



Why Do We Call Them the 'Dog Days' of Summer?

It doesn't have to do with dogs lying around in the heat—the phrase comes from ancient Greek beliefs about a star.

THE "DOG DAYS," I always thought, were those summer days so devastatingly hot that even dogs would lie around on the asphalt, panting.

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

To the Greeks and Romans, the "dog days" occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

"If you go back even as far as Homer, *The Iliad*, it's referring to Sirius as Orion's dog rising, and it describes the star as being associated with war and disaster," said Jay B. Holberg, author of *Sirius: Brightest Diamond in the Night Sky* and senior research scientist at the University of Arizona Lunar & Planetary Laboratory. "All throughout Greek and Roman literature, you found these things."

The phrase "dog days" was translated from Latin to English about 500 years ago. Since then, it has taken on new meanings.

"Now people come up with other explanations for why they're called the 'dog days' of summer, [like] this is when dogs can go crazy," said Anne Curzan, an English professor at the University of Michigan.

"This is a very human tendency," she said. When we don't know the origin of a phrase, we come up with a plausible explanation. "The meaning has been lost," said Holberg, "but the phrase has lived on."

The Hottest Days?

So, did the Greeks get it right? Are the dog days, around when Sirius rises, really the hottest days of the year?

Continued next page...



Margaret 8/10

Berenice 8/10

Brittany 8/25

(Dog Days Continued...)

Well, no.

Although July and August are generally known as the hottest months of the year in the Northern Hemisphere, the hottest period can vary from year to year. And depending on your latitude, the astronomical dog days can come at different times.

There's another reason that the dog days don't correspond neatly with the heat: the stars in Earth's night sky shift independently of our calendar seasons. "The calendar is fixed according to certain events, but the stars have shifted according to the way that the Earth wobbles," said Larry Ciupik, astronomer at Adler Planetarium and director of the Doane Observatory. "So in about 50-some years, the sky shifts about one degree."

This means that the dog days of ancient Greece aren't the dog days of today. What it also means is that several millennia from now, this astrological event won't even occur during the summer.

"In 26,000 years, the dog days would completely move all around the sky," said Schaefer. "Roughly 13,000 years from now, Sirius will be rising with the sun in mid-winter."

Ah yes, the dog days of winter. When it's so cold that even the dogs lie around the fire, trying to stay warm.

BY BECKY LITTLE, NATIONAL GEOGRAPHIC
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Zucchini Brownies

Ingredients:

- ◆ 1/2 cup (112g) vegetable oil
- ◆ 1 1/2 cups (300g) granulated sugar
- ◆ 1 tbsp. vanilla extract
- ◆ 2 cups (256g) all-purpose flour
- ◆ 1/2 cup (64g) unsweetened cocoa powder
- ◆ 1 1/2 tsp. baking soda
- ◆ 1 tsp. salt
- ◆ 3 cups finely shredded zucchini DO NOT DRAIN
- ◆ 1 1/4 cups semi-sweet chocolate chunks

Instructions:

1. Preheat oven to 350°F and prepare a 9x13 pan with butter and line with parchment paper.
2. In a large bowl combine oil, sugar, and vanilla
3. Add flour, cocoa, baking soda, and salt. Mix until combined. Batter will be very dry.
4. Fold in zucchini by hand. Allow batter to rest for 5 minutes.
5. Add in chocolate chunks and stir again. Batter should appear more wet.
6. Spread brownie mixture into the pan and bake for 25-35 minutes. Brownies are done with an inserted toothpick is removed with crumbs.

Vaccines are an important step in protecting adults against serious, sometimes deadly, diseases. Even if you were vaccinated at a younger age, the protection from some vaccines can wear off with time, or the viruses or bacteria that the vaccines protect against change so your resistance is not as strong. As you get older, you may also be at risk for vaccine-preventable diseases due to your age, job, hobbies, travel, or health conditions.

CDC recommends that all adults get the following vaccines:

- ◆ Influenza (flu) vaccine every year to protect against seasonal flu.
- ◆ Td vaccine every 10 years to protect against tetanus.
- ◆ Tdap vaccine once instead of Td vaccine to protect against tetanus and diphtheria plus pertussis (whooping cough) and during each pregnancy for women.
- ◆ Other vaccines you need as an adult are determined by factors such as age, lifestyle, job, health condition, and vaccines you have had in the past. Vaccines you need may include those that protect against: shingles, human papillomavirus (which can cause certain cancers), pneumococcal disease, meningococcal disease, hepatitis A and hepatitis B, chickenpox (varicella), measles, mumps, and rubella.

Adults with certain chronic conditions are more likely to develop complications, including long-term illness, hospitalization, and even death, from certain vaccine-preventable diseases.

