

Ferris Hills at West Lake



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?

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.



Rest and Relaxation

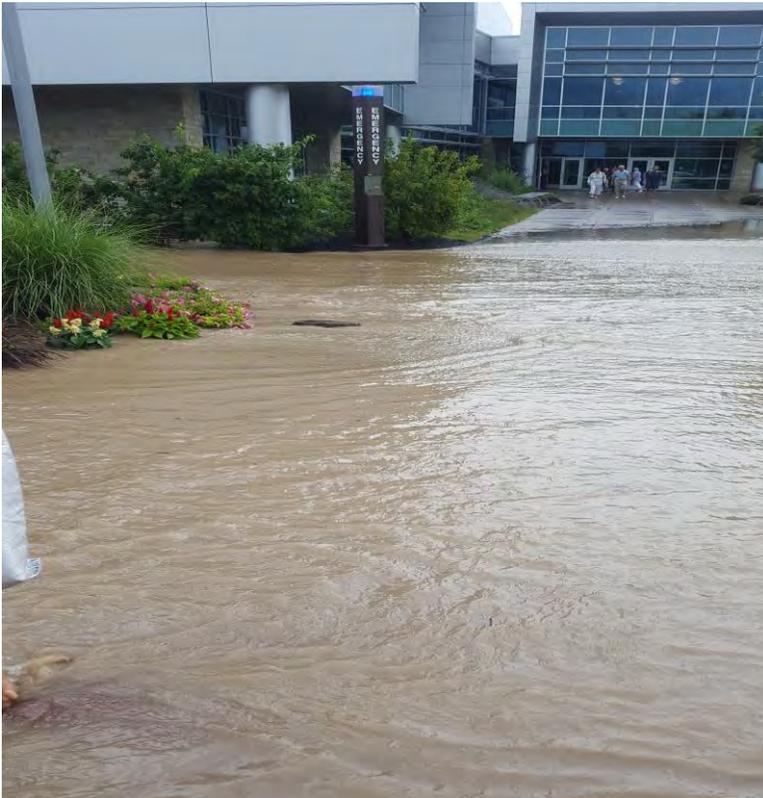
August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm 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.

CLASSIC CAR SHOW 2017...



Making a Splash!

Swimsuits were needed to make it back to the bus following the concert at FLCC on Sunday July 23rd...



I am a 'Seenager'- Senior Teen.

I have everything that I wanted as a teenager, only 50-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not afraid of getting pregnant, they aren't afraid of anything, they have been blessed to live this long, why be afraid?

And I don't have acne.

Life is good! Also you will feel much more intelligent after reading this, if you are Seenager. Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information crammed into their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE!

By unknown

Courtesy of The Breakfast Club

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.

24th Julie Foisy (Clark Meadows)