

September 2022

SEPTEMBER RUNNER

*"Golden in the garden,
Golden in the glen,
Golden, golden, golden
September's here again!"*
~ Annette Wynne



Dog of the Month – Shih Tzu

The shih tzu is an adorable, charming breed of Asian toy dog. They have been popular pets for centuries. Originally from Tibet, these affectionate, tiny pups were bred to be companions for nobility. The ultimate lap dogs, shih tzus don't need a ton of activity outside of short daily walks. These sweet pets are very happy spending their days snuggling on the couch and living a life of leisure. But, while their ancestors might have lounged in royal palaces, shih tzus also do very well in smaller living spaces. They typically weigh between nine and 16 pounds and stand



under a foot tall. Their lovely, flowing coats need daily brushing to maintain, and they come in a variety of color combinations, including white, black, gold, red, and silver. To avoid hair getting in their eyes, it's common to either trim the hair on the top of their heads or pull it into a bun or ponytail. *Shih tzu* means "little lion" in Mandarin.

Special Days

Labor Day
September 5

Grandparents' Day
September 11

**Patriot Day &
National Day of
Remembrance**
September 11

Constitution Day
September 17

Fall Equinox
September 22

Rosh Hashanah
September 25–27

Flower – Aster



The aster is a flower with brightly colored petals that unfold in the shape of a star. It is no surprise, then, that these blooms take their name from the Greek word for *star*. There are about 180 species of aster throughout North America and Eurasia, with colors ranging from purples and blues to reds and pinks. They are an ideal plant for showcasing in gardens, particularly as they symbolize love and patience. Along with chrysanthemums, asters are considered a classic autumn flower.

Birthstone – Sapphire



September's birthstone is the sapphire. The sapphire has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring to protect himself. Russia's Ivan the Terrible adorned himself with sapphires for strength and courage. And Prince Charles chose a sapphire for Princess Diana's engagement ring because it symbolizes loyalty, respect, and lasting affection. The famous blue sapphire surrounded by diamonds now adorns the hand of Catherine, Duchess of Cambridge.

Take a Birthday Bough

September 1–10: Weeping Willow

Though you enjoy your active lifestyle, you still like to take a little time out of every day to relax, daydream, and just be with yourself. You love to travel to parts of the world that you haven't seen before. Your friends appreciate your honesty and often come to you for advice.

September 11–20: Lime

You are a fun-hearted, fiercely loyal friend, and you would do anything for the ones you love. With your low-key, laid-back personality, you don't let

yourself get too worried or overwhelmed about the little things in life. You have many talents that you are happy to share with the world.

September 21–30: Olive

You are an outdoorsy person who loves to explore nature and discover new things. You have a sensitive side, and if someone you love is unhappy, you empathize and provide a shoulder to cry on and gentle words of wisdom. Logical and level-headed, you seek to enjoy life and try to keep the peace as much as possible.

Give Peace a Chance

Celebrate world peace on September 21. Established by the United Nations in 1981, International Peace Day is intended to promote and celebrate human caring, unity, and peace and to discourage war and unrest throughout the world.

September Zodiacs

Virgo (the Virgin)
September 1–22

Libra (the Scales)
September 23–30



September gets its name from the Latin word *septimus*, which means “seven.” It has this name because it was the seventh month of the year until 153 BC. Around 44 BC, Julius Caesar reformed the calendar and made September the ninth month. The Anglo Saxons called this time *haligmonath*, which translates to “holy month,” because the harvest time was sacred to them. In Japan, September is called *kugatsu*, which means “long moon.”

September Around the World

This month is spelled *September* in many languages, including English, German, Danish, Norwegian, Swedish, Flemish, and Dutch. However, in French, it is spelled *Septembre*. In Spanish, an *l* is added for a spelling of *Septiembre*. In Greek, it is *Septemvris*, and in Portuguese, it is *Setembro*. It is *Settembre* in Italian.

What's Lucky in September?

Lucky Color: Orange

Lucky Animal: Seal

Lucky Letters: *K* and *E*

Lucky Day: Monday

Lucky Plant: Apple



September Birthdays

Boxcar Willie (singer) – September 1, 1931
Mark Harmon (actor) – September 2, 1951
Bob Newhart (comedian) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Bernie Sanders (politician) – September 8, 1941
Otis Redding (singer) – September 9, 1941
Arnold Palmer (golfer) – September 10, 1929
Agatha Christie (writer) – September 15, 1890
Faith Hill (country singer) – September 21, 1967
Cheryl Tiegs (model) – September 25, 1947
Serena Williams (tennis pro) – September 26, 1981
Gene Autry (singer) – September 29, 1907
Deborah Kerr (actress) – September 30, 1921
Patricia Neway (soprano) – September 30, 1919



Here it is September already and another summer is coming to an end.

I would like to share more bios of new Paul's Run residents.

Ruth Goss (B 122)

Ruth Goss is a fairly new resident who arrived to Paul's Run from Boynton Beach Florida a few weeks ago. A native of Philadelphia, Ruth and her husband raised their 2 children and now 4 grandchildren and 4 great grandchildren.

You may recognize Ruth from the neighborhood as she ran "The New You" woman's boutique located at the Krewstown Shopping Center. Ruth really enjoyed her job at the clothing store and was a help to many customers.

Ruth spent 23 years in Boynton before returning to her Philadelphia neighborhood. So far, Ruth is enjoying eating dinner with her friends each night and hopes to get more involved in programs. Ruth stated that she is impressed how friendly and nice both the staff and residents are here at Paul's Run .

Ralph Giordano (A 137)

Ralph moved to Paul's Run a few months ago and is really enjoying himself at Paul's Run.

A tractor trailer driver for 35 years working for such companies as Penn Fruit in the late 60's, Caroline Freight, and ABF (Arkansas Best Freight), Ralph enjoyed driving from state to state and has fond memories of his adventures.

Ralph was born and raised in South Philadelphia near the Frank Palumbo Café. Ralph enjoys all type of music but especially enjoyed the days at Palumbo's where as a young man saw Vaughn Monroe perform as well as Louis Prima.

Ralph retired in 2005 and continued living in Somerton until his arrival at Paul's Run in 2022. Ralph enjoys the food, his new apartment and the people at Paul's Run. If you're ever out on the front porch in the morning, stop by to see Ralph as he regularly sits there listening to country music on his phone!

