



# Joyful Journal

September 2023 NEWSLETTER

News From Your Mortgage Planner

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*"Experience is simply the name  
we give our mistakes."*

— Oscar Wilde

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# Oh What a Month!



< Someone turned the BIG 5 0 !!! I am so grateful to have spent it with my family, including my parents, my brother, Bryan & Carie (his wife) and one of my oldest friends, Russ and his girlfriend, Nicole all who flew in for my special day. Hurricane Hilary tried to thwart my plans but we had a wonderful weekend.



> First day of school – Sam (14) Freshman & Addy (16) Junior. With Addy driving I am off duty 😊 Fun to have the girls in the same school, commuting together and playing Field Hockey together. Go UCHS Centurions 💙💛

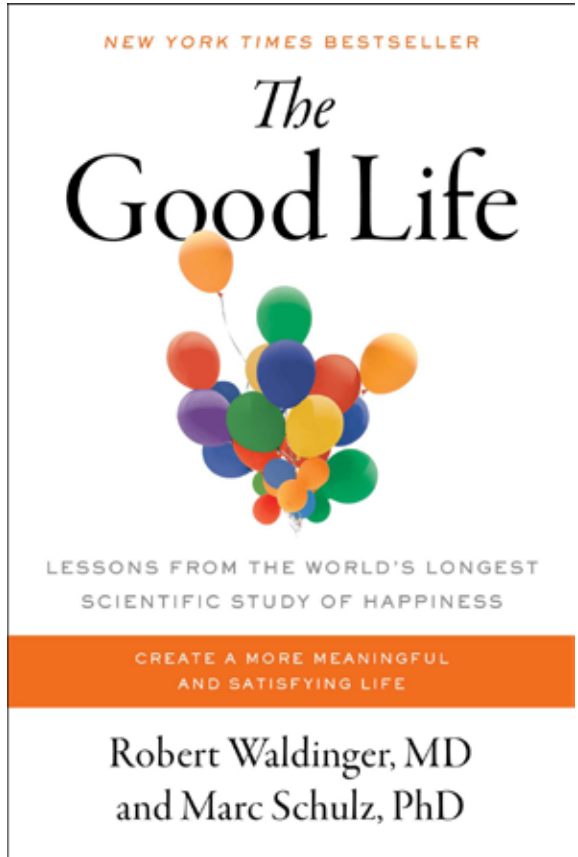


< Scott and I snuck away for a quick weekend in Washington D.C. for the annual AlphaGraphics conference. We received an award for the Best Center in the West Region for 2022. Very proud of Scott and his team for the hard work.



# September is Healthy Aging Month

In the spirit of entering the 5th decade of my life, I am focused on healthy aging. My mentor is my Grandma Marion who lived 44 days shy of her 102nd birthday. The key takeaways in looking at her life and how she aged are: she kept moving – physically, mentally, emotionally and spiritually. Healthy living is healthy aging. She walked around the floor of her assisted living home daily, she stretched, she attended all events put on where she lived like current events and bingo. She attended church, she read, she journaled and she was the inventor of FOMO (fear of missing out)! She never missed anything family related. I recently read *The Good Life*, lessons from the World’s Longest Scientific Study of Happiness. It was a good



read and correlates on healthy aging. I would also recommend the limited series on Netflix, *Live to 100, Secrets of the Blue Zone*. I challenge you to look at your lifestyle and start thinking about how you are living and how that corresponds to healthy aging.

