
Richland Review

September
2010



Richland Place * 500 Elmington Ave * 615-269-4200

Celebrating September

Breakfast Month

Classical Music Month

Self-University Week

September 1-7

Swap Ideas Day

September 10

Grandparents Day

September 12

Make-a-Hat Day

September 15

Oktoberfest Begins

September 18

World Gratitude Day

September 21

First Day of Autumn

September 22

Crush-a-Can Day

September 27

Dear Diary,

You don't have to be a great writer, a perfect speller, a grammar whiz, or a creative thinker to enjoy Dear Diary Day on September 22. All you need is a pencil and paper to start writing down your thoughts, feelings, and experiences. The benefits of keeping a journal have been known for years. Journaling helps detangle confusing thoughts and feelings, increase focus, build self-esteem, manage stress, increase problem-solving abilities, and resolve conflicts. It even has shown to have health benefits, too, such as lowering blood pressure, strengthening the immune system, and decreasing the symptoms of asthma and arthritis. Professionals believe that all it takes is fifteen minutes of expressive writing a day.

Some of history's most famous and powerful people kept diaries. During World War II, American President Harry Truman kept a diary and recorded his feelings about the development of the atomic bomb: "We met at 11 A.M. today. That is Stalin, Churchill, and the U.S. President. But I had a most important session with Lord Mountbattan and General Marshall before then. We have discovered the most terrible bomb in the history of the world. It may be the fire destruction prophesied in the Euphrates Valley Era, after Noah and his fabulous Ark."

One of the world's most famous diaries belonged to an Englishman named Samuel Pepys. He recorded every day of his life for ten years from 1660 to 1670, and included thoughts on his friends, relationships, jealousies, insecurities, health, politics, and major events of the day. His diary provides a startling record of what life was really like in England during the 17th century.

What is it about diaries that are so intriguing? They provide an honest and unique view into the mind and heart of another human being. Whether you keep a diary for yourself or for others, your daily writings will end up a treasure to discover.

The Glow of Singapore

On September 22, under a full white moon, millions of people across Singapore will admire the glowing beauty of fabulous lanterns for Singapore's Mid-Autumn Lantern Festival. The



lanterns come in all imaginable shapes, sizes, and colors – glowing paper animals prowl the parks, paper cities float down the river, paper armies march down the streets and avenues. The entire country is aglow with awe, happiness, and celebration.

This Mid-Autumn festival is hundreds of years old, and is both a Harvest Festival and a Moon Festival. On this day the moon is at its fullest and brightest, symbolizing a time of abundance and plenty. Families celebrate by gathering together; eating traditional moon cakes (pastry made of lotus seed paste), gazing at the moon, and watching the parades of lanterns go by.

You may have heard of the Man on the Moon, but during the Mid-Autumn Festival people in Singapore tell the ancient legend of the Woman on the Moon named Chang-O. Chang-O was married to a powerful archer named Hou-Yi. In ancient times, ten suns circled the earth, each taking a turn to warm the planet, but one day all ten suns shined at the same time, burning the earth. Hou-Yi, with his bow and arrows, shot down nine suns and saved the earth. As a reward, the gods gave Hou-Yi a pill of immortality. Chang-O discovered the pill and, being curious, she took it. She suddenly began to fly to the moon! Up on the moon she found it hard to breathe and she coughed out the pill. A rabbit, a wise and magical animal, was told by the gods to make another pill. It is believed that he is still making that pill today, and for now, Chang-O still waits on the moon. On September 22, when the moon is full, Hou-Yi will visit his wife, and that is why the moon glows so bright.



A Day to Take Heart

World Heart Day is held every last Sunday in September, and it's a day to show your heart that you really love it. The World Heart Federation encourages everyone to eat healthy, stay active with exercise, don't smoke or drink too much, maintain a healthy weight, and stay aware of heart numbers, such as your blood pressure, cholesterol, and glucose levels.

Other holistic methods also help you stay heart healthy. Tai Chi is an ancient Chinese art that combines deep breathing and relaxation with movement and good posture. Music therapy also helps to achieve both mental and physical health, and there are over 5,000 registered music therapists in the U.S.

