

BigBrain Radio Show
9/15/07
Lorraine Stussy

(music)

DS: Hey good morning! It's Saturday morning. It's time for the BigBrain Radio Show. I'm Dr. David Stussy, and you can call me Dr. D. And today we have a very special day... I have the original BigBrain with me.

(laughter)

DS: Well, what do I mean by that? Well, it's my mother!

(laughter)

DS: What do you think?

LS: That... that is funny.

DS: I think she's the original.

LS: That's the last thing in the world that I would think of.

DS: (laughter) Well my mother is kind of unique. She's going to be 90 next April and she's pretty sharp yet, so I thought I better get her on while she's still as sharp (laughter)...

LS: (laughter) Oh no... oh no.

DS: (laughter) I'm going to put you in your spot, mom. Okay? On the spot, not your spot.

LS: Well, you can try.

DS: Well you know, when people talk about their mom, you know they have different relation... different ideas. What do we say? Mom and apple pie. What do people do when they get on the TV, or you know, who do they wave to? They don't say "hi Dad". They don't say "Hi, Jeff". They say, "Hi, mom!"

LS: Well, that could be. But...

DS: On the ... go ahead Mom.

LS: Well, I think in our case we were trying to get you to ... with your dad more than anything else, because he was so hard to catch.

DS: Gee, sounds like of like me sometimes. (laughter)

LS: (laughter) I've noticed.

DS: (laughter) We are a reflection of our past. But we're talking about moms today here, so we'll get dad later. Okay? My father

passed away about four years ago, but he was in his 80s also, wasn't he?

LS: Oh yes.

DS: So my mom's 89... she'll be 90. So you know... well a couple things... So that means that you were born in 1918. You in ...

LS: That's right.

DS: In 1918, a pound of coffee cost 29 cents. Now it costs \$9 to \$11 or more.

LS: Oh, I can go further that. When we were first married, eggs were a penny a piece. Nice big pork chops was maybe about 10 cents. And a babysitter sat for the whole evening for 25 cents, and did the dishes and everything else too.

DS: Well you know 1918 is known for one thing else... the worst flu that's ever hit the United States ... hit the world... was in 1918. Did you know that? You wouldn't have remembered that because that was the year you were born. Right?

LS: That's right.

DS: Anyway, you know, when they talk about mom... like I said, my mother... I would have to say I get my intellect from my mother. My dad's probably my personality...

LS: (giggle)

DS: ... and his family the entrepreneurship. But my mom is from a long family of very intelligent people.

LS: Oh... my youngest sister was just staying with me for a couple weeks... and she... I just...I've just... felt like nothing because she could remember all this stuff and I'm getting so I forget more every year... every day.

DS: Yeah, but you've had it... you've had it.

LS: (laughter) Oh yes, I've had it alright!

DS: My mother... when I got around my mother... she has three brothers and three sisters. I have that correct? Right?

LS: That's right. I'm the oldest.

DS: And they're... I think one still works for electronics firm or something. Howard? Doesn't he?

LS: He's still working...

DS: They won't let him retire because he's so smart.

LS: Well, he needs the money. His wife has MS.

DS: (laughter) It's the money! I thought it's 'cause he's so smart.

LS: Well, I think it is... welcome to him to be able to keep on.

DS: You know all I remember is whenever the family would get together we had puzzles and things like that, which is kind of unusual because when you were a young girl, they didn't... you know, you probably notice we use a lot of music on this show Mom... and I think when you were young you couldn't dance or play cards. Right?

LS: Not... that's right.

DS: Your mom...

LS: Not supposed to anyway.

DS: That means that you were like every other ...

LS: (laughter) Well not so much. My sisters all went to dances so... but I... I didn't do too much of that.

DS: You know the other thing I remember about your father is that he took up painting at quite a late age... 70s or something like that?

LS: Oh yes.

DS: And then playing the violin too, right?

LS: Well, yes. He... we didn't even know as children growing up that he played the violin because he worked such long days. But... he liked to write music and play on the violin.

DS: Well you know it was always an intellectual process so by the time I had my own children... like we would always play cards... My youngest ... Shoshanna too, but my youngest daughter just always wants to play games and cards and I ... I direct that... I attribute that to you directly. Okay?

LS: Well, that's right. We... your children were always interesting because they would play games with us.

DS: (laughter)

LS: Grandpa... your grandpa liked to play cards too.

DS: Grandpa...

LS: Well... your dad, I should say.

DS: Okay... yeah... my dad. See it gets confusing when we start talking about levels.

LS: Yes. I got on the wrong level.

DS: But you know, we have ... let's go back on the BigBrain philosophy. The BigBrain is really our physical brain, which has a motor and sensory mechanism. We sense things and then we get a motor reaction. They're all pretty much involuntary. We smell food and we get hungry. Someone moves towards us, we move away... because we sense that. But our metaphysical brain, which is the real BigBrain, is the part of our brain that creates our life. Sixty percent of our brain is the same as everybody else. It's hardwired... kind of like a hardwire on the computer. But 40% is totally unique... it's never like anybody else who's ever lived and probably ever will live... based on our experiences and our genetics... and whether we were the first child, the second child, how many parents we had, whether they stayed together. All those things change us. So obviously, one of the most constants... what you have to look for is constants. Just like we talk about gravity being a constant in the universe... one of the constants for most people is their family. And mothers actually probably are more trained with us than we realize. You know on the way out, we were listening to one of the old radio shows and we were talking about a concept called "entrainment". The heart starts to beat at 21 days in a little baby, when it's still in the womb. And it actually starts beating with the mother's heart at that time and it can't live

without. We actually think that's when entrainment comes and that's when this mother/child relationship starts. And I think it goes on forever. And entrainment actually is a concept used in metaphysics. Einstein... when you have two particles that are separated, no matter where they are in the universe, they are always coupled. If one goes positive, the other goes negative. So there's something that's talked about these days more than others, it's called non-local communication. So non-local communication would still exist between a mother and her child because there's some connection that's taking place in the universe. As we get to know more and more about the universe that's already there, I think we'll start seeing that this is really true. And it really fits with our concept of life. And so the mom's BigBrain starts.

