

# The Westbrook Chatterbox

Happy August!!

One of my favorite summer activities when I was younger was going to Worlds of Fun. I loved getting to ride all the rides. My mother wasn't a fan of any rides other than the Viking Voyager water ride, the Flying Dutchman and the taxi cars. My older brothers were into some of the more daring rides but my younger brother was too young.

My father and I were the daring ones in my family. I was the only girl and the only one that would ride the wild rides with my dad. One ride I enjoyed was the Finnish Fling. It was a big barrel that you walked inside of and then you stood against the sides. The barrel would start to spin, getting faster and faster. Then all at once, the floor dropped away and you were plastered to the side, held by the gravitational force of the barrel spinning. It was quite the feeling.

Dad started me riding roller coasters when I was only six years old, much to my mother's dismay. I wasn't actually tall enough to ride most of them, but because I was riding with Dad, they would let me ride. I loved the Schussboomer. It was a single car coaster. Four people to a car and it was fast; up, down, lots of curves. Several cars would be on the tracks at the same time and you would literally fly pass each other. It was so thrilling!

But my all time favorite was the Zambezi Zinger. There were three cars per train. Each seat required one person to get in and sit to the back and the second person sat in front of them between their legs. It started out slowly, climbing four spirals to the top and then you plunged down into the trees. You'd whip thru the trees going up and down and almost sideways on some of the curves. Then the ride finished by going thru this dark tunnel. It was such a rush!

I have such fond memories of being stuck on those spirals - sometimes for a few minutes and sometimes a lot longer. Dad and I had some great talks and a pretty impressive view of the park from up there.

As I got older, the roller coasters got wilder - going faster, higher hills, and near vertical drops, not to mention they added loops. I'll never forget the feeling I first time I went upside down. It was on the Scream Roller. It had double loops. There was such a feeling of weightlessness. I was a major adrenalin junky back then; the more extreme the better.

Dad's gone as are the Finnish Fling, the Schussboomer, the Zinger and the Scream Roller. But those memories are absolutely priceless. It was a major part of my childhood.

August 16<sup>th</sup> is National Roller Coaster Day. For those who have an adventurous side or for those who have never ridden a roller coaster, we will have an activity that will allow us to "ride" the biggest and best roller coasters in the world. It's a "point of view" video that is like we are sitting in the front seat. It's fun without all the heart stopping fear of actually riding the roller coasters. There are ones from all across America as well as France, Dubai, Japan, Germany, Brazil and so on.

I hope you will join me for this unique experience. I think it will be fun!

Until Next Month -

Janelle

**IMPORTANT  
ANNOUNCEMENT**

**FOR THE MONTH OF AUGUST -  
BINGO WILL BE HELD IN DINING ROOM #1.**

### To All the Rocks in Your Life?

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was. The students laughed.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognise that this is your life. The rocks are the important things - your family, your partner, your health, your children - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else, the small stuff. If you put the sand into the jar first, there is no room for the pebbles or the rocks.

The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."