A Store Named Tiffany

Visitors strolling down Fifth Avenue in New York City pass right by Tiffany & Co., the luxury goods store famous for its bright blue boxes and expensive jewelry. However, it had more humble beginnings. When the store was founded on September 18, 1837, it mainly sold stationery. During the Civil War, it even sold military supplies such as swords, rifles, and ammunition. It wasn't until 1878, when Tiffany's won a gold medal for jewelry and a grand prize for its silverware during the Paris Exposition, that Tiffany's became a symbol of luxury.



The store has become so famous that it has starred in books, music, and movies. Audrey Hepburn window-shopped at Tiffany's in the film *Breakfast at Tiffany's*. Marilyn Monroe mentioned it in her song "Diamonds Are a Girl's Best Friend." The store is even mentioned in the James Bond novel, *Diamonds are Forever*. From humble beginnings, Tiffany & Co. has become a superstar amongst stores.

Your Turn to Gurn



It's not a pretty sight, but on September 18 the town of Egremont, in Cumbria, England, will host the World Gurning Championships. What exactly is gurning? It's when

you twist your face up into the silliest, and often ugliest, expression you can. It is considered a folk art in England, and the gurning contest at the Egremont Crab Apple Fair dates all the way back to the year 1237.

The competition is largely made up of toothless old men. Often, the best gurners are those with no teeth, because this allows the lower jaw to move so far up the face that sometimes the lower lips can cover the entire nose in a spectacular display of gurning. Peter Jackman, one of England's most famous gurners, actually had his teeth removed so that he could gurn easier.

How did this bizarre tradition begin? One story is that a local Lord wheeled a cart of crab apples through the village to help feed the poor. The crab apples were so sour that many peasants made puckered faces while they ate. Those puckered faces led to modern day gurning. Another story is that locals would tease the village fool and ask him to make some funny faces in exchange for a pint of ale. Today, everyone takes the place of the village fool, but instead of winning a pint of ale, all they win are pride and prestige.

Do you think you have what it takes to gurn? On September 18, hold your own gurning competition. Gather a group of friends and take turns making the silliest, scariest, ugliest, and funniest faces you can. If you want to add an air of authenticity to your event, pose your faces while wearing a horse collar. That's the way they do it at the Egremont Crab Apple Fair. Don't forget to take plenty of photos!

Amazing Answers

On September 28, feel free to ask any question you like, because it is Ask a Stupid Question Day. As the saying goes, there really is no such thing as a stupid question. The questions below will prove that every question has a very interesting answer:

Q. Can pregnant women drive in the carpool lane? A. In 1987, a pregnant California woman was ticketed for driving by herself in the carpool lane. She sued, the jury sided with her, and she won the case.

Q. Why do we generally use No. 2 pencils? A. No. 2 pencils use medium weight graphite, the best type of graphite for everyday writing. No. 1 pencils have soft graphite that smudges easily, and No. 3 pencils are too hard.

Q. Why do batteries skip from A to C? Is there a B battery? A. Yes. Battery letters signify their size, and B-sized batteries exist, though they are very uncommon.

Bowled Over

On September 9, 1895, the American Bowling Congress was organized. For the first time, the official rules for bowling and equipment for the ten-pin game were laid out. Dutch colonists first brought the game to America in the 1600s. It began with only nine pins, and it was played in the area of New York City still known today as "Bowling Green."



In 1841, the state of Connecticut banned the "game of ninepins," as bowling was known, because it encouraged gambling. Many other states followed Connecticut's lead and adopted similar bans, but bowling could not be stopped. Players added one more pin to create a new game that fell outside of these strict laws. Ten-pin bowling was born.

GETTING ACQUAINTED WITH MARY LOUISE AND TOM BROWN

Mary Louise Clift was born in Chattanooga, where she and her three siblings grew up in a house and a neighborhood that was on the National Register of Historic Places. She graduated with a degree in sociology from the University of Chattanooga, where she was a member of the Pi Beta Phi sorority.

Tom and his sister grew up in Wytheville, VA. Tom was only a year old when their father died, and by the time he was 6 years old he had found a job delivering groceries for the neighborhood grocer, and then started a paper route when he was 7.

