Notable Quotable

"Let us always meet each other with a smile, for the smile is the beginning of love."

~ Mother Teresa (born August 26, 1910)

Mind Diet Corner- Blueberries

It's Blueberry Season

You couldn't ask for a better time to increase your consumption of fresh blueberries each day. Blueberries have been associated with improved cognitive function in some studies. Eating blueberries showed an increase in blood flow to key areas of the brain, improvements in memory and attention to required tasks.

Journey Back to Oz *(cont. from pg. 1)*

deliver the same message about friendship, courage, and finding your way home.

The story's appeal has lasted in part because it offers both adventure and comfort. As author Ray Bradbury once said, "Oz is what we would hope and like to be," a place where villains aren't so villainous and hope always wins out.

The Wizard himself is a memorable figure, too. When his secret is revealed, he admits, "I'm really a very good man, but I am a very bad wizard," reminding us all that sometimes good intentions matter more than magical powers.

So this August, why not revisit Oz? Dust off the book, queue up the movie, or share the story with a grandchild or other young friend. After all, as Dorothy reminds us, "There's no place like home"—and for many, Oz will always feel a little like home, too.

Heartthrob of the Silent Screen

He was born Rodolfo Alfonso Raffaello Pierre Filibert Guglielmi di Valentina d'Antonguolla, but his devoted fans knew him as Rudolph Valentino, and he was one of Hollywood's earliest stars of the silent era.

Valentino was the prototypical tall, dark, and handsome Italian—a perfect on-screen hunk. After dancing a tango in *The Four Horsemen of the Apocalypse*, he became a national sensation. His sudden death on August 23, 1926, threw his legions of fans into hysteria. Some even attempted suicide.

Tens of thousands visited his open casket in New York City, where mourners rioted and broke a plate-glass window at the funeral home in the hopes of getting in for a final glimpse of the star. A reported 100,000 mourners lined up outside the church where services were held. By train, Valentino's body made its last trip to Hollywood for a final silent goodbye.

Currents at the Cove

August 2025

August Activities

8/3 & 8/31 Lake Church Gospel Singers

8/4-8/8 Under the Sea Theme Week

Every Monday
Music w/Martha W.

Every Tuesday
Therapy Dogs Visit

Trips to NL Barn Playhouse
8/15 & 8/29

August 9
Music w/Sueanne Thayer

August 12
Birthday Party
Music w/Martha Mitchell

August 14
Music w/Second Wind

August 16
Music w/Moe Kennett

August 27
Music w/Gerry Grimo & East Bay Jazz

Trips to Sanctuary Farm & Go Lightly too! See our website for our full schedule.

Sunapee Cove Assisted Living & Memory Care
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Journey Back to Oz

August marks a celebration for fans of *The Wizard of Oz*—the 86th anniversary of the beloved film's release on August 25, 1939. In addition, the 125th birthday of the classic book, first published in May 1900, was celebrated earlier this year. Whether you first met Dorothy and Toto on the page or the silver screen, their journey down the Yellow Brick Road continues to charm audiences of all ages.

L. Frank Baum's *The Wonderful Wizard of Oz* was a sensation from the start, quickly becoming a staple in American children's literature. Over the decades, the story has inspired sequels, stage plays, and, most famously, the 1939 MGM film starring Judy Garland as Dorothy. The film dazzled audiences with its Technicolor magic, memorable songs, and a cast of unforgettable characters: Scarecrow, Tin Man, Cowardly Lion, and, of course, Toto (who was played by a female dog named Terry).

The book and the movie differ in small ways—Dorothy's slippers are silver in the book but ruby red in the film, for example—but both *(cont. on p. 4)*

Black Cats in a New Light

Does a shiver run down your spine when a black cat crosses your path? Do you instantly think of bad luck at the sight of this *feline noir*?

Black Cat Appreciation Day on August 17 is your chance to revise your superstitious notions. For example, in Scotland, Great Britain, and Japan, black cats are considered good luck and signs of prosperity. Some believe that a woman who owns a black cat will have many suitors. Long ago, sailors would choose a black cat as their ship's cat to protect their ship and bring good fortune.

Shelters posting black cats for adoption offer another reason to appreciate black cats: they go well with any outfit.

When Tomatoes Fly

The acidity of the tomatoes helps disinfect the town and leaves the streets clean.

The story goes that during Buñol's traditional parade featuring Giants and Big-Heads figures (costumed characters prominent in Spanish festivals, dating back to the 16th century), a playful scuffle broke out among some young people. When a participant lost his temper and started hitting things, nearby vegetable stalls became the battleground. Tomatoes flew, and a chaotic food fight erupted, which the police had to end. The following year, the youngsters deliberately brought their own tomatoes to recreate the fun, and La Tomatina was born.

Though the festival was banned in the early 1950s by the Spanish government for lacking religious significance, the locals protested passionately. In 1957, they held a "tomato funeral," carrying a coffin with a giant tomato through the streets accompanied by funeral music.

This clever demonstration convinced the authorities to allow the festival again, and it officially became part of Buñol's annual festivities.

Today, La Tomatina, the last Wednesday in August, attracts over 20,000 participants from around the world. The event kicks off with a slippery pole climb called *palo jabón*, followed by an hour-long tomato battle where trucks unload around 150,000 overripe tomatoes onto the streets. Participants gleefully throw the squishy fruits at each other, turning the town square into a red, messy playground.

More than just a food fight, La Tomatina celebrates community spirit, spontaneity, and fun. It has grown from a local prank into an internationally famous festival—a joyful reminder that sometimes it's good to let loose and enjoy a harmless mess.

Reminiscing- Summer Pleasures

We get a little nostalgic in the summer time. It's fun to think back to all the good times we had.
School was out and it was the good ol'days of being outside till supper. We would catch fireflies at dusk, have water balloon fights, make homemade ice cream, go on long bike rides, play in the sprinklers to cool off. One particular favorite was blowing bubbles. There was always a contest of who could blow the biggest one. Here is one of our own doing just that.

Roughly 800 million people worldwide write or perform other tasks with a dominant left hand.

Lefties Take the Lead

Did you hear the one about the inventor who developed a left-handed hammer? It didn't sell. He forgot to invent left-handed nails! But if he had, they likely would have been sold by the Left Handers Club, which celebrates International Left Handers Day on August 13. On average, 10% of people are left-handed writers. This rate reportedly varies by country; roughly 13% of Canadians and just 2.5% of Mexicans are left-handed.

Left Handers Day is about more than just advocating for left-handed products. It's about creating "Lefty Zones," where right-handed people attempt tasks using their left hands. For one day, the proverbial shoe will be on the other foot. It's a day when all lefties will fight for their, um... rights.

Dobermans were used by the armed forces in World War II as scouts and messengers.

Pawsitive Days of August

The hot and sultry days of summer, known as the "dog days," stretch from July 3 to August 11. This period of time was named by the ancient Romans, who observed that the Dog Star, Sirius, was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 3–9 is Assistance Dog Week, a week honoring the canines who help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere.

In addition, August 5 is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. "Detection dogs" are used to sniff out everything from bedbugs to forest truffles to cancer.

However, no other dog can compete with the bloodhound's sense of smell. Bloodhounds can track a smell more than 300 hours old and trails more than 130 miles (209 km) long.

The Doberman pinscher was bred by a German tax collector named Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but also it's also one of the smartest dog breeds in the world.

German shepherds are renowned Hollywood actors as well as police and therapy dogs. The breed's courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

While we've all heard the saying "work like a dog," these industrious canines give the phrase new meaning.