

Monthly Gazette

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Celebrating September



***Coupon & Coupon Clipping
Month***

5-A-Day Month
(Eat your fruits and vegetables.)

Healthy Aging Month

Hispanic Heritage Month

Classical Music Month

Library Card Sign-up Month

Self-Improvement Month

Self-University Week
September 1 - 7

Solar Eclipse
September 11

Eat an Apple Day
September 15

Mexican Independence Day
September 16

Beginning of Autumn
September 23

Punctuation Day
September 24



Rich in Spanish Heritage

Hispanic Heritage Month begins September 15 and runs through mid-October. The timing was chosen because five Latin American countries – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua – celebrate their independence on September 15, while Mexico celebrates September 16 and Chile on September 18. The term “Hispanic Heritage” is used because, according to a census survey, about 70% of people to whom it applies have either no preference or prefer Hispanic to Latino or Spanish. In the three countries that comprise North America, there are few Canadians (less than 1% of the population), but nearly 43 million Americans and, of course, about 100 million Mexicans with Hispanic heritage.

Spanish explorers first came to the land that is now known as North America in the early 1500s. They began to establish settlements in Florida, the Bahamas, various Caribbean Islands, Mexico, and Latin America. Therefore, it can be easily argued that Spanish settlements preceded by nearly 100 years those established by the English in the New World. Juan Ponce de Leon established a settlement in Puerto Rico (Rich Port) in 1508 and began exploring the land he would call “Florida” (flowery) as early as 1513.

Today, thousands of cities and landmarks in the U.S. (and a few on the west coast of Canada) have names of Spanish origin. Did you know, for example, that “Remember the Alamo” means “Remember the poplar”? Fresno refers to another tree: the ash. Encinitas refers to yet another: “little live oaks.” El Paso means “passage,” named for the gap between the Rockies and Juarez mountains, while Las Vegas means “meadows.” (Before casinos and neon lights, the area of Las Vegas was noteworthy as a desert oasis with artesian springs.) Loma, which sounds like a rolling meadow, actually means “hill.” Colorado, meaning “reddish,” is a reference to the reddish mud of the river bottom. Through place names, we all share a Hispanic heritage and a beautiful language.

Authors Worth Quoting



September is the birth month of more than a dozen famous authors, and most are highly quotable – they have both interesting philosophies and “a way with words.” Can you match

the author/poet to his quote? (Two names are used more than once.)

1. “Music is the shorthand of emotion.”
2. “Failure is the condiment that gives success its flavor.”
3. “There are times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.”
4. “Vitality shows in not only the ability to persist but the ability to start over.”
5. “Exuberance is beauty.”
6. “Facts and truth really don’t have much to do with each other.”
7. “If you aren’t in over your head, how do you know how tall you are?”
8. “Our true nationality is mankind.”
9. “If men knew how women pass the time when they are alone, they’d never marry.”
10. “If you want to be happy, be.”

- A. Truman Capote (born Sept. 30, 1924)
- B. T.S. Eliot (born Sept. 26, 1888)
- C. William Faulkner (born Sept. 25, 1897)
- D. F. Scott Fitzgerald (born Sept. 24, 1896)
- E. O. Henry (born Sept. 11, 1862)
- F. Leo Tolstoy (born Sept. 9, 1828)
- G. Elie Weisel (born Sept. 30, 1928)
- H. H.G. Wells (born Sept. 21, 1866)

Answers: 1 F; 2. A; 3. G; 4. D; 5. H; 6. C; 7. B; 8. H; 9. E; 10. F



Sept. Holidays

- Labor Day (3)
 Grandparents Day (9)
 Rosh Hashanah (13)
 Yom Kippur (22)

Words with a Spanish Heritage

Following are 10 scrambled words (in alphabetical order) with Spanish origins. Can you figure them out?

1. gilatralo _____
2. groca _____
3. dracome _____
4. cledhania _____
5. cuemaaglo _____
6. quotsimo _____
7. topia _____
8. drooe _____
9. lassa _____
10. coatcob _____
11. dratnoo _____
12. lavinal _____

Answers: 1. alligator; 2. cargo; 3. comrade; 4. enchilada; 5. guacamole; 6. mosquito; 7. patio; 8. rodeo; 9. salsa; 10. tobacco; 11. tornado; 12. vanilla.

Coo-pon or Cue-pon?

Do you say coo-pon or cue-pon? The French usually say the former and Americans the latter, but either way it means DISCOUNT.

Coupons originated with the Coca-Cola Company, according to *Events from History: The 19th Century* (Salem Press). In 1887, business partner Asa Candler transformed the “insignificant tonic” into what would become an amazingly profitable business by using innovative advertising techniques. One of them was to have the company’s salesmen and employees distribute complimentary coupons for the drink, as well as place the coupons in magazines and mailings. Over the next 20 years, about 8.5 million coupons were given out, and now Coke can be found worldwide.

