October 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone 1-641-856-2757

Facility Update

Our facility currently has no new cases of Covid-19. We encourage all visitors to still screen into the facility and use face coverings when in main areas of the building. If you are sick or have symptoms, please stay home for the safety of our team and residents.

In the next few weeks, we will be starting flu season and vaccines will be available for our staff and residents.

Stay Safe and Happy Autumn!

Blessings from the Director of Nursing Services
Jessica Byrn

Clocking In to October

October is Clock Month, a month when time is of the essence. Time. Why does it seem as if there is never enough of it? Soon, we will be turning the clocks back and returning to standard time just to steal a little bit of daylight. But what if we could really turn back the clock and travel through time? Hollywood has given us several movies about time travel and the wondrous machines that blip us forward and back through the eons. Not just Hollywood writers, but scientists, too, have been studying time travel. They have determined that yes, in fact, time travel is theoretically, if not realistically, possible.

Physicist Pascal Koiran has postulated that time travel could be facilitated through wormholes. A wormhole, also known as an Einstein-Rosen Bridge, acts as a tunnel between two distant points in space. Spacecraft could theoretically enter one end and be transported to a distant part of the universe, defying the rules of both space and time. Unfortunately, not a single wormhole has been discovered yet.

Another physicist, Amos Ori, has gone as far as to propose the design of a time machine. He proposed theoretically manipulating gravitational fields in order to curve the linear structure of spacetime. Essentially, the future bends backward, allowing visitors from the future to visit the moment that the curvature was created. Again, several significant problems exist with this model, the first one being that there is no known way to use gravity to bend spacetime.

Despite these nearly impossible challenges, physicists and astronomers continue to explore the nature of time and how to manipulate and control it. Scientific luminaries like Albert Einstein and Stephen Hawking have attempted to answer questions about time and space. While we wait for the invention of a time machine, we can enjoy fanciful movies featuring time machines like *Back to the Future*, which incidentally enjoys its own holiday on October 21.

Carving a Legend

One of the most beloved traditions of the Halloween season is carving pumpkins into jack-o'-lanterns. The term *jack-o'-lantern* comes from an old Irish folktale about a clever and miserly old man known as Stingy Jack.

Legend has it that Stingy Jack invited the Devil to have a drink with him. True to his nickname, Jack did not want to pay the bill, so he convinced the Devil to transform into a coin that Jack could use to pay for their drinks. The Devil agreed to go along with the trick, but then Jack decided to keep the coin, placing it in his pocket alongside a silver cross, which prevented the Devil from transforming back.

Jack then made a bargain with the Devil, allowing him to transform back on the condition that the Devil would not bother Jack for a year and, if Jack should die, the Devil would not claim his soul. The Devil had to agree, and Jack was safe for the year. When the year was up, Jack cleverly tricked the Devil into climbing a tree to pick some fruit. Jack once again trapped the Devil by carving a cross into the tree's bark. A new bargain was struck for the Devil's release. This time the Devil agreed to not bother Jack for 10 years.

Soon after, Jack died. God would not allow him into Heaven, and the Devil would not allow him into Hell. The Devil instead sent Jack off into the dark of night with nothing but a lump of coal to guide him. Jack put the burning coal into a lantern carved from a turnip and has been wandering the earth ever since. The Irish call his wandering spirit Jack of the Lantern, or jack-o'-lantern.

The Irish carved their lanterns out of turnips and potatoes and placed them at their doors and windows to scare away Stingy Jack and other malevolent spirits. The English carved large beets. When Irish immigrants arrived in the United States, they discovered that pumpkins made the best lanterns of all. We've used them as jack-o'-lanterns ever since.

On Guard

October 2 is Guardian Angels Day, a day to appreciate the protection of these mysterious guardians. A guardian angel is a *tutelary* being, a god or spirit that protects a person, place, or culture. Guardian angels figure prominently in both the Hebrew Bible and the New Testament. They act as God's emissaries sent to the world to carry out His wishes and watch over individuals. But most every culture has its version of a guardian angel.

The ancient Greeks called these benevolent spirits *daimons*, from which we get the word *demon*, while the Romans believed that individuals, places, and objects were guided by *genius*. Buddhists have their *Dharmapalas*, or Dharma protectors, while Indigenous tribes enjoy the help of *guardian spirits* or *dream walkers*. All these spirits have something in common. They pass us the strength and knowledge to avoid harm in all its forms. In this manner, they provide us with good common sense.