Charlotte Levin (B205)

Charlotte has lived at Paul's run a short time. She was in our Rehab briefly before transitioning to a respite stay in our Personal Care , and now resides in Independent Living.

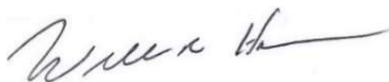
A native of Poland (now Belarus), Charlotte and her family left Poland in 1939 to live in America. Charlotte still has her accent even after 80 years!

Charlotte has 2 daughters- one local and one in Wynnewood, grandchildren and 5 great grandchildren.

Charlotte has always lived in the Northeast area. Charlotte enjoyed being a homemaker, but before starting her family, she worked for the Navy interpreting contracts.

Charlotte is enjoying Paul's Run and is looking forward to walking the trails to see the deer that wander in the back area of Paul's Run that she so enjoyed seeing while in our rehab, as well as play canasta with other residents.

Sincerely,



Executive Director

Independent Living September Community

Thursday

September 1 – Walmart Supercenter
September 8 – Regal Movie Theatre
September 15 – Parx Casino
September 22 – Peddler's Village
September 29 – Willow Grove Mall

Friday

September 2 – Whole Foods
September 9 – Bristol Amish Market
September 16 – Liberty Ministries
Thrift Store
September 23 – Taste King-Chinese
Lunch
September 30 – Picnic Lunch at Bristol
Waterfront Park

Please sign up in advance for trips in yellow trip binder in Library
Meet in A & B Lobbies at 12:30pm to join.
Bus will pick up in B lobby beginning at 12:30pm.

GENERAL STORE

Friendly Residents Needed

- To meet new people
- Greet and help customers

Volunteers needed to help
the Friends of Paul's Run
operate the General Store.

Work when you want, no
prior experience necessary.

For details, see Molly Bybee
or Elise Baranak





In Memory of

Reverend William Bispels

Caroline Willms

By Anonymous

By Ms. Lillian Silverstein

Donald Kolessar

By Mr. and Mrs. David Fritz

By Mr. and Mrs. Paul J. Krebs

By Mrs. Margaret Schaeffer

By Mr. & Mrs. John Fraunfelter

By Mr. & Mrs. Joseph H. Kurilla Jr.



Check out the many different volunteer opportunities at Paul's Run!

Community Service Club

Spend one morning a month working on community service projects to better the Philadelphia community

Garden Club

Use your gardening skills/knowledge to beautify and grow produce to share with the Paul's Run community

General Store

Assist customers in the General Store. Volunteer hours are flexible to suit your schedule

Faith-Based Service

Assist with religious services

Floor Representatives

Responsible for helping new residents become acclimated to Paul's Run and represent neighbors at monthly Resident Council meetings

Friends of Paul's Run

Serve on a charitable organization that directly contributes to community life at Paul's Run. Friends of Paul's Run donates funds to the library, helped with the new Friendship Garden, and purchased a new van and bus.

Library Committee

Maintain the Paul's Run community library

Resident Council

Represent your fellow community members at monthly Resident Council meetings

Resident Ambassadors

Work with Marketing to support and help integrate new resident into the community



The Community Life department is organizing a talent and art show for the end of September! On Thursday, September 29th at 1:30 PM the talent show will take place in the Auditorium and the art show will be displayed in the main lobby. Both staff and residents are encouraged to participate and attend! If you would like to participate in the talent show, the Community Life team has a sign-up sheet in the office of the Assistant Director of Community Life, Stacy Johnson

For the talent show to be successful and enjoyable for everyone involved, there are a few guidelines for all of us to follow:

The last day to sign-up is Tuesday, September 27th, before the Thursday talent and art show.

If the talent you wish to share is music, we ask that the music is one or two songs and not more than two songs.

If you wish to share a talent other than music, we ask that the length of time taken to share that talent is 10 minutes or less.

If you have art work you would like to display in the main lobby please contact Molly Bybee, Director of Community Life at x3030.

As always, programs like this may be subject to change due to unforeseen dilemmas such as navigating issues with Covid-19. Rest assured, if it needs to be rescheduled, we will reschedule it, and we won't miss a beat.

That's all there is to it! We are looking forward to celebrating the many talents and interests of both residents and staff at Paul's Run. September looks to be a month filled with a variety of intriguing events, Carpe Diem!

Sincerely,
Ryann Lynch, Music Therapist

Too Much By Arnie Escourt

Stop, stop I can't take it anymore
There is too much, too much to endure
Too many channels to see and hear
Too much is going on, nothing is clear

I have so many problems and I take too many pills
Not sure if I can or I will
I hear so many comments, lies, half-truths, many distortions
Doctors, lawyers, medical facts, new laws about abortion

Stop, stop I can't take it anymore
There is too much, too much we all have to endure
The computers store all the facts in the cloud
The big shots keep saying those lies so very loud

We have been radioed, televised, and electrified
We have been blessed, cursed, informed and intensified
There is a new drumbeat, a new song, slogan, or device
You can buy a new four door refrigerator with or without ice

So many stations, channels, commercials to deal with today
Every minute is timed, planned, squeezed as we rest or play
Everything is the same but now is repackaged with cellophane
The hate groups now call themselves with new, slick names

We see houses being destroyed then how to get rid of wrinkles
We watch kids with cancer and then ads for ice cream sprinkles
Our world is Topsy Turvey, with COVID 19 biting at our heels
Car companies are selling \$50,000 cars and making deals

No wonder we are so confused and believe in nonsense
We have lost the truth and find only confusion and horse sense
Climate change has fried our brains as we sizzle in the heat
While a lot of us have gotten old and usually feel tired or beat.

Good old Memories
The Family Party Cake
By Arnie Escourt



Members of our family visited whenever they had the urge or for a holiday. We even married off a niece (Patsy) in our living room and the aunts gave her money for her honeymoon.

It was the family expectation that major events took place at our home and before long we began the tradition of the monthly sheet cake that was served to celebrate all the key family events that occurred that month. When I say sheet cake, I mean a big, big cake about half the size of a kitchen table.

