

Arbor House Assisted Living &  
Memory Care  
9240 E. Reno  
Midwest City, OK 73130

Postage  
Information

September 2019

# Arbor House Branch

Arbor House Assisted Living & Memory Care 9240 E. Reno, Midwest City, OK 73130  
(405) 455-3900 ph. (405) 610-6937 fax



## Celebrating September Birthdays:

*Harry Ferchau 9/1*  
*Lillian Mathiesen 9/11*  
*Clayton Rains 9/20*  
*James Livingston 9/22*  
*MaryAnn Hundley 9/28*  
*Staff:*  
*Janet Pszczola 9/13*  
*Sue Matson 9/25*

## Also in September:

**Cat Month**

**Sewing Month**

**Labor Day (U.S.)**  
*September 2*

**World Heart Day**  
*September 29*

## 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 fact-finders. 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.

Queen Elizabeth I (monarch) – September 7, 1533  
Col. Sanders (businessman) – September 9, 1890  
Roald Dahl (writer) – September 13, 1916  
Agatha Christie (writer) – September 15, 1890  
Lauren Bacall (actress) – September 16, 1924  
Greta Garbo (actress) – September 18, 1905  
Michael Faraday (scientist) – September 22, 1791  
Victoria Woodhull (politician) – September 23, 1838  
Jim Henson (puppeteer) – September 24, 1936  
Shel Silverstein (poet) – September 25, 1930

## 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.

## A Brief History of Argentina

Sebastian Cabot was the explorer who, in September of 1527, built a fort at the confluence of the Paraná and Carcarañá Rivers, thereby establishing the first European outpost in present-day Argentina. There is no better time than September, Hispanic Heritage Month, to celebrate these beginnings. Intrigued by rumors of silver and gold in the region, Cabot renamed the main estuary *Río de la Plata*, or River of Silver. Alas, Cabot never returned, and his fort was destroyed less than two years later.

The story of the settlement of Argentina really begins with the Jesuits, who agreed to play peacemaker between the King of Spain, the conqueror of Argentina, and local aboriginal peoples. When Jeronimo Luis de Cabrera founded the city of Córdoba in central Argentina, it became a Jesuit stronghold. The Jesuits established the Universidad Nacional de Córdoba in 1613, and it remains one of the oldest and most valuable centers of education in South America. Our current Pope, Pope Francis, is a Jesuit from Argentina, and is the first pope from the Americas and the first from the southern hemisphere.

While Córdoba was the epicenter of life during colonial times, Buenos Aires is the cultural and political capital of Argentina today. On July 9, 1816, Buenos Aires formally declared its independence from Spain. Several years of fighting would pass before Argentina, along with Peru, Paraguay, and Chile, would win independence. Buenos Aires officially became the capital in 1880, and soon ranked among the major European capitals of the time. Construction booms led to tall buildings, an underground railway, wide avenues, and vibrant arts centers. Despite several government shake-ups and decades of economic chaos, Buenos Aires continues to be a flourishing capital city. Argentina ranks as one of the world's major tourist destinations, and, unlike Sebastian Cabot, visitors return to Argentina again and again to enjoy its cultural riches and natural wonders.

## The Woman in the Moon



On the 15th day of the eighth month on the Chinese lunar calendar comes the second-grandest festival in all of China: the Mid-Autumn Festival, also known as the Harvest Moon Festival. This year, it falls on September 13.

Worshipping the moon has long been a part of Chinese culture. One legend states that the festival began when the Chinese emperors of the Zhou dynasty worshipped the moon to ensure an abundant harvest the following year. Still another legend tells the story of Chang'e, the Chinese goddess of the moon.

Long ago, 10 suns ruled the sky, but they were so powerful that they burned Earth, scorching crops and causing much suffering. The mighty archer Hou Yi shot down nine suns and saved Earth. For his triumph, the Western Queen Mother gave Hou Yi a bottle of elixir that granted immortality. Hou Yi liked the idea of immortality, but he wanted to stay at home with his wife Chang'e more. When Hou Yi's greedy archery student Pang Meng attempted to steal the elixir, Chang'e drank it rather than let Pang Meng have it. The elixir made Chang'e fly to the moon, where she has forever remained. It was Hou Yi, Chang'e's husband, who began the tradition of worshipping the moon. Children in China are told that Chang'e still lives on the moon. They look to the full moon and try to find her shape on it, much like we attempt to discern the Man in the Moon.

On the night of the full moon, families gather together for a merry feast. It is traditional to give, receive, and eat mooncakes, those dense, sweet pastries filled with red bean or lotus seed paste. Cakes are often imprinted with Chinese characters referencing the holiday and its legendary characters. Another common tradition is to light paper lanterns and release them into the night sky. It is also the perfect night to yearn for family and friends who live far away, much like Hou Yi's pining for his beloved wife.

## 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.

## Ötzi the Iceman

On September 19, 1991, two Germans, Erika and Helmut Simon, while hiking high in the Ötztal Alps between Austria and Italy, made a startling discovery. They had glimpsed the body of a man protruding from the ice. They believed it to be a victim of a horrible mountaineering accident but were shocked to discover that it was instead a 4,000-year-old frozen mummy! Further excavations of the site found a quiver, string, hide, grass, remnants of his clothes, a pouch for his belt, a bearskin cap, and a copper axe. The mummy, now known as Ötzi or the Tyrolean Iceman, became an archaeological sensation. It is Europe's oldest known natural human mummy and has offered an unprecedented glimpse back to the European "Copper Age." Analysis of the mummy has determined that he may have been a copper smelter who ate meats of red deer, ibex, and wild goat, as well as herb bread made from eikhorn wheat bran. After the discovery of an arrowhead in his shoulder, it is believed that Ötzi was likely killed as part of a violent encounter. His body was then covered by the winter snow and preserved.

## 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.