

augUST

August Events

August 2nd	Friendship Day
August 10th	Lazy Day
August 13th	Left Hander's Day
August 16th	National Tell A Joke Day
August 19th	Aviation Day
August 25th	Chinese Valentine's Day/Daughter's Day
August 26th	National Dog Day
August 31st	National Trailmix Day

Ancient Millipede May Be Oldest Land Animal

Scientists have discovered the world's oldest land animal, according to the Mashable website. It resembled a millipede, and its scientific name is *Kampecaris obanensis*—and it lived some 425 million years ago.

Its segmented body was about an inch long. Despite its appearance, scientists don't consider it a millipede but a member of an extinct species. It probably lived in a lakeside environment and subsisted on decomposing plants during the Silurian period, when sea levels were much higher. A fossil of the *Kampecaris* was found near fossils of the world's oldest known stemmed plant, the *Cooksonia*.

Although scientists say this is the world's oldest land animal, other paleontologists believe that it may be predated by soil worms, some of which evolved some 25 million years earlier. Life started forming in the Earth's oceans some 540 million years ago, with plants including mosses emerging onto land some 450 million years ago. The development of plants like the *Cooksonia* helped support the development of land animals. The first land vertebrates—amphibians—appeared around 375 million years ago.



Teach Yourself To Learn

Creative minds are always learning. Brain coach Jim Kwik, who has worked with millionaire entrepreneur Elon Musk, shared three of his top learning tips on the Make It website:

- ✓ **Get rid of your ANTs.** ANTs are automatic negative thoughts telling you that you can't learn something new. You're too old, you're not smart enough, it'll be too hard, and so forth. Teach yourself to talk back to your ANTs. If you catch yourself thinking, "I can't learn that," tell yourself, "Yes, I can learn that." Expand your mind to fit what's possible, Kwik says.
- ✓ **Feed your brain.** The food you eat can help your brain stay fit and flexible. Avocados, for example, provide monosaturated fat, which can maintain a health blood flow. Blueberries can help protect your brain from oxidative stress, caused by an imbalance of free radicals and antioxidants in your body, and reduce the effects of brain aging.
- ✓ **Read a lot.** Reading promotes learning. Expose yourself to different ideas by reading a wide variety of books and articles. Set a goal—just 10 minutes a day for a start, then increase that. Billionaire Warren Buffett is said to read 500 pages every day.

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New Hope For Headache Sufferers

Cluster headaches, such as migraines, are rare, but they can cause intense pain to the people (mostly men) who suffer from them.

But there's hope. According to the NBC News website, the Food and Drug Administration has recently approved a device known as the vagus nerve stimulator for treatment of cluster headaches. Sufferers place the small device, named gammaCore, against the neck and send a mild electrical stimulation to the vagus nerve—a large nerve that runs from the brain to the colon. The jolt disrupts signals along the nerve, reducing the pain.

Vagus nerve stimulation is already used to treat ailments such as epilepsy and depression. Gammacore, manufactured by the organization electroCore, is available in Europe, but electroCore plans to begin offering it in the United States later this year.

One Way To Solve A Problem

A farmer invested his savings in building a pond to raise fish for sale. But after he stocked the pond, he discovered he would soon have a problem. A friend warned him that kids from the nearby town liked to sneak into farmers' ponds to go swimming. The farmer knew they would stir up the muddy bottom and kill off his fish.

One evening the farmer, carrying a pail, went down to the pond. Sure enough, a bunch of young people were getting ready to dive in. They outnumbered the lone farmer and showed no signs of fearing him. In fact, they taunted him and dared him to drive them off. But he simply reached in the pail and started tossing chunks of raw meat into the water.

"What the heck are you doing?" asked the trespassers. The farmer shrugged. "Just feeding the alligator."

Stay Cool During Those Hot August Days And Nights

The dog days of August can be hot. Other than huddling in front of an air conditioner 24/7, which isn't very practical, how you can stay cool? The Yahoo website offers these tips for beating the heat:

- * **Stay hydrated.** Drink lots of water to keep your body temperature in balance and avoid getting overheated. It doesn't have to be cold water—actually, your body will heat it up anyway.
- * **Take a cold shower or bath.** This can cool your body's core temperature. Try peppermint soap—peppermint oil can activate brain receptors that tell you whether something you're feeling or eating is cold.
- * **Use a cold dishrag.** Place a cold dishrag on your neck or wrists. Your pulse points are close to the surface of your skin there, so you'll feel cooler more quickly.
- * **Close your blinds.** If your curtains or blinds face west in the afternoon, closing them can keep the air in your home from heating up.
- * **Close up unused rooms.** Keeping the doors closed will contain cool air in the areas of the house where you are.
- * **Don't refrigerate blankets, pajamas, or anything else.** They'll warm up quickly, and the moisture they pick up can create mold in your mattress.
- * **Push out hot air.** Place a box fan facing an open window to blow hot air outside, allowing the cool inside air to predominate.
- * **Sleep with the right sheets.** Breathable cotton linens can keep you cool through the night. Choose sheets with a low thread count for better breathability.

RIDDLE



I'm light as a feather, yet the strongest person can't hold me for five minutes.

What am I?

Answer: your breath

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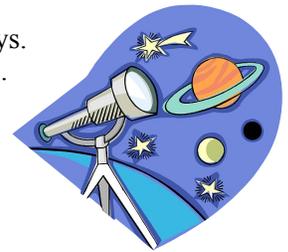


Fast Radio Bursts Originate From A Distant Galaxy

Astronomers have long been fascinated by fast radio bursts—FRBs—which are millisecond-long blasts of radio waves in space that science hasn't been able to explain. Some FRBs have been tracked back to distant galaxies. Most are individual bursts that don't repeat, or that repeat sporadically or in a cluster.

Earlier this year, the CNN website reports, scientists discovered an FRB that repeats in a pattern. Bursts occur every 16.35 days for four days; the signal releases a burst or two each hour, then goes silent for another 12 days. Now astronomers have discovered a second repeating FRB, originating from a dwarf galaxy three billion light-years away. This one, known as FRB 121102, emits radio bursts during a 90-day window, then goes silent for 67 days. The pattern repeats every 157 days.

Researchers believe the powerful bursts could be due to the orbit of a massive star, a black hole, or a dense neutron star.



Say "Thank You" When You're Comforting Someone

When someone comes to you with bad news, it can be awkward. You want to be a good friend, but most people don't know what to say. I know I've felt that way before.

Often times, we think it's a good idea to add a silver lining to the problem. "Well, at least you have..."

What we fail to realize is that it doesn't matter if you don't know what to say. All you really need is to be present and thank them for trusting you.

Example: Your friend lost his job.

- ✓ Instead of: "At least you have your health."
- ✓ Try saying: "Thank you for sharing this with me. I'm here to support you."



Thank You For The Kind Words

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AUGUST

What's Inside?

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- & Much More!



What's The Answer?

Is There New Hope For Headache Sufferers?

How Do You Stay Cool On A Hot Day?

Can You Teach Yourself To Learn Easier?

Is The Ancient Millipede The Oldest Land Animal?



*The Answers To These And
Many More Questions Are Inside*