Saturday was just a few days away and it was almost a month since our last party. It was a family tradition to have a party once a month to celebrate all the birthdays, anniversaries, or other reasons to honor those in the family who accomplished something unusual like a raise in salary, a new job, good marks, birthday or achievements.

The fun began on the Wednesday or Thursday prior to the party. My wife would call the local German bakery that made the best tasting cake and ordered the sheet cake. When they asked what she wanted printed on the cake the fun began. My wife would say something like, "Print Happy Birthday Sussie". She would have to repeat it and respell it three or four times. Then she would say, "Print Happy Anniversary Velvil and Harriet." Again, this was respelled and repeated three or four times. As you now realize my wife's family still used their Yiddish names and that was what we printed on the cake.

The Family Party Cake by Arnie Escourt continued

On the night of the party, sometimes dinner was served and sometimes we just gathered for dessert. When the time was right, the cake was brought into the dining room and a single candle was put in it and then lighted. The lights were dimmed and then we sang Happy Birthday, Happy Anniversary, or whatever the occasion was to the recipient. That person had to make a wish and then they needed to blow out their candle.

A new candle was then quickly brought out and the second person to be honored was sung to and then they blew out their candle, and so on until everyone who needed to be recognized was given their turn. Cards and gifts were given out and a good time was had by all.

When the older kids watched what was happening, they fondly renamed the sheet cake the "spit cake" because so many people blew out the candles, and there were many, many spit cake events. In this case the kids had the insight and willingness to share their point of view loudly and so our monthly tradition of the "Spit Cake" was born

Unfortunately, someone had the foolish idea to share the monthly party among the members of the family at different homes. Before you could say Spit Cake, three times, the whole thing fell apart and fizzled away because people would forget they had a turn or it was an inconvenient date or they had some other excuse.

Nevertheless, we still have many fond memories as well as a lot of pictures of those wonderful family events and the candles we all blew out and sang over. Years have passed and now the tradition has been restored.

It has not been restored by me or my wife but by the next generation of nieces and nephews. They have taken over and now we continue to enjoy family events that keep us all together. We don't do it as often but it's still fun and wonderful when we can lovingly share life's good events with groups of each another.

The Money Bag By Arnie Escourt



Every day about five in the evening, my Bubbie would take a number four paper bag, a bag big enough to hold three Kaiser Rolls and put the end of day cash from the register into it. Usually, she left a few dollars and some change. She would then take the money bag and hide it in a safe place.

We all know that thieves are very sly and cunning so you really can't put the money in the same place all the time; you have to have lots hiding places to fool the nasty and wily thieves.



Once in a while, my Bubbie would forget where she hid the paper bag with the money. She would look for the bag until she got frustrated. Then she would quietly tell my mother to help her find the money. Before long, my Zayde (grandfather) would find out the money was lost, and then the trouble began.

My Zayde, who was Russian, would start to curse very loudly in English, then in Yiddish, then in Russian and sometimes he threw in some nasty Polish words to add to the excitement. None of the words he uttered were nice and all of them were directed at his wife whom he loved dearly, but not when he lost his patience or when she lost the money from the cash register.

This event sort of reminded me of musical chairs. No, there were no chairs involved, and there was no music, but my grandfather had the whole family scurrying around looking for the brown, number four bag with the day's money in it. We ran around looking here and there as my Zayde cursed and yelled at all of us in a loud and nasty manner. Eventually, someone found the money and then everyone relaxed and sat down to dinner.

The lesson for me was to promise myself that when I got married, I would never talk or shout at my wife or children in that angry, nasty fashion. By and large, I have kept that promise....except for a few occasions when.....

New Feelings

By Arnie Escourt

You just can't ignore it or hide those feelings
It is only meaningful when you really deal with it
It comes upon us with a light touch or surprise
You can't ignore it or find a disguise

You don't need to wear your best or try to look sharp
Your feelings will come from the bottom of your heart
You need to consider this an abnormal day
When you have been touched with that urge to pray?

Life is not simple, always kind, easy or fair
We need to believe in something somewhere
We need to feel hope, goodness, compassion and truth
We need every emotion that removes our fears.

Those wonderful feelings that bring tears to our eyes
Those euphoric feelings when we suddenly realize
We have found a truth, we have seen the light
Something has touched our soul

Was it a dream, a flash of lightning, an awesome vision?
No matter, it touched us and we will never forget
We know, we really know what happened to us
We are better, we are safe, we are free!

September 2022 by Ed Scully

Paul's Run residents are able to view up to four episodes of “Gunsmoke” on television nearly every day with a very distinguished cast as follows:

James Arness as U.S. Marshall
Dennis Weaver as Chester Goode, Deputy Sheriff
Ken Hagger, later as Deputy Sheriff
Amanda Blake, as Kitty Russell
Milburn Stone as Doc Galen Adams

It was a show that ran from April 26, 1952 until June 1, 1975 and was just about as tame as any western show that you have probably ever viewed but in reality where the site of the show was dramatized as Dodge City Kansas was as wild as any city out west ever was. During my son Mark's trip and my trip out west we had an opportunity to visit Dodge City and the Boot Hill Museum.

A couple of very enjoyable hours in the museum left us with a very different impression of what took place in Dodge City. What could be a bit the same to you may also be the same how we felt. Read on!

If you were then sitting on the north bank of the Arkansas River you would see very few houses where Dodge City was being settled. You would see great grassy plains with many trees, thousands of antelope and buffalo but none today except possibly some roaming in the city outskirts. What you would see when arriving then would be many saloons very well equipped with whiskey. That's how Dodge City earned its name very honestly ---- The Bibulous Babylon of the Frontier and whiskey was the beverage. Most of the cowboys who settled there frequented the many saloons and certainly enjoyed their offered entertainment in them – of all kind.

While in the museum I purchased a book by Fredric R. Young that provides a pretty good history of the time between 1872 and 1886, which is titled “The Delectable Burg” – from which I will select some stories that happened during that time and what follows, rather typical of goings-on or two or so.

Would you like to compare our current Wine and Spirit stores prices with theirs? Most sold whiskey and a cigar for 15 cents each or two for a quarter.

September 2022 by Ed Scully continued

Whiskey was properly thinned with water or other unmentionable adulterant that cost the saloon keeper \$2.00 a gallon. A 700 percent profit was realized!

