



MAHOVA

September 2022

News

National Virginia Day

In 2017, National Day calendar began celebrating each state in the order they entered the union. Virginia is celebrated on September 14th. This is a day to honor our great state and all of its history.

Interesting facts about Virginia:

- Virginia has produced eight US Presidents, more than any other state.
- Virginia is a leader in the Eco-friendly movement. Earth day was established in Virginia. Virginia Department of Forestry reports that 62 percent of the Commonwealth is forested.
- Petersburg's Pocahontas Island is the oldest free black community in the nation and is listed on the National Register of Historic Places.
- America's first woman-run bank was established in Richmond, VA by Maggie Lena Walker, a black woman.
- A distinct English dialect can only be found on Tangier Island, located in Virginia's Chesapeake Bay.
- Virginia is the largest seafood producer on the East Coast and the third largest in the country. A large part of that industry is due to Virginia Oysters, with eight distinct oyster regions in the Chesapeake Bay.
- Bourbon's roots originated in Virginia. Fayette County was in Southwest Virginia, but in 1792, county lines were redrawn and the area became part of the new state of Kentucky.
- Almost half of all Civil War battles were fought on Virginia soil.
- Naval Station Norfolk is the largest US navy base.
- Virginia contains 544 miles of the Appalachian Trail, more than any other state. The most photographed spot on the trail is McAfee Knob, located in Catawba, VA.
- Mountain Dew, the soft drink, was created in the Virginia mountains.

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Resident Advisory Council

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– Village

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September is Cholesterol Awareness Month

If you have high cholesterol, you're also at a higher risk for heart disease. The good thing is, you can lower your LDL cholesterol (bad) and raise your HDL cholesterol (good) by making simple changes.

- Ban Trans Fats
- Lose weight
- Exercise
- Fill up on fiber
- Eat more fish
- Use olive oil instead of butter
- Eat nuts
- Use spices. Garlic, curcumin, ginger, black pepper, coriander and cinnamon can improve your cholesterol
- Quit smoking
- Stress less, laugh more
- Drink in moderation

Notifications

Family Day
Saturday, October 1

Book Ends

By Georgeen Carden

Lee Child

James Dover Grant was born in Coventry, England in 1954. He went to the same high school attended by J R R Tolkien. While attending law school, he worked part time in theatre. Instead of practicing law he joined Grenada Television and spent the next 18 years as a presentation director. Corporate restructuring left him unemployed at age 40. He saw this as an opportunity and invested \$6 in paper and pencils and decided to write a novel. He has since written 27 novels in a series in which the main character is called Jack Reacher. Where did he get the name? Grant is tall and when he grocery shopped with his wife she called him her Reacher. He has won many awards for his novels which appear under his pen name: Lee Child. Several were co-written with his brother Andrew, who also uses the pen name of Child.

Make Me opens with men burying a man named Kever with a back hoe in a hog lot on a wheat farm. They hear the train whistle for its stop in Mothers Rest in the middle of wheat fields somewhere between Oklahoma City and Chicago.

Jack Reacher, a former military policeman, steps off the train wondering why the place was named Mothers Rest. Reacher carries no bags and has no home. He goes where his interests lead him and buys new clothes when he feels dirty. As he is looking around, a tall oriental woman rushes onto the platform heading toward him. She asks him if he is Kever. He tells her no and heads off to explore the town after which he takes a room in the only motel

There is a diner close to the motel where Reacher decides to get some supper. The woman from the train station comes in and sits next to him. He inquires about the man she was meeting at the train. The woman, Michelle Chang, tells him she is a private investigator and worked for a firm with several offices around the country. Kever, who worked out of Oklahoma City, had called her and asked for her help and arranged to meet her in Mothers Rest, but hadn't shown up.

Reacher eventually offers to help her find Kever and the first half of the book has them flying around the country following leads and looking for people who know people who know something. The second half of the book gets into a part of the internet known as the Deep Web.

This book contained a lot of repetition. Both Reacher and Chang commit murder. There are pages that have nothing to do with the story, and overall it wasn't a great read by any means.

In Memoriam

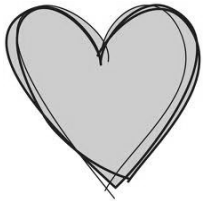


Forever in Our Hearts

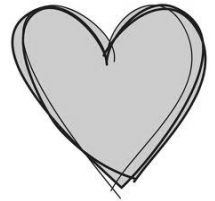
Fran Bailey
Mary Lee Peroe



Anniversaries



September 1, 1957 Carroll and Elizabeth Jones
September 21, 1968 Nick and Kathy Matthews
September 22, 1956 Russell and Ann Hobson
September 26, 1959 Frank and Molly Perdue



Welcome New Residents

Faye Moore
Doric Lodge No. 44

Shirley Robinson
Glen Allen Lodge No. 131

Menu Highlights for September

Dinner and Movie

Sign-up Required. Meal Tickets are required.

Friday, September 16

4:00 Mingling Hour

5:00 Dinner Starts

6:00 Movie Starts

Dining Room

Spring Mix Salad

Pears, blue cheese, walnuts, creamy balsamic dressing

Prime Rib with Horseradish Cream Sauce

Fried Shrimp

Roasted Potatoes

Roasted Broccoli and Cauliflower

Coleslaw

Apple Pie

NSA Dessert

Taste of America: Texas

No sign-up is required for this themed meal.

