

September 2024

# Evergreen Knoll

Evergreen Assisted Living 1309 14<sup>th</sup> Street Cloquet, Mn 55720



## Celebrating September

**International Self-Awareness  
Month**

**World Alzheimer's Month**

**National Guide**

**Dog Month**

**Pollution Prevention Week**

*September 16–22*

**World Letter Writing Day**

*September 1*

**Day of Charity**

*September 5*

**Wonderful Weirdos Day**

*September 9*

**Bald Is Beautiful Day**

*September 13*

**International Country**

**Music Day**

*September 17*

**White Chocolate Day**

*September 22*

**Love Note Day**

*September 26*

**Good Neighbor Day**

*September 28*

## School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict—getting the occasional rap on the knuckles with a ruler was not unheard of!

Technology in the classroom was a far cry from today's smartboards and tablets. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in cloth or paper, were brought from home—no cafeteria pizzas or chocolate milk here!

Extracurricular activities, though fewer, were cherished. Recess games like hopscotch and kickball, along with school plays and community events, were major highlights. Physical education was simple and often included activities like dodgeball or relay races.

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as families and neighbors connected through their local school.

Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!

## Journey to the Final Frontier



Those planning their dream vacation no longer have to settle for finding a country to visit on planet Earth. They can now reach for the stars! Space tourism is finally becoming a reality, thanks to bold and

visionary companies like SpaceX. The innovator has achieved numerous milestones, including sending the first privately funded rocket into orbit in 2008 and the first private crewed flight to the International Space Station (ISS) in 2020.

Another important player in the space tourism industry is Virgin Galactic, owned by entrepreneur Richard Branson. Virgin Galactic successfully launched its first fully crewed spaceflight in July 2021 and now regularly schedules flights for private individuals. Seats on Virgin Galactic's spacecraft initially sold for \$250,000, but prices have since increased to around \$450,000 per seat.

The Russian Space Agency has allowed trips to the ISS aboard their Soyuz spacecraft, considered one of the safest and most cost-effective spacecraft designs. For 20 to 40 million dollars, these tourists received the training needed to launch safely into space. For now, space tourism is certainly confined to the wealthy few who are brave enough to travel into space.

Why travel to space at all? Some venture to space for the pure thrill. Others contend that traveling to space is the first step in colonizing other planets, like Mars. On a more practical note, spacecraft that launch into space travel faster than airplanes. A flight from New York to Sydney, Australia, will take a mere hour rather than a whole day. But maybe the unique view of Earth from outer space is reason enough. Astronauts tell of how their entire perspectives have changed after seeing Earth so fragile and alone in outer space.

## From Vienna with Love

Schnitzels are an ever-popular part of German cuisine, but the Wiener schnitzel is something separate and special. This national dish of Austria enjoys its own holiday on September 9. Schnitzels are simply boneless fillets of meat covered with flour, eggs, and breadcrumbs, which are then fried. However, in the capital of Austria, Vienna (called *Wien* in German, hence the term *Wiener*), the schnitzel must be made of veal. In fact, the recipe is protected by law, and restaurants in Austria are forbidden to call the dish *Wiener schnitzel* unless it is made in the traditional fashion with lemon, capers, anchovies, and a side of potatoes.

## DIY Education



Interested in a little self-improvement? Self-University Week is September 1–7. MOOC stands for Massive Online Open Courses, and this means

that anyone can open a computer and join a course online for free. You no longer have to spend thousands of dollars to receive an education at top universities like Harvard, Yale, Stanford, Duke, UCLA, and others that have joined the MOOC movement. Professors have recorded their lectures and have even provided required reading, homework, and final exams. With thousands of people enrolled in these free courses, students cannot expect one-on-one contact with their teachers, but students can easily chat online with other students. Will you earn a degree? Not quite. Some professors offer certificates of completion, but these are not official certificates from the university itself. The goal of MOOC is not to hand out degrees but to offer high quality education to the far reaches of the globe. Do you want to learn Italian? Build a solar panel? Learn how to write good comedy? It's now all there for you at the touch of a button.

## Steeped in Tradition



During the 19th century, tea was a scarce and valuable commodity in England. The ports of China were closed to British trading ships, so many had to resort to smuggling tea into England. When tea did arrive, it was very expensive and consumed only by the rich. But if tea was so expensive and consumed by so few, then just how did England become known for its tea culture and its practice of serving “high tea” in the afternoons?

