August 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 1-641-856-2757

Celebrating August

Homemade Pie Day
August 5

International Lefthander's Day
August 13

Root Beer Float Day
August 6

Elvis Week
August 9–17

Women's Equality Day
August 26

Facility News

COVID Update: *We have had one resident and one employee test positive in the last month. We continue to follow best practices for infection prevention and control. If you have been exposed, we ask that you please not visit the facility until you have completed the required quarantine period. We appreciate your help in keeping our residents safe and healthy.*

Let's enjoy August before summer slips away! August 26th is Centerville Bike Night. If you hae a motorcyle or know someone who rides, we encourage you to bring them out for our residents to admire. Further information will be posted on our Facebbook page.

Residents will enjoy fair activities at the facility during the Iowa State Fair. Fair food, carnival games, and other fun activities will help bring a small part of the fair to them. If you would like to volunteer ideas, manpower, or supplies, please reach out to Korie at activity@goldenagecarecenter.com or call the facility.

Sheila McAvoy 13th

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.

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.

Our thoughts and prayers go out to the family and friends of Emma Mericle.

Golden Age
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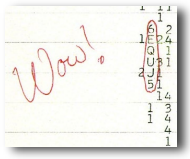
Postage Information

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.

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