*“Age is not lost youth but a new stage of opportunity and growth.”*

— Betty Friedan



# Do you Know your TN State Facts?



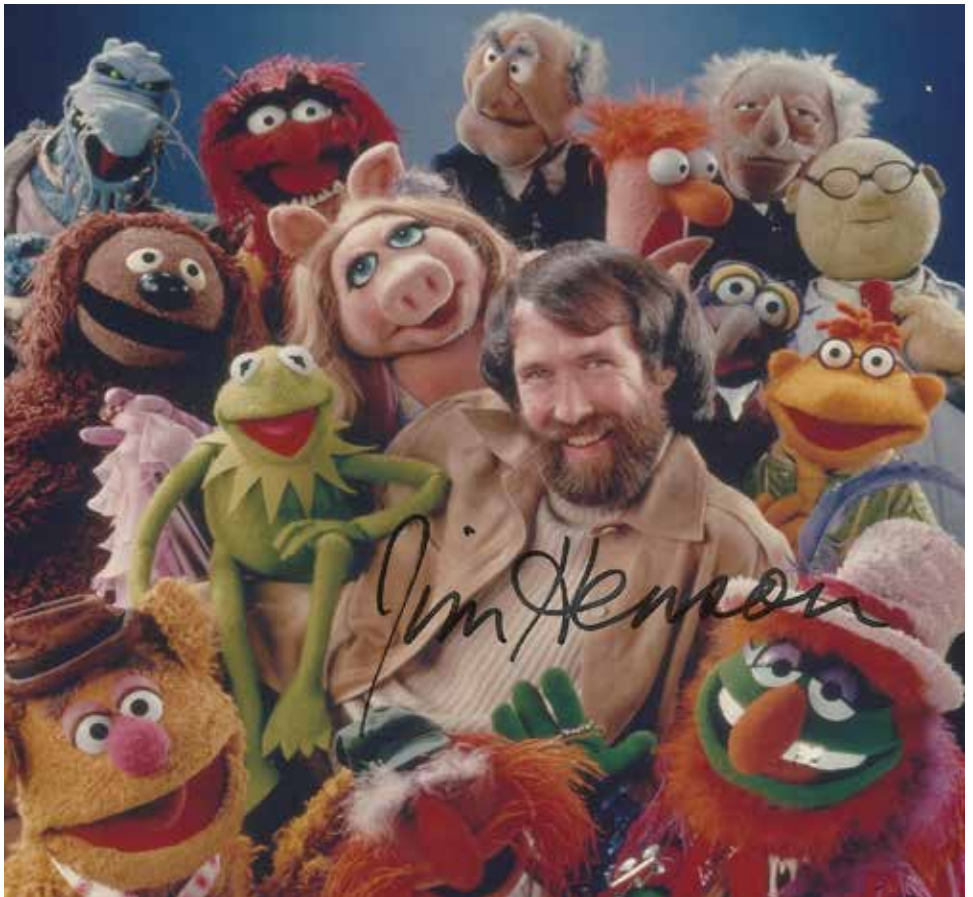
1. Tennessee is known as the Volunteer state because of its contribution of Volunteers during the War of 1812.
2. The state is divided into 3 grand divisions – East, Middle & West. The East is dominated by the Great Smoky Mountains. Middle Tennessee has level, fertile land with gently rolling hills, where Nashville is located. The west is mainly flat with fertile soil.
3. The most caves on record are in this state. 10,000 caves account for 20% all known caves in the country.
4. Tennessee has 8 states that border it: Alabama, Arkansas, Georgia, Kentucky, Mississippi, Missouri, N. Carolina and Virginia.
5. The value of bats to the TN agriculture is estimated around \$313 million annually. Bats eat a lot of insects in the summer and are a farmer's best friend.
6. The Great Smoky Mountains National Park is the most visited national park. It receives twice the amount of the Grand Canyon.
7. The world's tallest tree house is in Crossville, TN. It is built from recycled material, standing at 100 feet tall and 250,000 nails. It is open to the public.
8. The Tennessee river carries 45-50 tons of goods on 28,000 barges annually. For reference, 1 barge = 60 semi-trucks or 15 rail cars.
9. I have been helping clients with financing in Tennessee, can I help you?



# This happened in September



Jim Henson was born on September 24th, 1936 and died at the young age of 54 after changing the way American children learn and how their parents are entertained. He was the creator of the Muppets, a word coined to describe the mix of marionette and puppets. The Muppets became television and movie staples with characters animated in part by the famous volatile inter-species love affair between Miss Piggy and Kermit the Frog. Probably the greatest impact Henson had was on the development of his characters on the trend-setting Sesame Street series directed to preschoolers. A test audience of Head Start children were transfixed by the presence of Henson's Muppets. Sesame Street, which first aired in 1969, was created to foster learning. Its creators worked to ensure that it was not only popular and entertaining, but that empirical evidence showed that it had an impact on the literacy skills of preschool children. Jim Henson posthumously received a star on the Hollywood Walk of Fame in 1991, and was named a Disney Legend in 2011.





## Things we learned in school that are now useless.

Technology has made a few of these obsolete and some are just dumb 😊

- How to play a recorder
- How to write in cursive
- Memorizing the periodic table
- How to find a book using the Dewey Decimal System
- The first 25 digits of Pi
- How to use an Encyclopedia
- Latin (this one is for you Dad)
- Long division





# Welcome To The Family



Taylor Cooper – referred by realtor & friend

I love recognizing new friends and existing clients who are kind enough to introduce their friends, family, and neighbors to us.



Angela Weathers; Mortgage Loan Originator, NMLS #1493846 is licensed in  
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