Heart Disease

People with heart disease, or those who have had a stroke, have a higher risk of serious medical complications from the flu, including worsening of their heart disease. Among adults hospitalized with the flu during the 2015-2016 flu season, heart disease was among the most commonly occurring chronic conditions.

CDC recommends people with heart disease get a yearly flu vaccine. They should also get pneumococcal vaccines, once as an adult before 65 years of age and then two more doses at 65 years or older.

Lung Disease

People with asthma, chronic obstructive pulmonary disease (COPD) or other conditions that affect the lungs have a higher risk of complication from the flu even if the condition is mild and symptoms are controlled. Since people with asthma and COPD have sensitive airways, inflammation caused by the flu can cause asthma attacks or make asthma and COPD symptoms worse. People with asthma, COPD, or other conditions that affect the lungs are more likely to develop pneumonia and other respiratory diseases after getting sick with the flu than those without these conditions.

CDC recommends people with asthma, COPD, or other conditions that affect the lungs get a yearly flu vaccine. If you have a lung condition, you should also get pneumococcal vaccines—once as an adult before 65 years of age, and then two more doses at 65 years or older. Your doctor may recommend additional vaccines based on your lifestyle, travel habits, and other factors.

Diabetes

People with type 1 or type 2 diabetes have a higher risk of hepatitis B virus infection. Hepatitis B can be spread through sharing of blood glucose meters, finger stick devices, or other diabetes care equipment such as insulin pens. People with diabetes, even if well managed, are more likely than those without diabetes to have complications from the flu such as pneumonia, which can lead to hospitalization. In addition, having an infection can make it more difficult to control blood sugar well.

CDC recommends people with diabetes get pneumococcal vaccines, once as an adult before 65 years of age and then two more doses at 65 years or older, a yearly flu vaccine, and a hepatitis B vaccine series if they're between the ages of 19 and 59. If you are 60 years or older, talk to your doctor to see if you should get hepatitis B vaccine.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">August Activity Calendar</h1>			1 8am Table Talk	2 8am Table Talk	3 8am Table Talk	8am Table Talk
			9am Communion	10am Salon-Valorie	10am 1on 1 Visits	10am Bingo
			2pm Wii Games	2pm Sensory Jim	2pm Manicures	2pm Coffee & Coloring
5 8am Table Talk	6 8am Table Talk	7 8am Table Talk	8 8am Table Talk	9 8am Table Talk	10 8am Table Talk	11 8am Table Talk
10am Church TV	10am Horoscope	10:30am Music Therapy	9am Communion	10am Salon-Valorie	10am 1 on 1 Visits	10am Board Games
2pm Craft of Choice	2pm Movie Monday	2pm Sensory Jim	2pm Bible Study	2pm Zumba	2pm Manicures	2pm Craft of Choice
12 8am Table Talk	13 8am Table Talk	14 8am Table Talk	15 8am Table Talk	16 8am Table Talk	17 8am Table Talk	18 8am Table Talk
10am Church TV	10am Horoscope	10am Chair Exercise	9am Communion	10am Salon-Valorie	10am 1 on 1 Visits	10am Computer Games
2pm Games on the Patio	2pm Movie Monday	2pm Sensory Jim	2pm Wii Games	2pm Sensory Jim	2pm Manicures	2pm Trivia
19 8am Table Talk	20 8am Table Talk	21 8am Table Talk	22 8am Table Talk	23 8am Table Talk	24 8am Table Talk	25 8am Table Talk
10am Church TV	10am Horoscope	10am Baking	9am Communion	10am Salon-Valorie	10am 1 on 1 Visits	10am Chair Exercise
2pm Wine & Painting	2pm Movie Monday	2pm Sensory Jim	2pm Bible Study	2pm Sensory Jim	2pm Manicures	2pm Bingo
26 8am Table Talk	27 8am Table Talk	28 8am Table Talk	29 8am Table Talks	30 8am Table Talk	31 8am Table Talk	1 8am Table Talk
10am Church TV	10am Horoscope	10am Chair Exercise	9am Communion	10am Salon-Valorie	10am 1 on 1 Visits	10am Hang Man
2pm Craft of Choice	2pm Movie Monday	2pm Sensory Jim	2pm Wii Games	2pm Sensory Jim	2pm Manicures	2pm Games on the Patio



Did you know that zucchini was a fruit? Well, if you're a gardener, you know this fact already. You also know that zucchini grows in abundance and is ready for harvest in August. Zucchini growers also know that one plant of zucchini allows you to share this wonderful treat!

National Sneak Some Zucchini Into Your Neighbor's Porch Day August 8
www.NationalDayCalendar.com