He attended Roanoke College, and recalls that the wildest experience he ever had as a teenager was having to drive a friend's car the 90 miles from Roanoke to Wytheville one night during an ice storm. It took four hours - white knuckles all the way, and they were the only car that made it through that night.

He later worked for a construction company, and was working on a job in Chattanooga when a friend arranged a blind date for him with Mary Louise. Tom reports that after that first date, he called his mother to tell her that he had met the girl that he planned to marry – how's that for Love at First Sight? Tom also related that several months later, he had just brought her home from a date when he turned on his car radio and heard the announcement that the Japanese had bombed Pearl Harbor – now that's a date that they will never forget.

Tom joined the Naval Air Force, won his wings and his commission, and immediately after their wedding he was sent to a naval base in Anacortes, WA. He and Mary Louise landed there with exactly one dime between them because his paycheck hadn't arrived. When he explained the situation to a sympathetic hotel clerk, they were given a room and directed to a restaurant across the street where they received a warm welcome and a meal.

They were later stationed in Pensacola, FL where Tom served as a pilot. After the war he worked as an engineer with the TVA in Knoxville and they raised their three children in Maryville, TN., where they built their new house and have many happy memories.

Their children grew up and married, but none of them remained in Maryville, so the Browns were finally persuaded to move to Nashville, where two of their offspring lived. They visited several retirement living situations and decided that Richland Place was the most desirable.

They have always enjoyed gardening – Mary Louise raised flowers and was in a Garden Club, while Tom specialized in vegetables. Soon after they moved to Richland Place in June, Tom planted some tomatoes in the back garden and hopes to have a few ripe ones soon. They also both enjoy books and have been very pleased with our Richland Place library.

They have settled in very quickly, and recently their children helped them create a wonderful family panorama of photographs, with several generations of family history displayed from wall to wall in their den – I think they would be happy to share it with you.

Nightmare in the Morning

By R. Glenn Watson, Apt. 303

When my wife Shirley and I moved to Richland Place from Hendersonville we were allowed to bring our four elderly cats with us. Three have now gone to cat heaven and Bubba, who is nearing his 20th birthday, is presently recovering from a dental operation. He is eating well, gaining some weight, and recovering quickly.

Bubba is the son of Krissy Cat, who was an alcoholic. This was discovered when she was a kitten who continually attempted to drink the mixed drinks that were served at cocktail hour. Bubba, her first born son, inherited his alcoholism from her, but he eats like a normal cat.

Bubba is quite “communicative” and “talks” all the time. He even invented a word-“Gow”-for a mixed drink. He loves a martini but his favorite drink is a manhattan and he looks rather disgusted is served beer or wine or a drink diluted with soda or a soft drink. He always seemed to know when it was time for our 5:00 PM “Martini Hour” and would come stand in front of Glenn and repeatedly ‘say’ “Gow, Gow, Gow” until Glenn got up to mix drinks. We have to be very careful, especially if having a party with others, that Bubba never gets more than 3 drops of any drink. When younger he would have his three drops and then go chase female cats. Now that he is very old he is losing his taste for a martini and much prefers a manhattan. He likes to sleep at night on our third floor balcony on a cushion in a chair or in cold weather, in his heated bed inside a small dog house.

One of the things that worried us terribly after moving to Richland Place was that all our cats loved to crawl under the balcony railing onto the outer brick ledge overlooking the parking lot below and watch people come and go. None of the cats ever fell off—until the other day!

My wife Shirley had gone to visit her relatives in Pennsylvania for a week, so she was not here to experience my:

“Nightmare in the Morning”

I got out of bed about 7:15 AM and quietly went into the kitchen to fix my morning coffee and Bubba’s breakfast. Then I took my coffee into our office proceeded to play Dr. Mario on my TV (probably the first video game ever invented!). Then, hearing some faint “meows,” I figured Bubba was awake so I went out on the balcony to invite him in for breakfast, but he wasn’t there. And yet I could hear him “calling,” so I looked over the balcony railing and was horrified to see him below, looking up at me and calling. I immediately tore off my PJ’s, put on a t-shirt and pants and in my bedroom shoes, unshaven, and with my hair uncombed, ran to the elevator! I knew that every bone in his body was broken. As I passed through the lobby Jeff Bethea at the desk greeted me with “Good morning,” and I said, “My cat has fallen off the Balcony!” As I ran out the front door, Jeff ran out with me and as I went to the right he went to the left, both of us looking for Bubba who was no longer under my balcony. I couldn’t find him but Jeff spotted him trying to enter through the window to the investment room. I called and he immediately ran over to me “talking all the way” and telling me all about it.