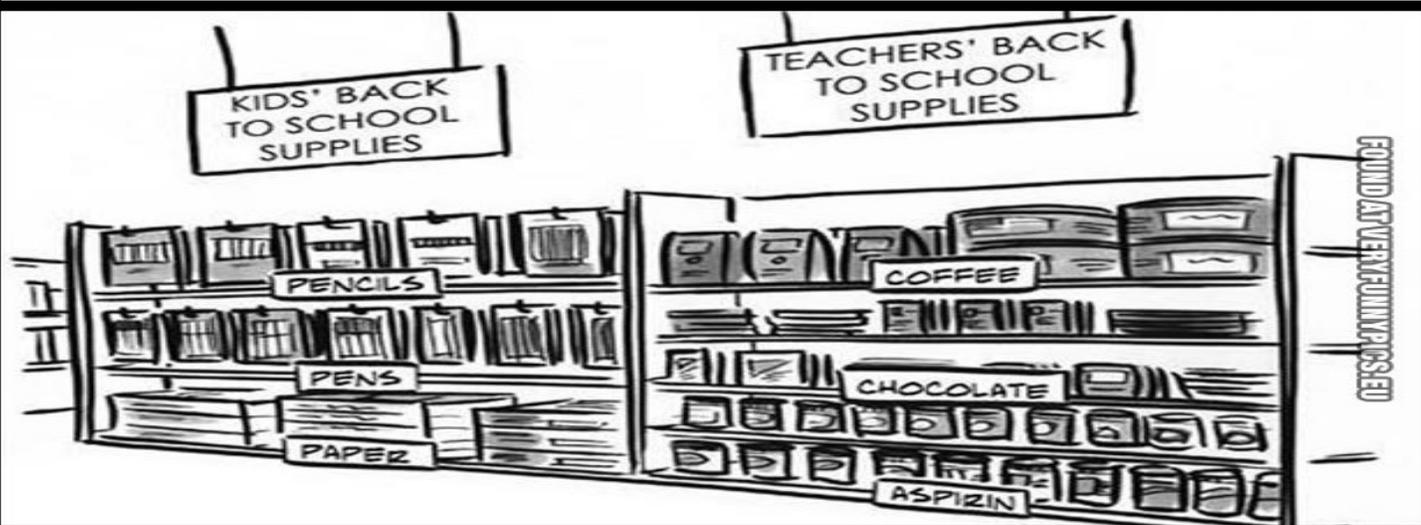
### Kids Say the Darnedest Things

- Billy comes home from school on his first day and mom asks him, "What did you learn today?" "Not enough," said Billy. "They said I have to go back tomorrow."
- "Tommy, can you tell us where the Declaration of Independence was signed?" the teacher asks. "Yes, ma'am," says Tommy. "Right at the bottom."
- Mia: I think we need a new teacher. Mum: Why is that? Mia: Our teacher doesn't know anything, she keeps asking us for the answers
- Teacher: Brett, your essay on 'My Dog' is exactly the same as your sister's. Did you copy her? Brett: No miss; it's the same dog.
- Early one morning, a mother went in to wake up her son. 'Wake up, son. It's time to go to school' 'But why, Mom? I don't want to go.' 'Give me two reasons why you don't want to go.' 'Well, the kids hate me for one, and the teachers hate me, too!' 'Oh, that's no reason not to go to school. Come on now and get ready.' 'Give me two reasons why I should go to school.' 'Well, for one, you're 52 years old. And for another, you're the Head teacher!'

# August

## Things You Don't Necessarily Learn in School

- Difference between school and life? School teaches you lessons and then gives you a test. Life gives you a test and you learn the lessons.
- Be selective in your battles for sometimes peace is better than being right.
- One of the hardest lessons in life is letting go. Whether it's guilt, anger, love, loss or betrayal. Change is never easy. .
- Wisdom is the reward for surviving your own stupidity.
- Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe and have faith that everything will work out for the best.
- Life is ironic. It takes depression to know happiness. It takes stress to understand calm. It takes absence to value presence.
- The older I get the more I learn that some people are not good for me no matter how much I care for them.
- Watch your thoughts for they become words. Watch your words for they become actions. Watch your actions for they become habits. Watch your habits for they become character. Watch your character for it becomes your destiny.



## How to Be Mentally Strong

Don't fear alone time. ~ Don't dwell on the past. ~ Don't feel the world owes you.

Don't expect immediate results. ~ Don't worry about pleasing everyone.. ~

Don't waste time feeling sorry for yourself. ~ Don't waste energy on things you can't control. ~ Don't let others influence your emotions. ~ Don't resent on other people's success. ~ Don't shy away from responsibilities. ~ Don't give up after the first failure. ~ Don't fear taking calculated risks.

## The Unique Beginning of Roller Coasters

Each year on August 16th, people flock to amusement parks for a thrill, a few exciting screams, and to celebrate National Roller Coaster Day. But have you ever wondered how roller coasters got their start.

In the 15th and 16th centuries, Russian villages often built wooden ice slides in the winter, sometimes 70 feet high with downhill angles of 50 degrees. Adventurers would sit on blocks of ice and let gravity have its way and sand created friction to slow down the sled at the end of the ride. As popularity increased, wooden sleds were built with iron runners to increase the speed and intensity of the ride.

In the early 1800s in western Europe, the French built similar "Russian Mountains" for use in the summer time. To do this, the French added wheels. Yet the practice never made it across the Atlantic. It wasn't until 1827, with the creation of the Mauch Chunk Switchback Railway, that America saw its first coaster. Although originally built to transport coal through the mountains of Mauch Chunk, Pa., according to Robert Cartmell's book *The Incredible Scream Machine*, the railroad changed its cargo exclusively to passengers in 1873 when a more efficient railway for coal was built. People paid a small fee to coast down treacherous mountain terrain. The new attraction, known as the "Switzerland of America," drew more than 35,000 customers a year. In 1976, the track's remains were declared a historic monument, and although its original purpose was not for entertainment, the railway has gone into the record books as the highest and longest coaster ever built. The total drop was 1,126 feet over 18 miles.

On June 16, 1884, the first roller coaster in America opens at Coney Island in Brooklyn, New York. Known as a switchback railway, it was the brainchild of LaMarcus Thompson. It traveled approximately six miles per hour and cost a nickel to ride. The new entertainment was an instant success and by the turn of the century there were hundreds of roller coasters around the country.

