

# THE MONTHLY GAZETTE

*"...When Summer gathers up her robes of glory,  
and like a dream of beauty glides away."*

~ Sarah Helen Whitman



## Plant of the Month – Fiddle-Leaf Fig

This popular house plant is native to West Africa. The fiddle-leaf fig can grow up to 10 feet tall indoors but can grow up to 60 feet outdoors. This tropical plant has lush, glossy, green leaves that resemble a violin or fiddle, which is how it got its name. Fiddle-leaf figs need a steady supply of sunlight, so it's ideal to place them by a window. However, if they get too much direct sunlight, the leaves could burn. It's also important not to overwater the plant because it likes to dry out a bit between weekly waterings. A symbol of fertility, abundance, new beginnings,



prosperity, and growth, it's a popular wedding or housewarming present. It is also a favorite plant for practitioners of feng shui. While the stunning plant produces edible fruit, it is not sweet like a typical fig and tends to dry out the mouth, so it's typically not eaten. On rare occasions, the plant will also produce small flowers.

## Special Days

**Sandcastle Day**  
August 2

**Sisters' Day**  
August 3

**Purple Heart Day**  
August 7

**S'mores Day**  
August 10

**Left-Handers Day**  
August 13

**Tell a Joke Day**  
August 16

**Women's Equality Day**  
August 26

## Flower – Gladiolus



The gladiolus represents strength and moral integrity—fitting given that its name comes from the Latin word for "sword," *gladius*. But while its sword-shaped stems might convey Roman gladiators, its flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus symbolizes infatuation.

Although beautiful in the garden, its chief value is for cut flowers. The flower's wide range of colors and sizes makes it ideal for flower arrangements.

## Birthstone – Peridot



Peridot is a lovely green gemstone. Often mistaken for an emerald, it is also known as "the poor man's emerald." Peridot is one of the few gems found in only one color. The intensity of peridot's greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.

## Birthday Treats

### August 1–7: Ice Cream

If you're born in the first week of August, you are sure to be friendly, intelligent, and charismatic. You are a social butterfly who is always in the know. Cool under pressure, you're often called on to be a leader and problem solver.

### August 8–15: Cookie

You are kindhearted with a flexible but pragmatic mindset and a positivity that shines no matter what life throws at you. Your compassionate and caring personality is second to none, and no one is better at comforting a friend.

### August 16–22: Pie

A nature lover at heart, you have a green thumb, a need for fresh air, and a prowess for baking. Sometimes silly, always sweet, fun, and smart, your social calendar is consistently full. Still, you also enjoy solitude and time with pals one-on-one.

### August 23–31: Cupcake

Well-known for your engaging personality, you are the life of the party. Friends call on you when they need a laugh, a hug, or a shoulder to cry on. You also offer caring, practical, sage advice that your loved ones have learned to count on.



## “Dog Days” of Summer

July 3 to August 11 are nicknamed the “dog days” of summer, a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they linked its appearance with extreme heat, drought, and even misfortune.

### August Zodiacs

Leo (The Lion)  
August 1–22

Virgo (The Virgin)  
August 23–31

**August** was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. However, legend has it that when the Roman senate decided to name the month in honor of Augustus Caesar, they wanted it to have as many days as July, the month that was named after Julius Caesar. Therefore, one day was taken from the month of February and added to August, giving it 31 days.

## Game On!

August is the perfect time to play (or learn to play) mah-jongg, the popular tile game. This is because August 1 is International Mah-Jongg Day. This fun, strategic game for two to four players originated in China during the Qing dynasty. Players win by collecting sets of patterned and numbered tiles. Though complex at first, it is similar to gin rummy and is a blast to play once you get the hang of it.

## What's Lucky in August?

Lucky Colors: Teal and Orange

Lucky Animal: Elephant

Lucky Letters: B, X, and J

Lucky Day: Saturday

Lucky Plant: Aster



## August Birthdays

Jerry Garcia (singer) – August 1, 1942

Isabel Allende (writer) – August 2, 1942

Tom Brady (quarterback) – August 3, 1977

Sylvia Sidney (actress) – August 8, 1910

Alex Haley (author) – August 11, 1921

Annie Oakley (sharpshooter) – August 13, 1860

Julia Child (chef) – August 15, 1912

Madonna (singer) – August 16, 1958

Meriwether Lewis (explorer) – August 18, 1774

Al Roker (weatherman) – August 20, 1954

Valerie Harper (actress) – August 22, 1939

Gene Kelly (dancer/actor) – August 23, 1912

Melissa McCarthy (actress) – August 26, 1970

Richard Gere (actor) – August 31, 1949