days.



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?

Cont'd on pg. 4



Mighty Mail-Order

On August 18, 1872, Aaron Montgomery Ward mailed out a catalog detailing the wares he had for sale at his dry goods business in Chicago. His 8 X 12-inch pricing sheet was the world's first mail-order catalog. Ward believed that people living in rural

communities wanted city goods and that he could provide them at an affordable cost. He mailed his goods from Chicago to rural train stations, where customers could pick them up. Country folk loved the wide selection of goods Ward was able to offer, and his idea

gathered steam over the next few years. Rural retailers tried to thwart his success by burning the catalogs, to no avail. By 1883, Ward's modest pricing sheet had become a 240-page "Wish Book" filled with 10,000 items. Ward had become the titan of the mail-order business.

The Road to Success



A road trip can be a daring and adventurous way to see the world. Perhaps there was no driver more adventurous than Bertha Benz, wife and business partner of the German automobile inventor Karl Benz. She became the first person in the world to take a road trip, in August of 1888.

Karl was a brilliant engineer, as evidenced by the invention of his three-wheeled “horseless carriage.” It was Bertha, however, who saw the need to publicize her husband’s automobile. So, Bertha gathered her two teenage sons and hit the road to visit her mother in Pforzheim, 65 miles away. Bertha, setting out on the

Notable Quotable

“My first customer was a lunatic. My second had a death wish.”

~ Karl Benz, automobile inventor

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

world’s first road trip, acted as both driver and mechanic. Stories tell of how she repaired a broken ignition with her garter and unclogged a fuel line with a hatpin. When the wooden brakes wore thin, she implored a cobbler to install leather soles as the world’s first brake pads. With each town she passed, both Bertha’s fame and the publicity for the Benz auto grew. Smartly, Bertha returned home via a different route, further spreading the fame of the Benz auto and the ingenious woman who drove it. By the time Bertha arrived home, auto orders were pouring in and Benz was birthing a revolutionary new industry.

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.

Only You

During World War II, Japanese submarines bombed a California oil field and nearly triggered a massive forest fire. This prompted the Forest Service to run ads in conjunction with the War Advertising Council that read, “Another Enemy to Conquer: Forest Fires” and “Careless Matches Aid the Axis.” At first, Disney allowed *Bambi* to be used as a mascot. Then, on August 9, 1944, the U.S. Forest Service adopted Smokey Bear as its new mascot, wearing his trademark Ranger’s hat and blue jeans and carrying a shovel. Soon, every camper in America knew about Smokey and his mission to prevent forest fires.



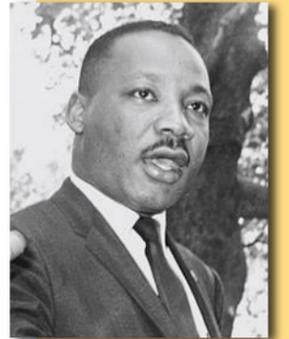
King’s Inspirational “Dream”

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.

For many attendees of the march and many in the media, King’s speech—with his moving descriptions of equality between children of all races and colors and his hopes for universal freedom and the future of the nation—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.



Notable Quotable

“I know what I’ve done for music, but don’t call me a legend. Just call me Miles Davis.”

~ Miles Davis, jazz trumpeter

Words of Wisdom

Which inspirational quote was not said by Dr. Martin Luther King Jr.?

1. “Intelligence plus character—that is the goal of true education.”
2. “Darkness cannot drive out darkness, only light can do that.”
3. “The time is always right to do what is right.”
4. “Do I not destroy my enemies when I make them my friends?”

ANSWER: 4. Abraham Lincoln

Jazz Milestones

On August 17, 1959, the world first listened to what many consider to be the greatest and most innovative jazz recording of all time, Miles Davis’ “Kind of Blue.” Up until this point in jazz music,

bebop, with its traditional chord changes, was the norm. Davis and composer George Russell threw precedent out the window. They chose to improvise not by following

chord changes but to instead use scales, chords, and melodies. This opened up their music to almost endless possibilities. It was a new musical movement that changed jazz forever.

