

## Into the Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we will take a look at some of the world's wildest places.

Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but who would want to go there? For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases.

Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited.



For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its 40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here.

How much longer will such wild and untouched corners of Earth exist? No one knows. But there is still ample time to protect these pristine natural jewels. It may be as easy as following the old explorer's mantra: "Take only pictures, leave only footprints."

## September Birthdays

Those born between September 1–22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and factfinders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

**Mary Joe Nipper – September 3<sup>rd</sup>**  
**Claire Stone – September 8<sup>th</sup>**  
**Bernice Achterberg – September 10<sup>th</sup>**  
**Frank Levings – September 28<sup>th</sup>**

## Tolkien's Literary Magic



Those familiar with the work of author J. R. R. Tolkien know that September 22 is Hobbit Day, commemorating the birthday of both Bilbo and his nephew Frodo Baggins. For this reason, the entire week containing September 22 is celebrated as Tolkien Week. For those unfamiliar with Tolkien's fantasy writings, the words *hobbit*, *orc*, *Mordor*, and *Silmarillion* may have no meaning at all. Tolkien, after all, invented all these fantastic words during the creation of his magical world of Middle Earth. The development of the world and legend of Middle Earth grew from Tolkien's desire to manufacture a mythology for England, one of elves and faeries. Some might say that he saw this through to extraordinary ends, going so far as to invent an entire pantheon of gods and new languages for his magical races of creatures. Bilbo's adventures with dwarves and dragons and Frodo's saga with the Ring of Power have become the pinnacle of high fantasy literature.

# Winding Commons

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## Deanna's Download

It's hard to believe that we're heading into the fall season. Hopefully, it will cool off a bit soon. I love fall...it's such a wonderful time of year!

I want to thank everyone that came to the Hawaiian Luau. It was a great to see everyone in their bright colored clothing, enjoying Mai Tais, the Hawaiian dancers and the delicious food! Thank you to the Winding Commons team, Chef Richard and the Sodexo staff for putting their special touches on this event.

I also want the opportunity to thank Nancy Padgett for sharing her son, Dr. Chris Padgett, with us. He gave an educational presentation on our water in California. I heard nothing but great reviews from the residents and how much they enjoyed it!

This month, we are having another great guest speaker. Her name is Carolyn Martin and she has been a speaker for the Renaissance Society for many years. Her presentation is called "California Women Trailblazers".

*Enjoy thumbnail sketches of some of California's remarkable women who illuminate different eras in the state's history. Many were the first to break barriers. We benefit today due to their courage and determination from teacher tenure laws to beautiful parks, to women in law, medicine and even politics.*

When Carolyn spoke at Campus Commons on this topic, she had a huge attendance. As people were leaving the lecture, they were all commenting about what a great speaker she is, and how much they enjoyed the presentation. I hope all of you get a chance to see it and enjoy it as well.

Please welcome our newest residents:  
Gayle Negro, Joan Swensen and Laura Forbes



## Activities Corner by Barbara Higley

As the season shifts to fall, get ready for our annual visit to Apple Hill for your favorite treats. For me, it will be the Fudge Factory! This outing is scheduled for **Tuesday, September 24<sup>th</sup>**, and we will have a year-end picnic luncheon on the grounds. After lunch, you will want to shop for those favorite apple/blackberry fritters along with apple dumplings. All so yummy!

Residents have expressed interest in adding the card game of Blackjack to the monthly calendar. I have placed a sign-up sheet next to the mailboxes for those of you wanting to play. If we find enough interest throughout the community, you will be contacted soon with additional information and we will add Blackjack to the monthly calendar.

We have started a new activity called Word Makers! Join us for this fun filled activity every other **Monday afternoon at 2:00 pm** in the Exercise Room. A word will be placed on the chalkboard (with all the vowels). You will then be placed into two teams and will work together making words from the word placed on the board. The team making the highest number of words is the winner and will be given additional raffle tickets for the upcoming drawings. It's that simple and full of laughter!

Flu season is approaching, and we have once again partnered with Rite-Aid for you to have your annual flu shot. A sign-up sheet is currently in place and is scheduled for **Monday, September 16<sup>th</sup> at 3:00 pm in the Card Room**. Please be aware that for them to administer your flu shot this day, they have asked that we have an attendance of 25 or more residents. Otherwise, they will not be able to serve our community.

Effective this month, residents will have the opportunity to receive raffle tickets for the activities and presentations attended in place of money. Poker, Poker Walk, Pokeno and Bingo activities will remain the same. Invite a new resident and receive additional raffle tickets. We'll draw for prizes monthly during Happy Hour and the winners will be announced. You don't have to be present to win!