A thousand dollar jackpot was not surprising during cattle rustling time.

Freeze-Out was introduced in early 1872 and its popularity never subsided. The Ford Country Globe reported that the game, Faro, is like a church fair and that it is too hard to get out of it and sometimes even too expensive to think about it. Poker, of course, was also a game there was always a line of

potential players because of its large pots.(Bingo is here at Paul's Run).The local newspaper always kept on reporting evening winners--- many of whom were local highly respected citizenry. Editor Crumbing described men playing poker in the Long Branch saloon as follows:

“I was fascinated by their guided movements. Their faces were blank.

Nothing betrayed how they felt. Not a sign of tension was visible

when the pots were large. But as the play became more exciting, one of the onlookers changed his position and stepped in close behind one who was gambling and playing his hand close to his chest.

What the man said was like a bomb exploding.

“Get out of here right away”, the gambler shouted, “and do it while you can still move. Get!”

Something like this could happen just about any evening in Dodge City and you may note that it's an incident in the Long Branch saloon of Kitty's,(on TV) often a setting of the Gunsmoke show.

There is so much in the earlier-mentioned book that could be extracted from it but a standard RUNNER page limitation sort of governs how much can be written. Here goes:

Have you ever heard of selling buffalo bones? Well, Dodge City became very famous for engaging in the business of selling them. Some said they sold for around \$8.00 a ton, were legal tender with bones piled for miles along the railroad tracks for shipment to eastern manufacturers. It is estimated that about 31,000,000 buffalo were killed and used in the manufacture of combs, knife handles, knives, sugar refining and fertilizer. Have you ever wondered why you don't see buffalo wandering up and down Bustleton Avenue?

September 2022 by Ed Scully continued

In closing, the Boot Hill Museum is a recommended stop if you are ever out that way. You may not have a realistic concept of Dodge City and its people.

Because of the latest pandemic, COVID, more and more people are now working at home and really liking it as some of its benefits start materializing as time goes on. To start with, the cost of transportation to and from a place of employment is just about eliminated except for occasionally attending a required meeting.

On July 26, a Mega-Million drawing was held in Michigan for \$810 million, which was the next drawing after a tenth drawing without a winner for the previous total jackpots. While residing in Nevada I was moved to buy five tickets at \$ 2.00 each in very nearby Kings Beach California.(Nevada does not have lotteries.)

I did not win the grand prize but I did win \$ 10.00 because I had three of the winning numbers: 7, 60 and 63. Maybe I may win next week.

There are quite a few female residents of Paul's Run who have probably benefitted from Title 1X, part of the education amendment act of 1972 barring sex discrimination at schools that receive federal funding -- which has recently turned 50 years old. I am sure that you who participated in sports because of it are grateful to be part of two generations who progressed in women's athletics in so many ways, some of which I will attempt to enumerate for you. Here goes!

The skills you have mastered in your high school gym because of the act may have helped you to be a better leader and co-worker and this is certainly not at all unique to you. A study by the Women's Sports Foundation (WSF) found out that 94% of women in the C suite played sports growing up and more than 52% played at the college level. Before Title 1X only 15% of college athletes were women; today 44% of the opportunities to play sports go to women. as a summary for you, since the introduction of Title 1X three million more high school girls and 200,000 more college women have opportunities to play sports each year.

September 2022 by Ed Scully continued

A wonderful benefit of engaging in women's sports is the learning how to play a sport under the guidance of a coach and also the making of possible life-long friends and most certainly the playing together in many different locations and the bringing to your institution the recognition of having a good sports program.

While there has been progress in implementing the act, 80% of educational institutions have yet to reach full compliance. Maybe you could take a few moments to prepare a letter or an email, or make a phone call to make your own investigation into the status of women's sports at the institution where you may have played sports. Some of your inquiries may touch on these items that may need some attention or upgrading to be commensurate with the level of men's sports:

Are women involved with NCAA tournaments?

Are the women's sports shown on television or broadcast on radio?

How many sports scholarships are there for women?

What is the quality of all the sports facilities for women?

Have you made any donations to sports programs at any of your institutions?

The summer vacation trip that my son Mark and I started on June 1 by air to New Orleans picked up in about two weeks with auto travel to Oregon, California, Arkansas, Kansas and other parts of Nevada and then back home on August 25.

“Hello” to all of you residents including those who moved to Paul’s Run while I was away. There was much to see and enjoy by visits to museums, the presidential library of William Clinton, the Dodge City Boot Hill presentation of the city’s history, an enjoyable participation in a July 4 antique automobile parade in Incline Village, many concerts in local parks and lakeside beaches, several dinners at homes of people who are now friends, and of course delicious meals and local libations at wonderful restaurants everywhere.

September 2022 by Ed Scully continued

In an earlier visit to Incline Village, I met a three-time Purple Heart recipient, a Navy Huey helicopter pilot, A.J. Banfort, who is now a volunteer at the Reno VA Hospital. In less than one hour, he signed me up as a member of the VA with an assigned primary care physician and as a VA patient with several blood test to check me. The VA is mentioned because during the trip, I suffered from what may be an intestinal blockage that is painful like a Circus – IN TENTS.

You Paul's Run residents may sometime be similarly affected by what the Reno VA provided the necessary attention (x-rays, drugs, medication, solutions, phone calls and staff support)

To help all of you to possibly avoid this affliction forever, here are a few suggestions that I may have not followed:

- Don't sit for prolonged times to view TV or to work at a computer and be sure to get up and walk around occasionally.
- Similarly, when on extended auto trips or any other kind, stop fairly often to walk around and stretch your legs and other body parts.
- Walk very often up and down your residential corridors and certainly around your building several times every day.
- Join the exercise class that will help to transform yourself to someone like you when you were a few years younger. Also, visit the gym and exercise in your boudoir.
- Be sure to drink plenty of water, especially during the very hot weather that we are experiencing just about everywhere.
- Lastly, dress comfortably to help to avoid any discomforts and be sure to get the proper amount of sleep. (It won't hurt to take an occasional nap, but don't overdo it).
- Very last... Chuckle a few times a day and try to do so among friends and especially among those whom you have met very recently.

So long!

