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September 2019

70 Years of TV's 'Lone Ranger'

On Sept. 15, 1949, "The Lone Ranger" rode into the world of television with its debut episode. The popular Western lives on in reruns, fan clubs, collectibles and cultural references, including the show's legendary line, "Hi-yo, Silver! Away!"

A Figure of Speech

Phrase: Old school

Meaning: Traditional or nostalgic

Origin: The description "old school" is often used to express respect for people, things and styles from an earlier time. It frequently conveys an air of nostalgia when referring to something from days gone by, such as old-school music. The term likely evolved from the longer phrase "of the old school," which has been in use since the mid-1700s.

Silver Spur Village Staff Community Manager

John Gallaway

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Remember When: Card Catalogs

Searching for a book in a library once involved pulling out a long, narrow drawer of a card catalog. Using the Dewey Decimal System, each book was categorized by subject, title, author and other information, which was printed on index cards and filed in cabinets with rows of small drawers. In large libraries, card catalogs could fill an entire room.

A Rhapsody of Rewards

During Classical Music Month in September, make time to enjoy a sonata by Mozart, a symphony by Beethoven, or a film score by John Williams. Numerous studies show that listening to classical music can have resounding health effects, such as lowering stress, boosting productivity, improving memory and helping relieve pain.

NFL's Centennial Season

Are you ready for some football? The NFL kicks off its 100th season Sept. 5 with one of the sport's most storied rivalries as the Chicago Bears face the Green Bay Packers. The league will commemorate its anniversary with special events throughout the season.



Apples of Our Eye

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

Celebrating in September

September is the most common birth month in the U.S., according to government statistics from the past 20 years. The most common birthdate? Sept. 9.



Office Hours

Mon-Fri 8:00-4:30

Gate Hours

Mon-Fri 7:30-5:00



Trivia Whiz

The Queen of Fall Flowers

Chrysanthemums provide a splash of color in fall flowerbeds and centerpieces. Celebrate this seasonal favorite with a bouquet of floral facts:

Native to China, the flower was grown as early as 1400 B.C. and used as an herbal remedy.

The first chrysanthemums had small yellow blooms, inspiring their name, which comes from the Greek words meaning "gold flower."

One of the top-selling potted plants in the U.S., the chrysanthemum is often called the "queen of fall flowers."

The flower is a symbol of joy, love, loyalty and longevity.

The mum is the traditional flower for a 13th wedding anniversary, as well as the birth flower for November.

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel

closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



Reasons To Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power. Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters

and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy. When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions.

Promotes sleep. A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress. A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.

A Beloved Bunch

The story of a lovely lady, a man named Brady and their big blended family began 50 years ago this month. The iconic TV sitcom "The Brady Bunch" debuted Sept. 26, 1969.

Producer Sherwood Schwartz got the idea for the series after reading a statistic about the growing number of stepfamilies. He wrote a script about a widowed architect with three sons who married a woman with three daughters, but TV networks were not interested. A few years later, after the success of the 1968 film "Yours, Mine and Ours," about a large combined family, ABC decided to give "The Brady Bunch" a chance.

Set in suburban Los Angeles, the wholesome comedy centered on members of the Brady household: dad Mike and his sons, Greg, Peter and Bobby; mom Carol and her daughters, Marcia, Jan and Cindy; their spunky live-in housekeeper, Alice; and the family dog, Tiger. Most of the episodes featured a lighthearted look at issues the kids faced, such as growing up, sibling rivalry, school and dating.

"The Brady Bunch" ran for five seasons but became wildly popular when it aired in reruns, which are still broadcast today. Over the years, the show's spinoffs have included TV specials, movies and an animated series.

'The Brady Bunch' premiered 50 years ago

An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala. Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

Red Delicious. Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith. Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji. Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp. The name of this apple says it all—it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn. Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.

Golden Delicious. This yellow variety has a mellow taste that blends well with tart apples in pies and crisps.

McIntosh. The skin of a McIntosh is an appealing mix of red and green, and the flesh is tender and mild. They make excellent applesauce.



Wit & Wisdom

"When you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it."
—Theodore Roosevelt

"I don't know that there are any shortcuts to doing a good job."
—Sandra Day O'Connor

"Even though your time on the job is temporary, if you do a good enough job, your work there will last forever."
—Idowu Koyenikan

"Nothing is particularly hard if you divide it into small jobs."
—Henry Ford

"Maturity: Be able to stick with a job until it is finished. Be able to bear an injustice without having to get even. Be able to carry money without spending it. Do your duty without being supervised."
—Ann Landers

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Labor Day 2	3	4	5	6	7
8	9	10	11	12 	13	14
15	16	17	18	19	20	21
22	23 	24	25	26	27	28
29	30	<h1>September</h1>				

"This Month In History" SEPTEMBER

1928: By accident, Scottish scientist Alexander Fleming discovers penicillin, the world's first antibiotic.

1930: American Bobby Jones becomes the first to achieve the Grand Slam of golf by winning the year's four major championships.

1955: Little Richard records what will be his first major hit, "Tutti Frutti." Loud and with a driving beat, the song is hailed as pioneering the rock 'n' roll sound.

1970: A groundbreaking sitcom at the time, "The Mary Tyler Moore Show" premieres.

1987: New York City's Rockefeller Center is declared a National Historic Landmark.

1998: A new federal law mandates that all automobiles sold in the U.S. must be equipped with air bags.

2002: Kelly Clarkson is named the first "American Idol" for the inaugural season of the TV singing competition. Clarkson has gone on to top the music charts and win several Grammy Awards.

2011: After 41 years, the daytime TV soap opera "All My Children" airs its final episode.