

Caraton Commons

1500-1550 Arcadian Lane, De Pere, WI 54115* 920-339-0601

Resident of the Month



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

**International Enthusiasm
Week**

September 1-7

Bowling League Day
September 3

Labor Day: U.S.
September 7

Grandparents Day
September 13

**International Country Music
Day**
September 17

Good Neighbor Day
September 28

Beverly Funk

Beverly was born in Oconto WI. She was three wonderful children.

While Beverly was busy raising three kids, she still was able to find the time to clean houses for others to earn some extra cash.

Some of her hobbies were dancing, raising her family, and staying busy.

Beverly said she has not been here long enough to tell us much about what she likes yet, but she did say she met a few new lady friends.

If she could give us any advice it would be to help one another out more often.

Shining Star



Richard Wirtz- C.N.A

Richard was chosen to be this month shining star because he gets the job done, and the residents in building three appreciate his hard work.

Richard has been employed at Caraton Commons for a year and three months, but a caregiver for eleven years total.

His favorite part of the job is being able to treat the residents how he would like to be treated.

In ten years, Richard sees himself retired off somewhere fishing and spending time with his six kids and eight grandchildren.

Richard was born in WI Rapids, WI with his two sisters and three brothers.

He likes to spend his free time collecting coins and spending a nice warm day fishing of course.

Florida was his favorite place to visit because he was able to see the Gulf of Mexico. He was even able to see real alligators.

His favorite time of the year is fall season because he leaves falling and temperature change. His all time favorite meal is chicken alfredo.

If Richard were to win the lottery, he would buy the hole series of Carson City Morgan dollars in MS 70 condition.

September Birthdays-

Building One-

- **Bernice O.-** September 20Th
- **Kathleen R.-** September 28Th

Building Two-

- **Alice S.-** September 27Th

Building Three-

- **Anne Y.-** September 15Th
- **Thomas S.-** September 16Th
- **Phyllis V.-** September 17Th

Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious. These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

The First Miss America

In 2018, the Miss America competition abandoned its swimsuit competition, explaining that it would "no longer judge our candidates on their outward physical appearance." My, how times have changed. Almost a century ago, in September of 1921, Atlantic City held a pageant for "The Most Beautiful Bathing Girl in America." In this very first Miss America pageant, women were judged solely on how they looked in a bathing suit, and 16-year-old Margaret Gorman was handed the Golden Mermaid Trophy while still wearing hers. Some historians trace the beauty pageant back to 1854 when none other than P.T. Barnum attempted to add an exhibition to his New York museum where visitors judged women by their appearance. Barnum's project was nixed after public protests, but local newspapers used the idea as a way to attract readers and began to run photo-based popularity contests of local women. In fact, Margaret Gorman, that first Miss America pageant winner, had won her local newspaper's popularity contest, which led to her being crowned Miss District of Columbia, making her eligible for Miss America.

Unscramble the Words...

Mixed-Up Crops-

1. **HETWA** _____
2. **TOPEASTO** _____
3. **ZIAME** _____
4. **LPASEP** _____
5. **BSENA** _____
6. **INNOO** _____
7. **LUEWFORSN** _____

Word Key:

Maize, Onion, Wheat, Beans,

Sunflower, Apples, Potatoes

Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named.



Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert

Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of *policing by consent*. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state.

Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939
Richard Wright (author) – September 4, 1908
Raquel Welch (actress) – September 5, 1940
Jacob Lawrence (artist) – September 7, 1917
Otis Redding (singer) – September 9, 1941
Jesse Owens (athlete) – September 12, 1913
Agatha Christie (author) – September 15, 1890
B.B. King (musician) – September 16, 1925
Frankie Avalon (singer) – September 18, 1940
Jim Henson (puppeteer) – September 24, 1936
Serena Williams (tennis pro) – September 26, 1981

"The Catch"



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply "The Catch," has gone down in history as one of the greatest plays ever made.