A Limerick diary
By Jack Birnbaum

#19

This was a man who was both
noble and bright
Gifted by wisdom and aware
of his plight
Played piano, painted in oils and
words, gentle in spirit, wised by life
He mentored me to living
as a part of this fife

20

Stern of visage, adamant and unbending in his belief
A resident saw I'd wandered far from our tribe
with patient incentive, he awakened those passions yet inside,
latent history now faith, in a sheltered reef, now a tide

Environment-health
by Jack Birnbaum

Although we check the history of people, we don't always list the effects of how
known factors are used to define behavioral characteristics
For example, I found a book of known Presidents one Woodrow Wilson, known as
being elected as the 28th president on that list of statistics
I found him listed as "madam president "having married a second wife sixteen years
younger than the President,

I found a woman herself a widow took over a jewelry store at the death of her first
husband and got it to succeed

There seemed little doubt of Edith's devotion to the President she was seen by
loyalists of the president as being in control of vital information in his work draw

Environment – Health by Jack Birnbaum continued

Their daily routine would include breakfast together then an outing of about an hour in their beloved Pierce-Arrow then work on those current issues by the score

The saga had begun for Edith Wilson, a public role a rally to her husband's fate in private a denial his dream of a future without a presence of another world war If the president was to survive Edith must insert herself into government, & not permit him to run cabinet meetings, other meetings or conferences of any kind

Wilson as a young Calvinist Lawyer, had seen a woman, he in his faith, believed he was ordained yet to meet, Ellen Louise Axon who later on, became his first wife As her mother died in child birth, Ellen, now seen as being Wilsons wife for life, raised the family in that role, while she attained a status as an intellectual equal, she studied deeply in a women's college, and succeeding in attending, a sequel, the National Academy of Paris winning a bronze medal, she burnished an already bright literary reputation, and in ardent courtship, she and Woodrow Wilson, wed In a loving relationship Ellen saw Woodrow as special, composed of rare qualities, far greater than a modest goal of being an instructor at a school of youngish fillies She let go her talents and ambitions urging him to enter public life, almost a dare His academic style in social situations had blocked the use of his oratorical abilities at his new post at Princeton she provided him with literary bits, beyond compare . With 2 speeches and Ellen's aid, he was presidential timber and alive in public life They were happy together and raised a family, life was good for this man and wife a cloud appeared after 10 years a numbed finger signaled a pressure to be feared Ellen insisted, he vacation alone to lessen his load and their happiness stayed but a cloud darkened as Woody awakened and found he had lost vision in his left eye The doctor felt he'd a blood clot an arteriosclerosis that also caused his dad to die Doctors advised complete rest to restore vision but had no cure for arterial woes Ellen said he's not able to do things with his usual speed even the things he knows Wilson on his rest trips went often to Bermuda a resort he found much of appeal there he met Janet Peck a worldly pianist whose life experience was the real deal Her advice on the presidency she said yes, it was then, Woodrow's one sole regret Wilson elected Governor Ellen a politician's wife, he, now a presidential candidate

Environment – Health by Jack Birnbaum continued

Ellen invited William J. Bryant to dinner & got a Wilson vote for president by savvy Elected President thru an 8-hr. workday and humane policies in many other ways Ellen as a first lady was a foe of social injustice, humanization a cause on each day catered to Wilsons needs as editor and advisor and being both a mother and wife Her strength taxed, fell to the floor a kidney illness, Brights disease, a threat to life a dying Ellen urged Dr. Grayson to see to Wilson as guns of war were more in view as eyes of 1st family were on her but the ears of the nation heard those war drums

With Ellen's death a lonely Wilson threw his energies into his role as the President his first look Edith Galt awakened passions his reactions were youthful with intent Edith Wilson now knew, succession wasn't an option, deception was now the key Wilson's direction must define policy and none other are qualified to do so, as she Edith was his confidant and none could better act as proxy with more confidence, She, alone decided the info Wilson would see; who; he could see; all precedents as several Doctors served this "Madame President" sans any electoral assents

Slavery in America Part 1

by Jack Birnbaum

In the 1600' slavery came to America with two visions the first settlers saw opportunity, richly treed, with forestry, sparkling lakes and rivers, hills and mountains, all combining to be a sight

It however, was seen by the first slave in the first slave ship in all probability, provoke strong feelings but one can assume they were nowhere close to awesome, being much closer to a fright

To the ships that brought the settlers here it was a promise of opportunity to building new lives, new careers to an amassing wealth while the slaves were as tools groveling day and night

But ere long the humanity rose to the surface with slaves like Nat Turner roused other slaves in revolt and others like Fredrick Douglas wrestled his overseer for two hours in an epic fight

Slavery in America Part 1 by Jack Birnbaum continued

But slaves in resistance developed methods that clearly showed their hostility and opposition to slavery by foot dragging, work slowdown, breaking tools, thefts, illness, song and back talk

Slavery in America was a unique phenomenon that gave birth of democracy and freedom with a system demeaning people of color and difference that caused others to shrink and balk

Slave trading had been a fact of life in Africa for more than seven centuries prior to the discovery of America and the founding of the European colonies that grew from its discovery

African elites, particularly Muslim traders north, of Africa had profited buying dark skinned men captured in wars and elsewhere having committed crimes and then were sold in penalty

Then came Portuguese explorers searching eagerly seeking gold and Ivory for their Catholic rulers who accepted the dark -skinned new slaves, putting them to work in the sugar mills

In the next 400 hundred years this trickle became a flood with about ninety percent of the twelve million men women and children on slave-ships were ticketed as their skills

Although the first Africans brought to Virginia were slaves in 1619 it wasn't till the 1670's with the growth of Virginia's regions tobacco's economy that race was dominant on the scene

Anthony (Antonio) a part of a small group of slaves bought in Angola in 1621, a hard worker rewarded by a small plot of land, allowed to marry another slave, had family, as a team

Things occurred as Antonio's son bought 550 acres from a white neighbor that he had not paid for and even as the court gave them the land the family was subject to hate newly wrought

Slavery in America Part 1 by Jack Birnbaum continued

In 1685 a white neighbor claimed 100 acres of Johnsons land for reasons unknown it was awarded him Johnson's other son in an illicit liaison with a single white servant was caught

