

HILLTOP COMMONS INFORMATION

Office: (530) 272-5274

Kitchen: (530) 272-2854

Fax: (530) 272-5275

Laundry Room Hours:

Daily: 7:00am-9:00pm

Please remove all items from washers and dryers by 9:00pm

Van Schedule (Starting date TBA)

Tuesdays and Thursdays

Shopping (Brunswick and Pine Creek)

Wednesdays

Doctor Appointments

Beauty Salon Hours:

Temporarily Closed

IMPORTANT PHONE NUMBERS:

Gold Country Lift: 271-7433 (271-RIDE)

Post Office: 273-3429

The Union: 273-9565

Comcast Cable: 1-800-266-2278

Gold Country Cab: 274-8294

Fast Taxi: 477-7766

Larry King (Uber/Lyft) 808 652-2490

Grass Valley Police

477-4600 (non-emergency)

Dear residents,

We want to thank you for your patience and understanding during these past couple months as we continue to work on returning to "normal" and work on adding all the activities and amenities you have come to enjoy at our community. With that in mind, we want to kindly remind you to please let us respectfully know if you have a concern or issue that needs to be addressed. Positive feedback on an activity or event you enjoy is always helpful too! Help us help you by reaching out to our office team directly so we can continue to improve. The livelihood and well-being of you, our residents, is of our utmost importance and one of the best ways to keep improving that is through your feedback. We appreciate you and thank you for your support and feedback!

-The Hilltop Team

August Birthdays

Rena Scharf.....8/3

Yovana Gutowsky.....8/3

Susan Laureysen.....8/9

Judy McBride.....8/10

Matt Herman.....8/27

August Anniversaries

Gary Koeppen.....1 year

Carol Aragon.....2 years

Mimie Dudek.....3 years

Nina Schott.....5 years +

Bettie Ferry.....7 years

Jack Sullivan.....8 years

Anne Brett.....13 years

Welcome New Residents

Yovana Gutowsky

Shirley Paulus

Jeff Ursell



August Newsletter

Hilltop Commons 131 Eureka St. Grass Valley, CA 95945 (530) 272-5274



From the Desk of Terri Howell Community Administrator

Summer, summer, summer!

I've heard it said that August is like the *Sunday of summer*. You all know what I mean. Back to school commercials begin to appear on television and end of the summer sales are everywhere. It's that realization that summer is winding down and all your chances at summer fun are disappearing fast, just like on Sunday evenings when you realize your weekend has come and gone. I believe, this August, we should all vow to embrace the *Sunday of summer* and enjoy every opportunity for fun. Are you with me?

I ran across some fun summer facts the other day that I thought you might enjoy. Some of which you may already know and some you might not.

- In the United States, over 650 million long-distance summer trips are made.
- Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.
- A ubiquitous summer treat is watermelon. Watermelon is part of the cucumber, pumpkin and squash family and consists of 92% water. On average, Americans consume 15 pounds of watermelon annually.
- Popsicles, a popular summer treat, was accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began selling them at an amusement park in New Jersey. In the U.S., cherry is the number 1 flavor.
- The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
- About one shot-glass worth of sunscreen is enough to cover the body.
- We all know mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years. (No wonder they are so good at their jobs!)
- In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.

Wishing you all a happy *Sunday of summer*!



*Congratulations
to Bonnie Beardsley
on her promotion to
General Manager of the
Kitchen and Dining Room!*

August Activities

**Exercise 9:30am
Mondays - Saturdays**

**Bingo 1:15pm
Mondays, Tuesdays,
and Thursdays**

**Trivia 1:30pm
Wednesdays**

**Happy Hour 2:30pm
Thursdays**

**Additional activities and
events will be advised**

A Macabre Month

During the seventh lunar month, from August 8 to September 6, Taiwan celebrates Ghost Month. Taoists and Buddhists believe that the gates of the underworld are thrown open, allowing “hungry ghosts” to roam the land. These lost souls, commonly called “Good Brothers” and “Good Sisters,” demand tribute from ancestors who have forgotten to honor them. August 22 is especially important, for it is on this day that families perform rituals and make offerings to appease the restless ghosts.