## Top 10 Roller Coasters in United States

10. *Outlaw Run* is a western stagecoach-themed wooden coaster at Silver Dollar City that has both a double [barrel roll](#) and 720-degree double barrel row. Its 2,937 feet of track is also one of the steepest with a 162-foot drop at 81 degrees. According to Silver Dollar City, "Outlaw Run is the only wood coaster to twist upside down three times" and "is one of the fastest wood coasters in the world, reaching a top speed of 68 miles per hour."
9. *Montu* is an [inverted roller coaster](#) at Busch Gardens Tampa Bay that has a mythological Egyptian theme. The steel ride includes a 60-foot vertical loop, a weightless roll, seven [inversions](#) and a [batwing](#) along its 3,983-foot track. Busch Gardens lists Montu's ride thrill level as "extreme" and claims it was is "first coaster in the world to incorporate an Immelmann loop (a simultaneous loop and roll), named for a German fighter pilot."
8. *Phantom's Revenge* is a ghost-themed steel roller coaster at the Kennywood amusement park. It includes a 232-foot drop, [hills](#), 280- and 180-degree turns and three bunny-hops at a maximum speed of 85 miles-per-hour. The thrilling ride's 3,365 feet of track takes about one minute and 45 seconds to experience.
7. The *Lightning Rod* roller coaster in Dollywood is a 1950s hot rod themed ride that runs along a "hybrid track structure," which is made from wood and steel. It goes up its lift hill at 45 miles-per-hour and soars up higher than 20 stories. The Lightning Rod's 3,800 feet of track also includes twin summit airtime hills and a 165-foot drop.
6. The *Intimidator 305* is a race car-themed coaster that takes inspiration from late NASCAR driver Dale Earnhardt, who was also known as "The Intimidator" back in his heyday. This steel ride includes a 300-foot drop at an 85-degree angle and "high-speed twists and turns," according to Kings Dominion. The thrilling coaster travels down 5,100 feet of track at 90-miles-per-hour for a duration of three minutes.
5. *Fury 325* is a hornet-themed roller coaster that is located in the Carowinds amusement parks. The ride features the longest steel track in North America, which measures a whopping 1.25 miles and takes more than three minutes to travel down. It also has three 32-passenger cars that travel 95 miles-per-hour along a 325-foot drop, a 190-foot tall barrel turn, a high-speed [S-curve](#) and [horseshoe](#) turn and more. Riders of the Fury 325 also get views of both the North and South Carolina state lines.
4. *The Voyage* is a Pilgrim-themed wooden roller coaster that takes inspiration from the voyage early American settlers made in 1620, according to Holiday World. It is designed to provide riders 24.3 seconds of "weightlessness" with an [out and back layout](#) and steep drops. The 6,442-foot track also includes 90-degree banking, five underground tunnels at a maximum speed of 67 miles-per-hour. "The Voyage is 1.2 miles long, placing it among the planet's top two longest wooden coasters," Holiday World's website states.
3. The *Phoenix* roller coaster at Knoebels is themed after its mythological namesake and takes riders through a double out and back layout, which extends 3,200 feet. While this wooden coaster isn't the tallest or fastest, it has been consistently ranked in the top 10 since its restoration in 1985
2. *Mako* is a steel roller coaster at SeaWorld Orlando that takes inspiration from the [mako shark](#). The "extreme" thrill [hyper coaster](#) reaches a maximum speed of 73 miles-per-hour and zooms through a ship wreck reef along its 4,760-foot track. According to SeaWorld, the Mako has "deep dives" that descend 20 stories over water. Moreover, it has nine hills and is considered to be "Orlando's tallest, fastest, and longest roller coaster."
1. *Steel Vengeance* is a frontier-themed roller coaster in Cedar Point. The "hyper-hybrid" track measures 5,740 feet in length and includes a 200-foot drop at 90 degrees. Riders also get treated to many twists, turns and four "head-over-boots inversions," according to Cedar Point. The ride western-inspired ride reaches a maximum speed of 74-miles-per hour and takes about two and a half minutes to

## Featured Resident – Jim Bachman

Jim Bachman was born on December 22, 1935 in Osawatometie, KS, to Phil and Mary Bachman. He was the 8 of 13 children. Jim had two sisters, Anna Marie & Phyllis and ten brothers: Charles, Chester, George, Donald, Joe, Henry, Francis, Bob, Sam and Tom.

As a child he enjoyed pretending he was in the military, swimming and playing baseball and football with the neighborhood kids. He also liked riding his bike but with five of them sharing it, it wasn't available often.