Racial lines In Virginia and Maryland had been hardening some 50 years as England had a civil war rupturing supply lines of free and indentured white labor to the colonies

Rising labor costs, poor conditions in Virginia plus those whites already in the colonies complaining combined to cause unrest against the planter elite now facing a squeeze

Led by Nathaniel Bacon who promised to take the Governorship and turn the planters land over to the servants but Bacon's death and new troops brought the rebels to their knees

In the years following Bacon's uprising the competition between slavers cut their prices raised their Chesapeake % from 2%, to 13%, in 1700 to 40% in 1750 of the total population

In legislation the slave code 1662 said children of slave mothers would be slaves for life, a 1622 act said Christian Baptism would not free anyone in the knot of their nation

Restricted movement or to trade with each other; prohibited no more than 4 slaves meeting; allowed Planters to have patrols on any roads to capture slaves' sans a pass

British law now made race to define and to set the law that like the Constitution sets or deflects what is permissible and what is not permitted or what is not part of a class

In the 1690's the Puritans settled in Massachusetts and immediately built ships for slaving finding their religion was in no way restrictive to owning slaves or how they were used

The Quakers settled Pennsylvania also found that Philadelphia welcomed slavery even in the practice of free religion and found no bars to owning slaves or their being abused

Slavery in America Part 1 by Jack Birnbaum continued

The first anti-slavery protest took place not in Pennsylvania by a German, Daniel Pastorius a community leader of a mixed Quaker community that was abducted from Europe

Pastorius a well to do merchant was a German Quaker now a Judge he, as well as Dutch Quakers in their community had issues but he favorably compared black slaves to other folk

Twix the decades 1700 and 1776 the southern colonies of the British Empire underwent A plantation revolution both “Demographic and financial” in scope as well in their style

The number of slaves used was expanded as rapidly as did their production through brutality, cruelties and legalities which compare to any that have been seen for quite a while

The defining character of the 18TH century plantation revolution was social as large land owners sought greater economies of scale as drastic steps maximize slave efficiency obedience and loyalty practicing the art of dominance through brutal disciplinary regimes and repressive slave codes, a formidable trio

The naked hunt for power is nowhere more visible than the three slave societies of Barbados, Jamaica, and South Carolina, a trio con brio

Barbados- Settled by the English in 1620 as a base to intercept Spanish ships between Hispaniola and Spain, later this little island became a failed Tobacco plantation of indentured English prisoners and a successful sugar plantation working black slaves till their death

Jamaica-Much larger than Barbados captured from the Spaniards and by 1680 were a majority of blacks with tropical diseases, terrible food and poor shelter combined slaved died childless and young but the sugar crop was rich

Slavery in America Part 1 by Jack Birnbaum continued

South Carolina-About the time they took over Jamaica, The British found South Carolina which included North Carolina and later Georgia finally found they could grow Rice successfully

White Supremacy was maintained through any means with harsh discipline restrictive policy and sexual sublimation even in South Carolina with a ratio of nine black slaves to one.

Pickup Memory

By Sr. Franceline Malone

Background:

We sisters of the Blessed Sacrament owned and taught at our two schools. (St. Michaels) on the Navajo Reservation. The Franciscan Friars Monastery was up the dirt road less than a mile away. At this time, I was a teacher in the High School; Art, Religion, English, etc. There was a lot of poverty among the people on the Reservation. The students – boarders and day students - were at home with their parents since Christmas was less than a week away.

The Franciscan Friars had assembled packages of turkeys, vegetables, etc. to be distributed to people living in that part of the reservation. It had snowed maybe eight inches during the night. Sr. Clare and I got into our St. Michael's pickup truck and drove to the Franciscan Mission where the Friars loaded it with Christmas meals and gave us a list of families living along north, south Lupton Road, which also passed by our school property. Not too far down the road was a small settlement of mostly metal trailer homes where one of my students lived with her family. From there down to our southernmost delivery, the homes were quite a ways from each other. Most roads into the homes were dirt, now covered in snow.

The article picks up from here:

It was two days before Christmas. Thick snow blanketed the hills around St. Michael School. The dorms were empty. The boarders had safely returned to their homes.

Ignoring the frigid air, the Franciscans loaded our pick-up truck with baskets and boxes filled with the makings of hearty Christmas dinners. The Friars gave us a list of needy families along Lupton Road and told us how to get to them - "When you pass the gas station on the right, go about a half mile, there will be a large open area on the left, turn there, look for a house ... etc."

Pickup Memory by Sr. Franceline Malone continued

Sr. Clare Kistner and I climbed up into the cab, turned the key and off we went. Despite the snow, we had no trouble driving along Lupton Road. We stopped at a couple of homes and were welcomed enthusiastically by the families when they saw our cargo.

Then we were off looking for the large open area where we were to turn. There it was. Deep snow almost hid the road. We hesitantly turned on to it. Where was the house? Not that one about a mile to our left, a mile covered with soft white stuff! There was a ditch between us and that distant house. Did it hide a stream? If we drove across, we could get stuck. No other houses were in sight.

There was no smoke coming from the house's chimney. By now it was getting towards noon. The sun was shining and the snow was softening. Clare and I ate lunch and seeing a road going up a nearby hill, decided to drive up that road and see if there was a house up there.

As we plowed through the increasingly wet snow, we rounded an outcropping and ascended the hill. The dirt road had turned to slush. Scrambling out, we broke off cedar branches and put them under the wheels. We made it to the top of the hill only to find the road meandered into a cavern of trees ahead. No sign of any habitation anywhere. We'd better go back.

There was barely enough space to turn and a stream edged the road by a cliff. While Sr. Clare prayed, I tried to maneuver a left turn. Suddenly the pick-up swung left on its own towards the cliff. Then it stopped! An evergreen bush at the edge of the cliff held us in its embrace! Thank God!

We completed the turn, crept slowly downhill, around the outcrop and back out across the field to Lupton Road. We still had a load of Christmas groceries in back and only one more scheduled stop to make.

Pickup Memory by Sr. Franceline Malone continued

We spotted a house on our left and by mutual consent stopped to offer the food to the family. Some smiling teenaged boys hurried out to the pick-up, while the family looked out the door. Needless to say, they were delighted when the boys carried the unexpected boxes of food back into the house for their mother, brothers and sisters.