No one knows when Bubba fell but Jeff told me that when he came it to work at about 11 PM he spotted this strange animal lurking around the front door making very strange noises.

He and another arriving employee sat in their car waiting for a good chance to get into the building without the animal. At some point they were successful and eventually decided that Bubba was a stray cat that maybe someone here had been feeding. During the rest of the night Bubba persisted in trying to get in, but the paper boy and other early arrivers all managed to keep him out.

I brought Bubba back through the lobby, took him upstairs, gave him a thorough examination and concluded he was unhurt. He immediately went into the cat room-I mean our guest bathroom-and drank enough water to drown most cats. After which he ate breakfast as though he hadn't eaten for days! Then after standing in front of me "talking his head off," (probably asking why I didn't rescue him sooner) he went to the closed balcony door and "rattled the blinds which is his way of asking for the door to be opened. After I told him that one balcony fall was enough for the day and he wasn't to go out for a while, he disgustedly went to his inside cushioned basket and fell asleep.

Since bubba had not crawled out onto the balcony ledge for some time, I had decided that he has finally realized that an old man such as he is need not try to balance on that ledge anymore. How wrong I was! His recent medical procedures (which cost more than mine because I can't get him on medicare) seem to have given him new life and he is acting more like a much younger cat. We will have to watch him much more carefully now.

How he survived his three story fall with no visible harm I will never know, but I'm betting he used up one of his 9 lives in giving me this "Nightmare in the Morning"!

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What's Coming Up in September

- Breakfast Bunch to the Loveless Café on Tuesday, September 7th at 8:00 am.
- Our September Devotional Service will be Thursday, September 9th at 3:00 PM
- Hoe Down! Monday, September 13 Cocktails at 5:30 and Dinner at 6:00. A group of Square Dancers will perform for us and then do line dances with us. Come dressed in your best hoe down outfits.
- Slideshow by Dr. Fusner on England, Ireland and Scotland on Thursday, September 16th at 3:00
- Trip to The Croft House at the Nashville Zoo on Friday, September 17th. The bus will load at 9:15am.
- Russell Phillips will be here on Monday, September 20th at 1:45 for our Resident Fire Safety Meeting.
- September Birthday Dinner on Wednesday, September 29th at 5:45 pm.

🌀 *Our September Devotional Program will be presented by Steve Flatt, who is the president of National Healthcare Corp. He was minister of Madison Church of Christ for 11 years, and has also served as president of Lipscomb University from 1997-2005.*

🌀 Congratulations to **Ray Harrington** for being inducted into the **National Association of Clean Water Agencies Hall of Fame**. Job well done Ray and thank you for all you do for all of us at Richland Place.

September Birthdays

Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Mary Nelle Bryant 9/2

Mary Jean Crook 9/4

Adelaide Davis 9/5

Bill Tabor 9/5

Ken Ross 9/6

LaDawn Sherman 9/6

Tom Delvaux 9/14

Krishna Kallianpur 9/16

Betty Field 9/18

Dr. Bill Stewart 9/27

Andromedia Noel 9/28

Happy September Birthdays!

The Infamous Edsel

September 4, 1957, was known as "E-Day" to the Ford Motor Company. It was the day the Edsel was launched. Unfortunately, the Edsel ended up a massive failure for the car company. Maybe it was the recession of the 1950s, the strange-looking design, or maybe it was that strange name itself, "Edsel."

One thing is clear, today, Edsel owners love their Edsels! There are even Edsel clubs throughout the U.S., and as far away as Sweden, where owners gather together and talk about the car whose name is synonymous with failure. But what about those Edsels that still break down? "Breaking down, too, is just part of the fun," admits one Edsel owner.