Family and friends of

Helen Bird
Eva Williams

Paul Hayes
11th
Justin Jacob
22nd

Broadcasting Chaos

On October 30, 1938, a purported 12 million people were listening to the Columbia Broadcasting System's evening radio program when the broadcast was interrupted with startling news. Explosions were reported on Mars. A strange and unknown object had fallen onto a farm in New Jersey. Then the unthinkable happened: a Martian emerged from an alien spacecraft, marking the start of a full-scale invasion of Earth.

The only problem was that these news reports were an elaborate radio play, a fantastic retelling of H. G. Wells' science-fiction novel *The War of the Worlds*, directed and narrated by a 23-year-old actor named Orson Welles. What happened next is perhaps the most infamous event in the history of American pop culture. Millions of listeners, believing that the invasion was real, fled their homes in a panic. Some armed themselves to defend the world against the aliens. Others called the police, demanding protection. Still others fled, causing mass stampedes. The country was thrown into a state of chaos… or was it?

Welles awoke the following morning to find that he had become the most famous man in America. His face graced newspapers under headlines telling stories of panic and mayhem caused by the fake news broadcast. Welles apologized and lamented the end of his career.

Yet, over the decades, investigations have revealed that the hysteria was severely overblown. While there is evidence that some people believed that an invasion was truly happening, records show that there were nowhere near 12 million listeners tuned into the radio program. The actual number of listeners was in the low thousands, with even fewer believing the invasion was real. The real hysteria was created by a newspaper industry hoping to discredit radio as an untrustworthy and unreliable news medium.

A Shocking Discovery

While American Founding Father Ben Franklin was not the first to hypothesize that lightning was made of electricity, he was one of the first to conduct experiments to prove it. On October 19, 1752, Franklin published an account of his now-famous kite experiment in the *Pennsylvania Gazette*.

Before Franklin's ingenious use of a kite to harness electricity from lightning, he used pointed metal rods, the first lightning rods, to draw electricity "out of a cloud silently." Franklin placed these rods atop weathervanes and ship masts, with wires running down to the ground or water, to protect buildings and ships from lightning strikes. His key and kite experiment logically followed. Franklin's account in the *Pennsylvania Gazette* described exactly how to both build and fly a kite to repeat his experiment. The kite was outfitted with a long metal lightning rod to draw the electricity from the storm clouds. The electricity then traveled down the length of string, wet with rain, to a metal key tied near the hand. It was from this electrified key that "all the other Electrical Experiments be perform'd."

Putting a Stamp on History

World Postcard Day on October 1 celebrates the invention of this delightful little piece of mail. In truth, the postcard wasn't so much invented as it evolved over many decades. The need for reliable communication resulted in the founding of national post offices and postal stamps. The postcard evolved from a desire to reduce the costs and materials of sending a short message through the post. Emanuel Herrmann, a professor of Economics from Vienna, Austria, convinced the Austrian Post to develop the first postcard, a small, stiff rectangular card with room for the address on the front and a short message on the back. First put into circulation on October 1, 1869, the *Correspondenz-Karte* cost half the price of a normal letter.

Golden Age
1915 S. 18th St.
Centerville, Iowa 52544

Postage Information

Drawing Success

In 1923, the talented cartoonist Walt Disney moved to Los Angeles, California, after his Laugh-O-Gram animation studio went bankrupt. On October 16 of that year, Walt and his brother Roy founded the Disney Brothers Cartoon Studio, the studio that would eventually become the Walt Disney Company. It would be five years before Disney created Mickey Mouse, who debuted in the cartoon short *Steamboat Willie*. Mickey would become so popular that Walt used the character in several cartoon shorts. Walt's ambitions then grew. In 1934, he decided to produce a feature-length cartoon. The film employed over 300 animators, artists, and assistants and went 400% over budget. Some called it "Disney's Folly," but we now know it as *Snow White and the Seven Dwarfs*. This smash-hit would make the Walt Disney Company the most successful media company in the world.

October Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras surround themselves with balanced environments. Those born from October 23–31 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want.

Kelly Ripa (talk show host) – October 2, 1970
Susan Sarandon (actress) – October 4, 1946
Bernie Mac (comedian) – October 5, 1957
Jesse Jackson (minister) – October 8, 1941
Hugh Jackman (actor) – October 12, 1968
Usher (singer) – October 14, 1978
Naomi Osaka (tennis pro) – October 16, 1997
Mae Jemison (astronaut) – October 17, 1956
Chuck Berry (musician) – October 18, 1926
Kamala Harris (vice president) – October 20, 1964
Ryan Reynolds (actor) – October 23, 1976
Winona Ryder (actress) – October 29, 1971