Our last stop was less than a mile from St. Michael School, the home of one of our high school girls. The temperature was dropping rapidly as the sun headed further west. We descended the snowy embankment and drove up to the trailer.

Our teenaged student excitedly welcomed us at the door. There were about seven younger children with her in the small metal trailer: her brothers and sisters -- also home for Christmas from Bureau of Indian Affairs boarding schools. There were no parents in the house (I do not recall why they were not there) and they were not expected. The place was freezing. One of the children had accidentally broken a window and the temperature that morning had hovered around 5°.

The teenager could not express her gratitude enough for the food, as there was nothing in the house. She told us that her older brother, a service man, was due home shortly and he would have his salary to provide for them. Apparently, there was a working stove to cook the food and somehow all those children were able to snuggle together at night either on the floor or in a few make-shift beds. We learned the next day that the brother was on hand to take care of the little family.

When we started out that morning Sr. Clare and I had no idea how God would use our inexperienced efforts to bless hungry families with Christmas joy. We too had recognized what love put a bush right where it was needed to keep us from plunging over the cliff into a frigid stream. If it hadn't been there, lots of wild animals would have had a good meal, but two needy families would not have been able to celebrate their Christmas together over a delicious meal.

So, with the help of our own guardian angels, two chilled SBS and an empty St. Michael Indian School pick-up truck drove into the school yard and parked. We two SBS headed into the warmth and joy of our own celebration -- remembering another child born in a cold stable.

Biodiversity of Life on Earth

Sr. M. Franceline Malone

The most unique feature of Earth is the existence of life, and the most extraordinary feature of life is its diversity. Approximately 9 million types of plants, animals, protists and fungi inhabit the Earth. So, too, do 7 billion people. Two decades ago, at the first Earth Summit, the vast majority of the world's nations declared that human actions were dismantling the Earth's ecosystems, eliminating genes, species and biological traits at an alarming rate. This observation led to the question of how such loss of biological diversity will alter the functioning of ecosystems and their ability to provide society with the goods and services needed to prosper. (*From internet site on Diversity*)

The first Earth Summit began after the Cold War in Rio de Janeiro from June 3 - 14, 1992. It was a United Nations Conference on Environment and Development seeking international cooperation on facing and solving the multitude of issues facing the entire World. Discussions covered radio-active chemicals, public transportation, alternative sources of energy, overcrowded cities, supply of water and its use, protecting the oceans, and many other concerns with emphasis on the importance of working together to solve our many shared problems.

What is an ecosystem as used in this discussion? National Geographic defined it on May 20, 2022: "An ecosystem is a geographic area where plants, animals, and other organisms, as well as weather and landscape, work together to form a bubble of life. <https://www.nationalgeographic.org/encyclopedia/ecosystem>

Ecosystems contain biotic or living, parts, as well as abiotic factors, or nonliving parts. Biotic factors include plants, animals, and other organisms. Abiotic factors include rocks, temperature, and humidity.

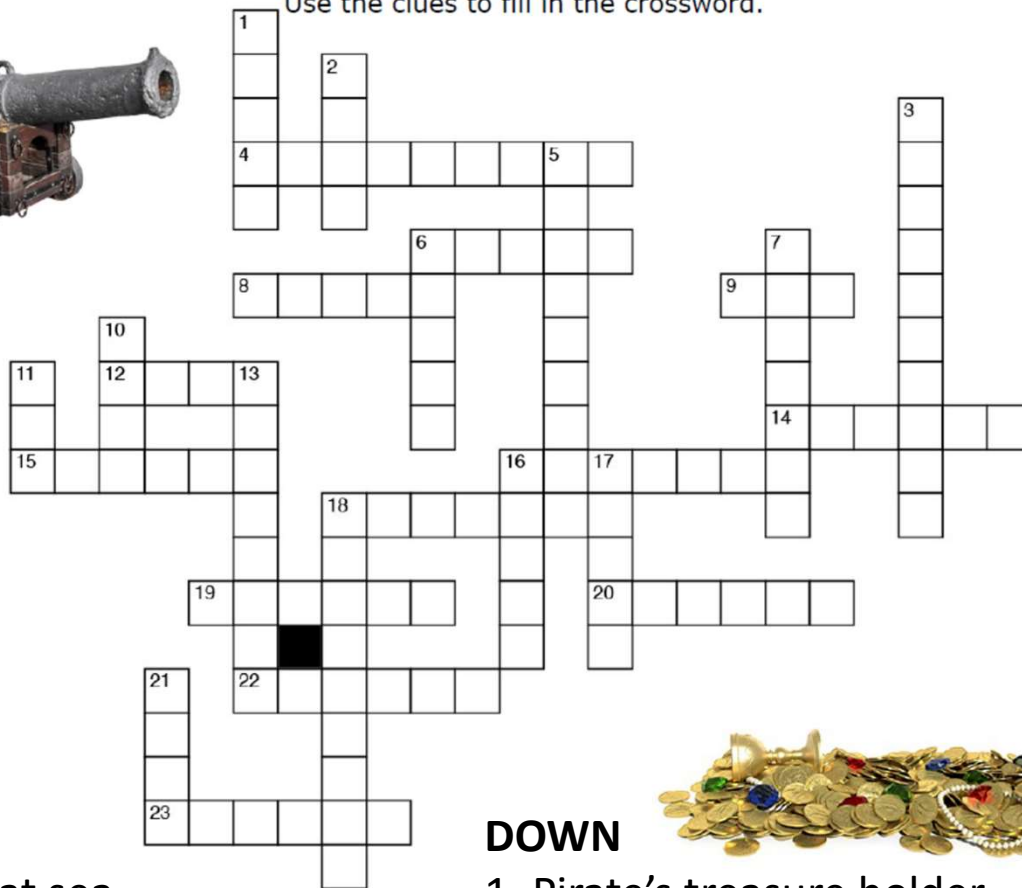
Biodiversity of Life on Earth by Sr. M. Franceline Malone continued

Ecosystems contain biotic or living parts as well as abiotic or nonliving parts." Biotic factors include plants, animals, and other organisms. Abiotic factors include rocks, temperature, and humidity.

