



Notable  
Quotable

“Life doesn’t  
imitate art, it  
imitates bad  
television.”

~ Woody Allen,  
director



September Horoscopes and Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Television’s Fall Feast

strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want. Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that

Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It’s Collect Rocks Day! What’s the attraction to collecting rocks? For many, it’s the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why

Lily Tomlin – September 1, 1939  
Bob Newhart – September 5, 1929  
Buddy Holly – September 7, 1936  
Sid Caesar – September 8, 1922  
Arnold Palmer – September 10, 1929  
Jesse Owens – September 12, 1913  
Walter Reed – September 13, 1851  
B.B. King – September 16, 1924  
Greta Garbo – September 18, 1905  
Stephen King – September 21, 1947  
Phil Rizzuto – September 25, 1917  
Enrico Fermi – September 29, 1901  
Johnny Mathis – September 30, 1935

*continued from pg. 1*

can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid’s Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch your new favorite shows all year long.

they’re special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection are judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you’ll never grow tired of the amazing diversity of rocks out there just waiting to be found.

River Commons News

September 2017



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Celebrating  
September



September 1

Opposite Day  
September 9

Assisted Living  
Week  
September 10–16

International  
Country  
Music Day  
September 17

Love Note Day  
September 26

Good Neighbor  
Day  
September 28

There is always lots going on around River Commons. Not just with Earnie and all of his activities, but with improvements to our community. Rob and Cindy Rogers the original owners of River Oaks, now River Commons would invest back into the community each year to keep the quality, appearance and operations at a very high level. Ray Stone Inc that purchased us Nov 1 last year has continued the tradition and more. We are just finishing the upgrades to the hallways on all 3 floors. This involved new texture, paint, chair rail molding, and artwork. The hallways now have a brighter and more modern appearance. The next phase will be the lobby and entry way. You will see a series of improvements there as well. Because we have a large community, the improvements will be done in phases to minimize any disruption to our residents.

From the home front: My wife arranged for a super fun weekend for us camping up at Rogue River. It was an early birthday present as we have to work around schedules to get out of town. We pulled our 5<sup>th</sup> wheel up there and camped (some people call it “glamping”). When I pulled into the RV park, my sister and brother in-law were there right next to our spot. It was a really fun surprise, we like to do a lot of the same things including outdoor adventures. Jackie had borrowed some high tech inner tubes and also set us up for a tour called “Zip, Dip, and Sip”. We took the tubes to Yreka and floated down the Klamath River. It was spectacular weather and soo fun. We spent all day Saturday doing that. On Sunday, we did the tour and started with a Zip Line adventure that included one of the longest Zips in the north west, very fun. We had lunch then headed out for a whitewater raft trip on the Rogue River that included two sections of class 4 rapids. That will get your heart beating and again very fun. We had great guides and felt safe. Then we got to unwind at a winery with a wine tasting. It was a definite A+ birthday adventure and would recommend it to anyone. We did have a 77 year old that did the whole adventure with us, he seemed to love it.

Looking ahead, Jackie and I are competing in the Tinman Triathlon on Labor Day Sunday. This is a small tri, we have competed in big ones, but this is very fun. ½ mile open water swim, 16 mile bike ride then a 5k run. Should take us about 3 hours to complete. We have done this event at least 5 times over the years.



## Hitting the Century Mark



*There are 55,000 centenarians in the United States alone.*

What is the secret to living a long life of 100 years? The residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed lifestyle. Researchers credit the diet of fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigicone, aged 101, believes that one must "always be optimistic, never bitter"

Must we all move to Acciaroli to become one of these "super-agers," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble.

Lend and Ear  
By: Alpha Tolbert

Listening isn't easy. Sometimes we don't want to hear what someone has to say or we don't want to take the time. Are we so focused on our own self or our own problems that we can't take the time to listen?

Twice in the two months that I have been at River Commons I have found myself being a listener to someone who needed to share.

The first time was when I got out of the elevator and a woman was standing there wiping her eyes. I asked her if she was alright. She started talking about losing her loved one. She shared about the hurt she felt and the loss. It was easy for me to relate to her problem because I had gone through the same thing a few years ago. I hope it helped her to share.

The second time I needed to lend an ear was when I went down to the mailbox about three thirty one afternoon. It was quiet and only one person was around. She was sitting on the bench. I spoke to her and she said today is a special day and no one wants to listen to me. That statement perked up my ears. I asked her why this day was special. She said it was her anniversary. She proceeded to tell me about her husband, what kind of work he did, where they had lived and their children. She got all choked up, but continued talking a few more minutes. I am glad that I took the time to listen. She needed to share and I hope that she felt better. You know listening didn't cost me a dime, just a few minutes of my time.

Those two incidents made me realize that I need to work on my listening skills and focus on listening because there are people hurting and they need to share with someone.



*The village name Ukanc on Slovenia's Lake Bohinj means "the end of the world."*

## Tiny Tee Time



*The record score for mini golf is 18, a hole-in-one on every hole!*

No one is exactly sure why Garnet Carter invented the first miniature golf course in the 1920s, but thank goodness he did or we wouldn't be able to celebrate Mini Golf Day on September 21. Carter owned a hotel outside of Chattanooga, Tennessee, called the Fairytale Inn, which strove to create an atmosphere as magical as its name. Carter's tiny golf course, complete with hollowed-out tree

trunks and gnomes, became an instant hit with visitors. Ask Carter's wife, Frieda, why he invented the mini golf course, and her reply is that it was to occupy the "golfers' widows," the women left behind by husbands taking an entire afternoon off to golf. In this way, Carter's invention was no different from the Ladies' Putting Club at St. Andrew's in Scotland, the precursor to the modern mini golf course.

## A Consequential Cup

While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.



*There are two types of coffee beans: arabica and robusta.*

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as the coffee pot brewing some of the stuff on your own kitchen counter.