

Editor's notes:

Did you know that most vehicles have fungi in their air conditioning units? For some people, this can lead to allergy symptoms -- sore eyes and throat, runny nose, and congestion. To prevent further fungi growth, turn off the AC before leaving the car but keep the blower running for a few minutes. This will dry out the vents and help prevent moisture collection.

Ever wonder why you see people smiling when they're eating ice cream? Nutritionists have found that ingesting the milk sugar in ice cream triggers the release of endorphins, which are naturally occurring chemical compounds in the brain that foster a sense of well being. If you're having a tough day and craving ice cream, Elizabeth Somers, a registered dietician, says it doesn't take much to release endorphins and suggests making it a special ritual: "Instead of eating half a gallon of ice cream in front of the freezer, spoon some out into a nice bowl, sit in your favourite chair, eat slowly, and savour each bite."

August was once known as Sextillis because it was the sixth month on the old Roman calendar. The name was changed to honour Augustus Caesar, the grandnephew of Julius Caesar. July, the month named after Julius, had 31 days, and August -- originally only 30 days -- was given an additional day (taken from February) so that Augustus would not have to do with less.

Here's what we're looking forward to this month:

Canadian Folklorama Festival, August 6-19 -- For more than 30 years, Winnipeg, Manitoba, has hosted this festival to celebrate ethnic diversity, making it one of the largest and longest running festivals of its kind. Pavilions representing nearly 50 countries are set up around the city to showcase their culture, food, music, dance and art. Almost half a million people attend.

Civic Holiday, August 7 -- In 1871, Sir John Lubbock, a member of Britain's House of Commons, declared that an August holiday in Canada would be "advisable and satisfactory," given the warm weather. This paid vacation day is celebrated in all but three of the provinces.

Elvis Week, August 8-16 -- In the first few years after Elvis Presley's death on August 16, 1977, several hundred fans would gather at the gates of Graceland on the anniversary of his death to light candles, stand at his grave site, and remember "the King." This memorial phenomenon was originally call "Death Week," but Elvis Presley Enterprises at Graceland renamed it "Elvis Week," and began sponsoring celebratory concerts and dances. Today, tens of thousands flock to Memphis, Tennessee to participate.

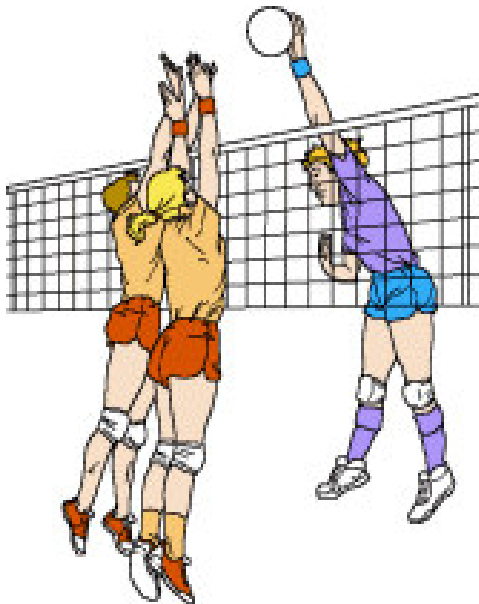
The highlight is the Candlelight Vigil, during which fans holding candles lit from the Eternal Flame in the Meditation Garden at Graceland, file past his final resting place.

International Lefthanders Day, August 13 -- Think about what it's like to live left-handed in a right-handed world. Over twenty-five million lefties -- 15 percent of North America's population -- handle this challenge each day with admiral dexterity! Born into a right-handed world, those who naturally favour their left hands have learned to write at right-handed desks, open cans with right-handed can openers, and shift gears with right-facing levers!

From the Beach to the Olympics

Volleyball, originally called "Mintonette," was developed by William Morgan at the Holyoke Massachusetts YMCA in

1895. In 1915, the Outrigger Beach and Canoe Club in Hawaii came up with the idea of organizing games on Waikiki's scenic -- and cushioning -- sands. By late 1940s, annual two-man beach volleyball tournaments were taking place in Southern California before spreading to Northern California, Florida, and Brazil. At the



same time, women joined the fun, first on coed, then all-women teams.

The popularity of the sport grew steadily, with the first men's world championship in 1987, followed by the women in 1993, by which time televised tournaments were a staple of cable TV sports. Beach volleyball proved itself as a demonstration sport at the 1992 Olympic Games in Barcelona and was elevated to an official sport at the 1996 Atlanta Games. At the 2004 Olympic Games in Athens, Brazil took gold in the men's competition; the U.S. took gold in the women's event.

Celebrating Creativity

Our neighbours to the south will be observing National Inventors' Month in August. Sponsored by the United Inventors Association, the Academy of Applied Science, and *Inventors' Digest* magazine, this celebration educates the public about the value of creativity and inventiveness and the importance of inventions and inventors to the quality of our lives. "We want to change the negative image of the wild-eyed genius," said Joanne Haynes-Rines of *Inventors' Digest*. We'd like to see kids add 'inventor' to the list of things they want to be when they grow up."

Since we in Canada are affected by just about every invention originating from the States, let's see how good you are at matching the inventor to the invention.

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| 1. Earl Tupper | A) whirlpool tub |
| 2. Clarence Birdseye | B) washing machine |
| 3. Jacob Schick | C) ready-mix paint |
| 4. Candido and Roy Jacuzzi | D) telegraph wires and an electronic coded alphabet |
| 5. Rose Markward Knox | E) revolver |
| 6. Henry Sherwin | F) frozen foods |
| 7. Samuel Colt | G) plastic food containers |
| 8. Samuel Morse | H) gelatin |
| 9. Charles Goodyear | I) electric shaver |
| 10. Fred Maytag | J) vulcanized rubber |
| 11. Louis Braille | K) standardized recipes |
| 12. Charles Macintosh | L) internal combustion engine |
| 13. Daniel Fahrenheit | M) reading text for the blind |
| 14. Rudolph Diesel | N) alcohol and mercury thermometers |
| 15. Fanny Farmer | O) waterproof raincoat |

Answers: 1G; 2F; 3I; 4A; 5H; 6C; 7E; 8D; 9J; 10B; 11M; 12O; 13N; 14L; 15K

On the road again . . .

Not all who wander are lost. -- *J.R.R. Tolkien*

For my part, I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move.

-- *Robert Louis Stevenson*

To know the road ahead, ask those coming back.

-- *Chinese proverb*

It is not the mountain we conquer, but ourselves.

-- *Sir Edmund Hillary*

One should always have one's boots on and be ready to leave. -- *Michel de Montaigne*

The Mulberry

"Here we go round the mulberry tree." While this nursery rhyme conjures up a pretty picture, it would be a messy proposition in the late summer months when the mulberry drops its fruit. Black mulberries resemble blackberries in taste and appearance and are often used in pies, preserves, and wines. The leaves of the white mulberry are eaten by silkworms and have been used for centuries by the Chinese to cultivate silk production. The red mulberry is native to North America (the white and black species originated in Asia). The durable wood of the red mulberry is valued for fenceposts, furniture, and caskets. Black mulberry trees typically don't grow more than 40 feet and the wood is of little commercial value, but nature lovers often plant them to attract birds to their yards. According to Greek legend, white mulberries turned red after being bathed in the blood of the star-crossed lovers Pyramus and Thisbe.