Happy Labor Day! Barbara

## Greek to Me

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds." While this saying is not the official motto of the U.S. Postal Service, many recognize this as the postal worker's creed thanks to its inscription on the James A. Farley Post Office building in New York City, which was opened on September 7, 1914.

The famous motto comes from the classical Greek work *Histories* by the Greek historian Herodotus. While detailing the Persian Wars, Herodotus refers to the mounted courier service of the Persian Empire, known as the *angarium*. One of the architects of the Farley Post Office building was the son of a classics scholar, and he enjoyed reading Greek. When he happened upon the phrase, he decided to incorporate it into the building. Professor George Herbert Palmer of Harvard University was enlisted to translate Herodotus' words into the motto that is so well known today.

## As the World Gurns



On September 20, the Egremont Crab Fair will get underway on the West Cumbrian coast of England. This harvest festival was first held in 1267 when the Lord of the Barony of Egremont began the tradition of giving away crab apples to the village serfs. Today, the tradition continues with the Parade of the Apple Cart, where apples are thrown to crowds lining Main Street. Over the centuries, there have been many contests held during the fair: horse races, hound dog trials, singing, teacake eating, pipe smoking, wrestling, and, of course, gurning.

*Gurning*, which means "to snarl like a dog, look savage, or distort the countenance," remains the highlight of the festival. During the Gurning World Championships, contestants don a horse collar, or *braffin*, and compete to see who can pull the ugliest facial expression.

## A Path Away from Pollution



The third Monday in September marks the start of Pollution Prevention Week. In 1990, the U.S. Congress passed the Pollution Prevention Act, charging the Environmental Protection Agency (EPA) with the responsibility of implementing the act. Over the past 30 years, the EPA and companies have teamed up to develop methods and technologies to dramatically reduce pollutants and contaminants in our environment.

The top three biggest sources of pollution are transportation (cars and planes), food production, and energy production. Electric car companies like Tesla have created vehicles that emit no pollution into the air. With the advent of renewable sources of electric energy and the development of more efficient batteries that allow for long-range travel, electric cars may become the primary mode of transportation around the world. Airplanes can emit less pollution if they are designed to be more efficient, fly more efficient flight paths, and use alternative fuels.

Farm pollution, particularly the runoff of fertilizers from agricultural land, harms waterways and oceans. Animal waste, too, leaches into soil and water. Farms prevent pollution by applying fertilizers in proper amounts at specific times of the year and using no-phosphorous fertilizers. They can also do their best to prevent water runoff and stabilize soil to minimize landslides. Forested buffer zones near waterways can also catch and filter runoff before it even reaches the water.

Burning fossil fuels to produce energy releases both carbon and other pollutants like mercury and methane into the environment. Alternative energy sources like solar and wind power help reduce pollution, but there are other solutions. Technologies exist to separate carbon dioxide from emissions, capture it before and after combustion, and then safely store it so that it never enters the environment. These excellent innovations could help clean up our Earth. All we need is the will to do the hard work.

## Marketing Minutes – Hilary Hardin

It's almost fall y'all! I don't know if you're as excited as I am to see cooler weather or not, but hopefully it shows up soon. Who is ready to place their bet on the winning horse Sept. 5<sup>th</sup>? If you're not the betting type, then just go for the popcorn and excitement like I do. The horse races are a lot of fun! If you've never attended the Winding Commons' horse racing...you won't want to miss it. Lincoln Highway is back for another fun Happy Hour on the 11<sup>th</sup>. Join us for music, dancing, drinks, and yummy appetizers.

On the 19<sup>th</sup>, make sure you attend a wonderful presentation on the California Women Trailblazers.

Finally, we are having another canvas painting with my sister Holly and myself. This time we will have twenty spaces available, but it is very important to make sure you can attend before signing up. We will start giving direction right at 1pm, so you must be on time and be able to stay for the whole class that can last up to three hours. Like the old saying goes, time flies when you're having fun! So, don't let the time frame scare you.

## Out of the Tiffany Blue



Long before those blue boxes from Tiffany & Co. promised jewelry, the store was a stationery emporium. It was founded on September 18, 1837, by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut. In 1838, the storefront moved to Broadway in Lower Manhattan, and the store shifted its focus to luxury goods like ladies' silks, satins, and bonnets. In 1845, Charles Tiffany himself selected the color of robin's egg blue for its Blue Book, an annual catalog of its handcrafted jewels. In 1867, Tiffany's was recognized at the Paris World's Fair for its exquisite silver craftsmanship, launching it as an international brand and esteemed design house. By 1870, Tiffany & Co. had risen to become the preeminent purveyor of silver, jewelry, and timepieces in America.