Many credit the practice of afternoon tea to Anna Russell, the Duchess of Bedford. Plenty of Britons were certainly enjoying a cup of tea before Anna, but it was she who popularized taking tea each afternoon. In the 1800s, dinnertime was often quite late. Anna complained of “having that sinking feeling” in the late afternoon when hunger pangs were beginning to strike but dinner was still far off. Her solution? A light snack and a pot of tea. She soon began to invite her friends over to take tea with her and stroll in the gardens. It was an honor just to be invited to one of Anna’s afternoon tea parties. Furthermore, Anna was a friend of Queen Victoria. When the queen herself began taking afternoon tea with Anna, all the ladies of high society copied Anna’s example and began to serve tea as well.

Soon the food served with afternoon tea evolved to include finger sandwiches, scones and cream, sweets, and pastries. The tea itself was served in fancy teapots on low decorative tables, thereby creating the phrase “low tea.” “High tea,” on the other hand, was served at a later hour on high dining tables and was a larger meal meant to act almost as a substitute supper.

Perhaps the most important aspect of tea was the social gossip. This was an opportunity for the women of high society to dish the dirt on each other—in a proper setting, of course. September 3 is Anna Russell’s birthday and would be the perfect day to call your friends to tea.

## The Photocopy Pioneer

The next time you make a photocopy, be sure to give thanks to Chester Carlson. He invented the first commercial photocopier, the Xerox 914. His invention was introduced to the public on September 16, 1959, in the Sherry-Netherland Hotel in New York. Its debut was far from perfect, however, with one of the two models catching fire. Despite this mishap, it stunned audiences with its ability to make 100,000 photocopies per month, or one copy every 26.4 seconds.

Carlson invented a copying process called *xerography* as early as 1937. This process, first called *electrophotography*, is based on the natural phenomena whereby materials of opposite electrical charges attract and some materials become better conductors of electricity when exposed to light. Using these principles, Carlson developed a six-step process that created copies much faster than a mimeograph machine and much more cheaply than a photograph. After IBM turned Carlson down, he found support from the Haloid Company. Carlson’s invention proved so successful that Haloid changed its name in 1961 to the Xerox Corporation.

## Enthusiasm Unleashed



Sometimes keeping a positive attitude is easier said than done. How do we stay positive? Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1–7, welcome a little bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.



## Adventure Awaits



The United Nations established September 27 as World Tourism Day, a day to recognize the importance of visiting other cultures and sharing social, cultural, political, and economic points of view. How, though, are

visitors to know all the rules of etiquette of a foreign country? For example, it is considered rude to order cappuccino in Italy after 11:00 in the morning. In Venezuela, don't show up on time for dinner; everyone is expected to arrive 10 to 15 minutes late. In Norway, table manners are extremely important, and one should always use a knife and fork at meals, even with sandwiches. When in Japan, never point, play with, or stab food with your chopsticks. And never take food from a shared plate with the eating end of your chopsticks; use the opposite end instead.

So how does one avoid making embarrassing or offensive mistakes in foreign countries? These few tips will make you the best kind of tourist—one who is welcomed back. First, learn a little about the country before you arrive. Whether you search the internet, buy a guidebook, or visit the library, learning a little bit about the culture, history, and landmarks of a foreign country will prepare you for your trip. You can learn about the city layout, currency exchange rates, local languages, popular food dishes, unusual customs, and even places to avoid.

After your feet are on the ground, don't rush. We tend to overschedule because we want to visit all the important tourist landmarks. Just because you're in Paris doesn't mean you have to visit the Eiffel Tower. Ditch the checklist. This allows you to enjoy the next two tips: meet local people and visit local places. You don't have to know the local language to be polite and gracious with others. Also, try to shy away from global chain restaurants and hotels. You're on vacation! Allow yourself to feel like you've been transported away from home.

## September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

### Happy Birthday Evergreen Residents!

Diane Denison September 4<sup>th</sup>  
Margaret Stevens September 15<sup>th</sup>  
Nancy Foudray September 18<sup>th</sup>  
Arlene Lindelof September 25<sup>th</sup>

## Sweet Cravings



Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.