Since that time a great deal of progress has been made on understanding that the loss of biodiversity affects functioning ecosystems and so society. Let's briefly think of New Jersey, a state with forests, good soil, plenty of rain, that eventually was populated by native people, then immigrants from Europe and Africa - forming an ecosystem of mixed races with a variety of skills. Many early residents were farmers, growing vegetables, breeding cows and pigs, selling beans, meat and milk, and nourishing their children who went to school, learned math and to read and write. Yearning for more, they went on to high school. That sparked hunger for still more. So off to college where some became teachers, doctors, lawyers, opened businesses, etc. They met other people, often formed close relationships and marrying.

The Golden Age of Piracy

Use the clues to fill in the crossword.



ACROSS

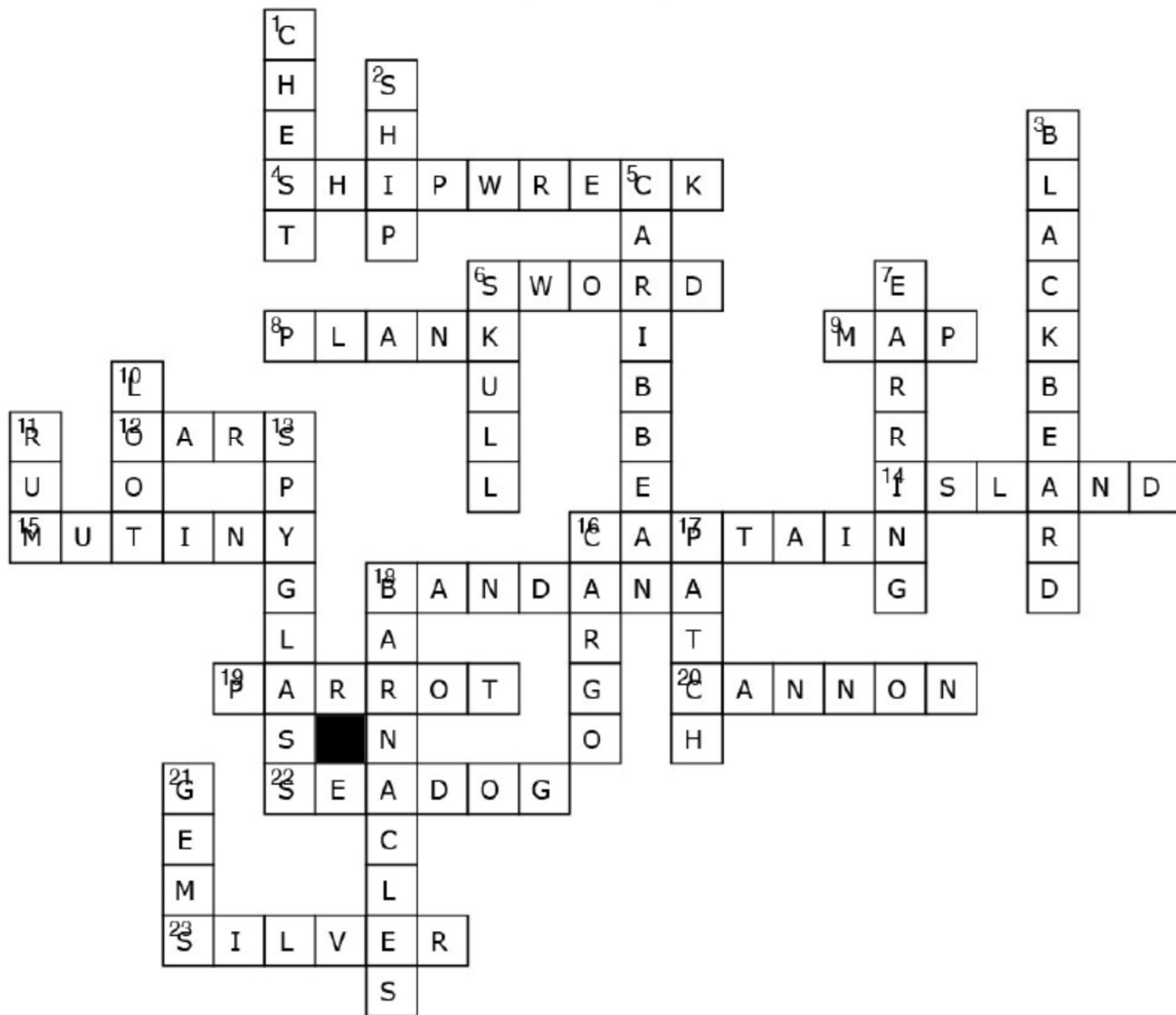
4. Disaster at sea
6. Fencing weapon
8. Walk the _____
9. Navigational need
12. Rowing need
14. Castaway's home
15. Uprising at sea
16. Ship's leader
18. Head scarf
19. Buccaneer's pet
20. Pirate ship weapon
22. Seasoned sailor (slang)
23. Long John _____

DOWN

1. Pirate's treasure holder
2. Large vessel
3. Notorious English pirate
5. Sea that is part of the Atlantic
6. Jolly Roger feature
7. Hoop jewelry
10. Stolen goods
11. Pirate's drink
13. Small telescope
16. Ship's freight
17. Eye cover
18. Shells on ship's hull
21. Precious stones

The Golden Age of Piracy

(solution)



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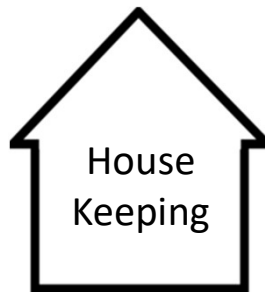


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Paul's Run

**THE GENERAL STORE
HOURS OF OPERATION**

**MONDAY - FRIDAY
10:30AM-3:30PM**

**SATURDAY - SUNDAY
11AM-3:30PM**



**THE HOUSEKEEPING
DEPARTMENT IS ASKING FOR
YOUR COOPERATION IN
MAINTAINING A SANITARY
ENVIRONMENT FOR ALL OF OUR
RESIDENTS.**

**REMEMBER TO WASH YOUR
HANDS FREQUENTLY WITH SOAP
AND WATER OR WITH HAND
SANITIZER WHEN AWAY FROM
SOAP AND WATER.**



A Request from
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You