Meal Tickets are required.

Wednesday, September 28

4:00—6:00 PM

Dining Room

Braised Beef Brisket

Baked Potato Bar

Southern Style Tomato Pie

Grilled Zucchini

Chocolate Bread Pudding

September Movies

Movies start approximately at 6 PM. Channel 5. 1 and TV Room

Friday, September 2- *Dog* Army Ranger Briggs and Lulu buckle up a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they drive each other crazy, break a handful of laws, narrowly escape death and learn to let down their guards in order to have a fighting chance of finding happiness. **101 Minutes. Released: 2022. Rating: PG-13– Language, thematic elements, drug content and some suggestive material. Staring Channing Tatum**

Friday, September 9- *The Kentuckian* Big Eli Wakefield and his young son, Little Eli, are rugged Kentucky adventurers who long for an exciting life on the Texas frontier. They soon learn, however, that the greatest challenge to their progress lies not in the uncharted wilderness, but in the people they meet along the way. Thrust into the midst of a bitter family feud, Eli confronts both the deadly rage of a madman and the love of a beautiful woman. But when he's lured into a brutal final showdown, Eli discovers that the only way to escape with his life is to stay true to his convictions, his honor and his dream. **104 Minutes. Released: 1955. Not Rated. Staring Burt Lancaster, Dianne Foster, John McIntire, Una Merkel, John Carradine, John Lital and Walter Matthau.**

Monday, September 12- *Barefoot in the Park* Robert Redford is Mister Straight, Jane Fonda is his new wife, who dedicates her life to the pursuit of fun. As the ecstasy of the honeymoon gives way to the reality of setting up housekeeping in a five-flight walk-up, the harmony of marriage turns to comical discord. The mother-in-law complains meekly. The middle-aged Lothario upstairs flirts. Joy turns to anguish. There is little doubt that the young people will kiss and make up by the end of the picture, just as there's little doubt that the mother and the neighbor will find each other. **105 Minutes. Released: 1967. Rating: G. Staring Robert Redford, Jane Fonda, Charles Boyer and Mildred Natwick.**

September Movies

Movies start approximately at 6 PM. Channel 5. 1 and TV Room

Monday, September 19– *Something's Gotta Give* Harry Sanborn is a perennial playboy with a libido much younger than his years. During what was to have been a romantic weekend with his latest infatuation, Marin, at her mother's Hamptons beach house, Harry develops chest pains. He winds up being nursed by Marin's reluctant mother, Erica Barry, a successful divorced New York playwright. In the process, Harry develops more heart pangs– the romantic kind– for Erica, an age-appropriate woman who he finds beguiling. However, some habits die hard. When Harry hesitates, his charming thirtysomething doctor steps in and starts to pursue Erica. And Harry, who has always had the world on a string, finds his life unraveling. **128 Minutes. Released: 2003. Rating: PG-13– Sexual content, brief nudity and strong language. Staring Jack Nicholson, Diane Keaton, Keanu Reeves, Frances McDormand, Amanda Peet and Jon Favreau.**

Friday, September 23– *Philomena* Philomena Lee is mother to a boy conceived out of wedlock and given up for adoption. Nearly 50 years later, Philomena meets Martin Sixsmith, a former BBC reporter looking for his next big story. Together, they embark on a journey to locate her long lost son. As the pieces of the puzzle come together, the unlikely travel companions form a comic and heartwarming friendship. Based on the 2009 investigative book by Martin Sixsmith 'The Lost Child of Philomena Lee,' the film adaptation has been hailed as a triumph. **98 Minutes. Released: 2014. Rating: PG-13– Some strong language, thematic elements and sexual references. Staring Judi Dench and Steve Coogan**

Monday, September 26– *50 First Dates* Henry Roth lives an enviable life in a Hawaiian paradise, spending every night with a beautiful tourist in search of an island fling. It's a sweet life with no strings attached...until he meets Lucy. He and Lucy hit it off from the get-go, but the next day she acts like she doesn't know him. Has his karma come around to kick him in the butt or what? Actually, Lucy has short-term memory loss, so every night all memory of her day is erased. But a man in love will go to any lengths to win over the girl of his dreams, and if that means having to find imaginative ways of doing it over again every day, then Henry's up for the challenge. **99 Minutes. Released: 2004. Rating: PG-13 Crude sexual humor and drug references. Staring Adam Sandler, Drew Barrymore, Rob Schneider and Sean Astin**

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

- 9/8 Patricia Heald
- 9/16 Juanita Ragsdale
- 9/17 Maurice Beachum
- 9/17 Paul Canter
- 9/21 Phyllis Rowe
- 9/22 Larry LaRochelle
- 9/23 Jerri Morton
- 9/25 Agnes Cash
- 9/26 Sandra Butler
- 9/26 Helen Duke
- 9/28 Helen Melton
- 9/30 Kenneth Shook

Employee Birthdays

- 9/3 Khalil Harney
- 9/4 Sophia Shelton
- 9/7 Sade Redd
- 9/16 Danisha Cousins
- 9/16 Kevin Grubbs
- 9/24 Sheena Houchens
- 9/25 Devona Henderson
- 9/26 Scotty Gray
- 9/29 Terrance Hill, Jr.

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Masonic Home Census -- 162

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