He attended Osawatometie schools for his elementary years, His freshman and sophomore years he attended Maur Hill in Atchison, KS. It was a private Catholic school where he was studying to be a priest. He commuted weekly by train since his father was an engineer for Missouri Pacific and he had a pass to ride. Jim no longer desired to be a priest, even though his mother wanted him to be a priest. He returned to Osawatometie and graduated from high school in 1954.

Jim enlisted in the Navy right out of high school. Most of his brothers had joined the Navy as well. He spent two years in Atsugi, Japan. He worked with locals as an aircraft mechanic. His final two years were spent in Hutchison, KS. He was honorably discharged in 1958.

Jim got a job as a airplane mechanic with the Kansas City Flying Service at the downtown airport. It was here that Jim met Barbara Shukert. She caught his eye quickly and it was "love at first sight". Barbara was working at the restaurant and also at the ticket counter. She helped escort the newly enlisted servicemen to the airplanes to leave for boot camp. They married August 23, 1960.

Barbara had two children, David and Lynne Suzanne, from a previous marriage. Jim loved children and adopted David and Susie soon after their daughter, Debbie, was born in 1961.

In November 1963, Jim went to work for Kenworth Truck Company. Kenworth paid for him to go to college. He attended Park College. He tested out of the first two years and then completed the final two years graduating with an Industrial Engineering degree. He worked at Kenworth as a Staff Industrial Engineer until they closed the plant in 1986. From there, Jim began traveling with Pacaar, who owned Kenworth and Peterbilt trucks. He was an Industrial Engineer and consultant/troubleshooter. Jim and Barbara were able to travel together during this time. Jim worked and lived in Hendersonville, TN, Montreal, Canada, England and Mexico. He also worked in Melbourne, Australia for six months.

Jim retired in 1998. Barbara and he relocated to Branson West, MO. Jim roughed in their house. He contracted out all of the finish work. He used a pulley system to erect each wall during the rough in process.

Barbara passed away in October 27, 2019. He moved to Westbrook in November 2019 to be closer to his daughters. He really enjoys how quiet and peaceful it is and enjoys his room and the view off his patio,

Jim enjoyed hunting, fishing, and woodworking as well as raising kids and playing with his grandkids. He has seven grandchildren; Philip, Valerie, Patrick, Nathan, Sarah, Melissa and James and four great grandchildren; Matthew, Tillie, Leilani and Shawn.

His greatest achievements/proudest moments were having raised his three kids and surviving four years in the Navy. He really enjoyed serving his country and is proud of all of his grandchildren.

# ***Social and Cognitive Benefits of Adult Coloring***

Adult coloring books have become a new, favorite trend for adults of all ages. From Harry Potter coloring pages to relaxing meditative patterns – adult coloring has made an impact on our society. Not only is adult coloring a calming therapeutic activity for adults, but the benefits of coloring for aging adults can have many social and cognitive benefits.

## **Relieves Stress and Anxiety**

Scott M. Bea, Psy.D., a clinical psychologist, talks about how adult coloring has everything to do with refocusing our minds. “Adult coloring requires modest attention focused outside of self-awareness. It is a simple activity that takes us outside ourselves. In the same way, cutting the lawn, knitting, or taking a Sunday drive can all be relaxing.” Seniors can use coloring therapy to control anxiety and fear.

## **Improve Focus**

Coloring can help deepen focus and improve attention span. Paying attention to coloring inside lines, choosing appropriate colors and coloring patterns, even choosing how much force to use of the coloring tool to the paper helps direct attention and center the mind.

## **Build Motor Skills**

Motor skills are an important asset for seniors to maintain. Adult coloring can improve eye and hand coordination when practiced often. Unfortunately, motor skills fade as people age, but coloring is one relaxing and useful tool that can help strengthen these skills and rebuild basic motor skills and trigger forgotten ones.

## **Explore Forgotten Memories**

The simple act of coloring can bring back many memories for aging adults. Those memories may be of coloring as a child, taking a beloved art class during college, painting during young adulthood, or it may trigger another creative act of expression like singing, creative writing and even dancing. These forgotten memories can be treasured ones that inspire and motivate aging seniors.

## **Improve Attitude and Decrease Depression**

Coloring is a great way to help take the mind away from negative and unhealthy thoughts and replace them with positive feelings. Dr. Joel Pearson, a brain scientist of the University of New South Wales explained to Medical Daily that “concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones.”

## **Rediscover the Self**

At different ages, adults find themselves trying to redefine who they are, what they like, what they want to do. Reestablishing yourself after retirement and having adult children can be difficult while dealing with mental and physical health issues that may arise. Coloring pages can help seniors out of the constant battle in their minds about how they define themselves. The process allows adults to be present with their thoughts and rediscover who they are.