In order to satisfy the cravings of the ghosts, families leave offerings of food and hold large feasts with empty seats to appease the Good Brothers and Sisters. It is also traditional to use joss paper, a fragrant incense-like paper, to create papier-mâché offerings that look like clothing, gold, cars, televisions, and other goods. Even money known as “hell bank notes” is printed on joss paper. All the offerings are then burned, so that the gifts can be transported to the underworld and enjoyed by the hungry ghosts.

The goal of the month is to appease the ghosts, not attract them. For this reason, there are certain taboos every family should avoid. While lanterns are hung in temples to light the way for the lost souls, one should never hang lanterns or wind chimes in the home lest the ghosts find a way into



your house. Since the ghosts are believed to enjoy cold, damp, and dark spaces, it is important to let a lot of light into the house. Families open windows, install bright lamps, prune trees or shrubs that block the sun, and refrain from painting rooms in dark hues to repel the Good Brothers and Sisters. It is commonly believed that the toes of one's shoes point to where you are located. For this reason, people always point the toes of their shoes away from the bed while sleeping, so that the hungry ghosts cannot find them. At last, to lead the hungry ghosts back to the underworld, lanterns are lit and set on water. When the lights go out, families know that the ghosts have found their way back home.

Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, “Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other.” For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt's lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria's port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world's lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called *pharologists*, in memory of great Pharos.

Decoding History



forces working in the Pacific theater. The encoded language was so unique that it was never cracked by the Japanese.

While tremendous gratitude is owed to the famed Navajo code talkers of World War II, they were not the first Native American code talkers to be employed by the U.S. military. During World War I, a small group of Cherokee soldiers from western North Carolina were attached to British troops fighting the Germans off the west coast of France. When it was discovered that the Germans were intercepting communications, the Cherokee cleverly volunteered to transmit messages in their native language. The soldiers had guessed correctly. The Germans could not translate the communications. This tactic proved so effective that it was reused during World War II.

It was Philip Johnston, a non-native speaker of Navajo and a World War I veteran, who suggested the use of the Navajo language as code to the Marine Corps. Johnston knew enough of the language to know that it would be indecipherable to the Japanese. The Marines quickly recruited Navajo and helped them develop a code that could be rapidly transmitted and decoded. Throughout the entirety of the war, the Navajo code talkers would gain a stellar reputation for the skill, speed, and accuracy of their code-making. The Navajo may be the most famous of the code talkers, but they were in no way alone. Native speakers of Comanche, Assiniboine, Cree, Meskwaki, Mohawk, Muscogee, and Tlingit also provided unbreakable code for U.S. forces. The Code Talkers Recognition Act of 2008 finally recognized every Native American code talker with a Congressional Gold Medal.

Mastering Mahjong

If you're looking for a challenging new game to play, then consider taking up mahjong on August 1, International Mahjong Day. This Chinese tile-trading game is similar to rummy, where the object is to collect and trade matching sets of tiles.

The game was not developed in ancient China but was created around Shanghai in the mid-1800s. One story suggests that it was a servant of the emperor who applied the rules of popular card games to a newly designed set of tiles. The game grew in popularity locally amongst the Chinese, and Americans visiting China brought it back to America in the 1920s. Before long, mahjong was a popular and common parlor game played everywhere from living rooms and parks to sidewalks and resorts. The appeal of the game comes not just from the intellectual challenge and strategy involved, but from the social interaction required during play. The trading of tiles encourages talk between players across the table, and for many players, this table talk is what makes mahjong so enjoyable.

Feeling Left Out



It may be fitting that International Left-handers Day falls on Friday, August 13. Like many superstitions associated with Friday the 13th, left-handedness was once believed to be a source of evil. The Devil himself is thought to be left-handed, and in the Middle Ages, lefthanded people were thought to practice witchcraft. Luckily, modern science has put such unsettling notions to rest. There are really no great differences between right- and left-handers in personality, health, or thinking. For the 10% of the population that is left-handed, things might be more inconvenient—after all, the majority of the world is right-handed, so many products and designs cater to right-handed people.