By 1909, other companies, especially the Post Cereal Company, had adopted the coupon. Today, hundreds of companies distribute coupons that generate more than 8 billion transactions each year in the U.S. So celebrate Coo-pon Month!



Self-University Week



This is Self-Improvement Month and September 1-7 is Self-University Week, which seems a perfect time to promote self-study. The website for Autodidactic Press (www.autodidactic.com) urges all of us to recognize that learning is a lifelong occupation, and in their words, “fundamental to living a full and interesting life.” The site also bemoans the idea that education is something we “finish” and encourages learning at any age. In this information age, it is easy to constantly be attuned to learning new things. Here are some of the ideas from this website:

- Look up a new word each morning and find a way to use it during the course of the day.
- Sign up for a course, a workshop, a lecture, or a seminar.
- Visit a library or bookstore and look at sections you haven’t explored before.
- Try rereading a book you once thought was too difficult or “over your head.”
- Write down ten things you hope to accomplish. Work on those goals.
- Visit a museum or an art gallery.
- Spend a day entertaining your own thoughts. (No media!)
- Memorize a poem.
- Read something you disagree with. Formulate a reasoned response.
- Join a book club, a thinking club (where ideas are mulled and stirred), or a club that can teach you a new skill.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young." ~ Henry Ford

Self-Educated People Abound

The website for the Autodidactic Press lists the names of well over 100 famous people who are or were largely self-educated. It begins with Ansel Adams (1902 – 1984), who found formal schooling mind-numbing but managed to become a celebrated landscape photographer. At the other end of the alphabet are three Wrights: Frank Lloyd (1867 – 1959), Orville (1871 – 1948), and Wilbur (1867 – 1912). The first is arguably America’s most famous architect, ultimately bringing 300 designs to fruition. The Wright brothers, Orville and Wilbur, as everyone knows, achieved the first sustained flight in an airplane in 1903 – proving self-taught inventors could soar. They inspired Chuck Yeager (1923 -) who went to war instead of college and became one of the most famous test pilots of all time, breaking the sound barrier in 1947. In between Adams and Wright are dozens of authors from Jane Austen to Laura Ingalls Wilder and including many with September birthdays, such as Faulkner, Fitzgerald, and Tolstoy. In addition, there were U.S. Presidents (Abraham Lincoln, Harry Truman), humorists (Art Buchwald), newscasters (Walter Cronkite), pioneers in their field (Florence Nightingale, Alexander Graham Bell, Thomas Edison), and general geniuses (Albert Einstein, Buckminster Fuller, Bill Gates). The bottom line? It’s never too late to learn. Make no more excuses.



Grandma Moses

(born September 7, 1860) was a self-taught artist whose real name was Anna Mary Moses. She took up painting in her mid-70s after arthritis kept her

from embroidering, and kept painting until she turned 100. That’s plucky!

Punctuation Day: September 24



Lynn Truss, author of the best-seller *Eats, Shoots & Leaves*, is a self-proclaimed punctuation vigilante, but she laments poor punctuation with a sense of

humor. She is relentless in proclaiming its importance, noting the very different meaning between these two sentences:

A woman, without her man, is nothing.

A woman: without her, man is nothing.

Similarly, vast differences exist between:

- A little used car and a little-used car.
- The pickled herring merchant and the pickled-herring merchant.
- The two hundred odd members of Congress and the two hundred-odd members of Congress.

If you want punctuation answers served with panache, pick up her book!

September Birthdays

Persons born in September tend to be efficient, well organized, and eager to help. They are often analytical and detail oriented. Some famous folks with September birthdays include:

Lily Tomlin -- September 1, 1939
Kitty Carlisle -- September 3, 1915
Paul Harvey -- September 4, 1918
Bob Newhart -- September 5, 1929
Sid Caesar -- September 8, 1922
Patsy Cline -- September 8, 1932
Arnold Palmer -- September 10, 1929
Jesse Owens -- September 12, 1913
B.B. King -- September 16, 1925
Barbara Walters -- September 25, 1931
Brigitte Bardot -- September 28, 1934

HAPPY SEPTEMBER BIRTHDAY!



Special Events At Lanessa!

September 4th – Labor Day Cook Out on the Patio

September 6th – Resident Council Meeting

September 9th – Grandparents Celebration – Tea Party and Pastry

September 12th – Entertainment with Raymond Lavoie

September 26th – Hawaiian Luau on the Patio

September 28th – Birthday Social and Entertainment with Bob Quiry