

# Resident's RDigest

IN HOME JOURNAL

Do you love the changing colors of the trees in fall? Here are some fun facts behind of the beauty of autumn.

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- Because of its wide verity of trees, the Eastern United States, especially the North Eastern U.S., is one of the best places in the world for viewing fall colors.
- Bright red & purple colors come from anthocyanin (an-thuh-'si-uh-nuhn) pigments, like in maple leaves, are formed from trapped glucose.
- The leave colors red, yellow & brown are in the leaves all year long & only become exposed when the green chlorophyll disappears in the fall.
- Maples, Oaks, Elms, Birch & Ash trees are just a few of the trees that give spectacular colors during the Autumn season.
- Fall colors are best when late summer is dry & autumn has bright sunny days & cool nights below 40 °F.
- Most leaves fall from trees because the ends of the branch are sealed off near the leaf stem to protect the tree through the long winter months.
- Composting fall leaves is an excellent way to improve yard & garden soils. Mixing green & brown materials together is the basic rule.
- An acre of trees can grow 4,000 pounds of wood in a year, using 5,880 pounds of carbon dioxide & giving off 4,280 pounds of oxygen in the process.

## *Rapunzel! Rapunzel!*

"Rapunzel! Rapunzel! You've cut off your hair!  
Your billowing tresses are no longer there.  
That mohawk you're sporting is spiky and pink.  
I'm really not certain just what I should think.

"I came here expecting to clamber a braid,  
ascending your tower to come to your aid.  
Instead I have suffered the greatest of shocks  
to find that you've cut off your lovely blonde  
locks."

"Prince Charming, Prince Charming," Rapunzel  
replied,

"I have no intention of being your bride.  
We will not get married. We will not elope.  
I've cut off my hair and I've braided a rope.

"You came here to visit me once every day,  
and promised that soon you would take me  
away,  
but you were too clueless to even conceive  
of cutting my hair off so we could just leave.

"I cannot believe you were such a big dope.  
I come and I go as I please with my rope.  
And so, I'm afraid I can't give you my hand.  
In spite of the fabulous wedding you planned."

From then on Rapunzel was known through the  
land.

She toured the world in a rock and roll band.  
And silly Prince Charming, with rocks in his  
head,  
rode off and got married to Snow White instead.

--Kenn Nesbitt



Astronaut Nicole Stott waves during a maintenance spacewalk outside the International Space Station. – Time Magazine

## This Week's Activities

Monday, September 14<sup>th</sup>

- 9:00 Five Alive
- 9:30 Nails & Tales
- 4:00 Music

Tuesday, September 15<sup>th</sup>

- 9:00 Five Alive
- 10:00 Bingo
- 4:00 Exercise

Wednesday, September 16<sup>th</sup>

- 9:00 Beacon
- 10:00 Devotional
- 2:00 Popcorn & Movie

Thursday, September 17<sup>th</sup>

- 9:00 Five Alive
- 10:00 Bingo
- 2:30 Social Circle

Friday, September 18<sup>th</sup>

- 9:00 Five Alive
- 10:00 Bingo
- 2:30 Circle of Friends

Saturday, September 19<sup>th</sup>

- 10:00 Coffee & Conversation
- 2:00 Movie

Sunday, September 20<sup>th</sup>

- 9:00 Worship
- 2:00 Music







## Weekly Devotional

Stay Strong with God

So, if you think you are standing firm, be careful that you don't fall!

1 Corinthians 10:12

Many things in life can weaken your relationship with the Lord but stay strong with God. He will help you through life's trials and tribulations.

Weather Compliments of: Weather.com		High / Low (°F)	Precipitation %
Mon Sep 14	 Cloudy	79°/57°	20 %
Tue Sep 15	 Few Showers	82°/59°	30 %
Wed Sep 16	 Partly Cloudy	79°/58°	10 %
Thu Sep 17	 Mostly Sunny	83°/58°	10 %
Fri Sep 18	 Mostly Sunny	83°/59°	10 %
Sat Sep 19	 Mostly Sunny	82°/58°	10 %
Sun Sep 20	 Mostly Sunny	83°/59°	10 %