

September 2024

Villages Gazzette

The Villages at the River Club | 1176 Warfield Blv | 931.552.7455 | VillagesRiverClub.com



September Highlights

World Alzheimer's Month

Labor Day Potluck

September 2nd

*Woody's Pizza

September 4th

Lawrence Mark 50-60's music

September 10th

*Chicken Salad Chick

September 11th

Travel Show – Ground Zero

September 11th

Quilt Show

September 17th 1-5pm

*Freddy's & Dunbar Trails

September 18th

*APSU Football Game

September 21st

General Jackson

September 25th

***Sign up required.**

Look for other fun things to do on the calendar!

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!

RESIDENT SPOTLIGHT: Bev Haro

Bev was born in Reno, Nevada. She was the oldest of 6 children, all girls! She moved to California at the beginning of her high school years, where she lettered in cheerleading and volleyball. She spent the next 40 plus years living in California. Shortly after marriage, they moved to the country and their family included a bilingual German shepherd dog named Muchacho, and a horse named Star. They were buddies. In 1976, Fred and Bev found a love for motorcycles and joined the Christian Motorcycle Association. This began a 20-year journey of touring 28 states and British Columbia. At first, they tried the “camping” lifestyle, but learned they like the comfort of hotels much more! After many trips to the Ozark mountains and Bev’s retirement from Farm Bureau insurance company she and Fred decided to move to Mountain Home, Arkansas. Bev is a ministry minded woman who volunteered at the Mountain Home Christian Clinic and the pregnancy center. Besides volunteering Bev enjoys antiques, reading (especially Mary Higgins Clark books), home decorating, and Bible studies. It wasn’t until 2019 when some persistent grandchildren convinced them to move to Clarksville. Bev has 6 children, 18 grandchildren, 30 great grandchildren, and 5 great-great grandchildren with two more due soon. Upon the recent death of her husband Fred, Bev decided it was time for her to become involved in a more active lifestyle while remaining independent. She is enjoying making new friends and finds the residents and staff at the Villages to be warm and welcoming.

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.



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.

Faye Wallace – September 1
Deb Metz – September 1
Gail Kenner – September 11
Mandy Singh (AM Cook) – September 12
Barbara Hopkins – September 21
Emily Nickerson – September 21
Adela Rescigno – September 22
Trish Moore – September 24
Allan Anthony – September 25

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.