LS: Huh.

DS: We start with mom's BigBrain. So...

LS: (laughter) Which is shrinking!

DS: (laughter) It's shrinking. So...

LS: Everything else is shrinking. I used to be 5'2" you now. Now I'm not even up 5 feet.

DS: I tried to find that song 5 foot 2, eyes are blue... but ...

LS: Oh yes. I'm very familiar with that.

DS: You know I played some songs last night for my mom just to see if there was some that she would react to. What did you say? Songs just kind of...

LS: Oh, you kind of live through an era of certain things and that's part of the picture... and then you move onto the next level.

DS: Well...

LS: I remember the eras when Janice... there was a lot of crazy music at her age.

DS: Like what?

LS: I don't remember...

DS: Oh that's when they had the songs like purple...

LS: Little itty bitty fishies...

DS: Oh, the pink, purple eater... remember... purple eater...

LS: I don't remember all of them, but I know there was a lot of crazy songs... because she was...

DS: Everybody's talking about the Jones boy, the Jones boy... and then everybody's talking about the Jones girl...

LS: Remember your sister was a foreign exchange student in England.

DS: Uh huh.

LS: When she came back she kind of had missed out on some of this music! (laughter) She had to catch up.

DS: I remember that. It's actually kind of ... that really made me feel proud that she went over there because in those days... this was when...

LS: Yeah, well you wanted to be a foreign-exchange student too.

DS: Yeah, remember what happened?

LS: Yeah, your dad didn't want you to fly.

DS: My dad talked me out of it. One of the few things I let somebody talk me out of (laughter).

LS: Well... I kind of did too because...

DS: I was supposed to go...

LS: ... a classmate of yours had had a foreign exchange student in their home so I thought they were ... kind of...

DS: Oh, Roxanne... should have gone...

LS: Roxanne.

DS: That's right. See my mom's always the leader for justice. She wanted to make sure that things were even in the community. You know the thing I thought was kind of interesting was that... my dad talked me out of being the foreign-exchange student because I was the captain of the football team and he thought I should be there for the first practice. So guess what? The first week of the practice I twisted my ankle. I had to have surgery on it and I never did play.

LS: Oh... you had so many bad ... that's almost as bad as when you were at scout camp.

DS: Oh yeah, I got all twisted up in that one. I got pushed off ... um... I did have a little injuries there didn't I?

LS: Oh, a little?

DS: I'm still around ...

LS: That was major! Doctor in Albert Lea just about had a fit that you hadn't been taken care of properly.

DS: Well, we've talked about doctors before, so we won't talk more about that (laughter).

LS: (laughter) Okay.

DS: Basically, what I'm doing with my here as the BigBrain is we're just reflecting on both our lives. Obviously we have recollections... we have idyllic concepts of what our childhood was like or who we were and how we developed. And we have certain memories... and then other people have different memories. And so that's always kind of fund when you get together. I have certain memories of my mother and then... which I will share as we go along, in terms of my BigBrain development. And I'm sure she has... she has memories of me in terms of my BigBrain development... or undevelopment!

LS: (laughter) I can remember one of the things is when your sisters were gone and you were home, you had to help wipe dishes because we had no dishwasher – on purpose – so you could help.

DS: You know I specialize in cleaning dishes, you know.

LS: So that you and I could talk.

DS: Oh, that's why... so that's why we did it. See? Whenever I go to a big party I always help people wash their dishes... because I like to wash dishes...

LS: (laughter)

DS: And I guess that's why... because I talked to my mom.

LS: Yes.

DS: I didn't know you had... you had a background there.

LS: Well I didn't tell you that. Well... a lot of things...

DS: I thought I was just a good dish cleaner.

LS: It's just like...

DS: (laughter)

LS: ... We didn't have a car until you were probably school-age.

DS: Uh huh.

LS: Just stop and think of all those years that we never had a car.

DS: Yeah. Well, it's a different world.

LS: Ah, yes it was a different world.

DS: Well that's kind of interesting because you were born in 1918. And in 1918, there's... it's known that the electron was developed... and I was just looking over the different things that have happened... you know, TV, and cars...

LS: Well they...

DS: ...and things you've seen...

LS: ... didn't have TV at that time. But, my dad had a radio.

DS: Your dad did.

LS: Yeah, when I was little.

DS: Well see, when we talk about the BigBrain, we're talking about the universe as we communicate to each other. And so what has expanded and what's going on right now is everybody's got cell phones and instant messaging and text messaging... But you know... you grew up... My mom and dad were high school sweethearts, so they grew up in a town ... about what size?

LS: Oh, about 900.

DS: 900 people, so... and so that was your life. The radio was kind of the first expansion for people. They got information from outside. The phones... you know... started... country phones and stuff like that...

LS: Oh yes, country line... where everybody listened in.

(music)

DS: So, we're going to be taking a break here mom.

LS: Yes.

DS: And do you recognize who that is singing?

(music)

LS: Oh yes, John Denver.

DS: Yeah, John Denver. John Denver was a good friend of mine so my mom has always been involved in that. So ... we always talk about that once in a while. So, we're about ready to take a break Marty? This is Dr. David Stussy. You're listening to the BigBrain Radio Show and I've got my original BigBrain – my mother – who is almost 90. And I think you're doing good Mom. We're going to come back.

LS: Okay.

(music – “Country Roads”, John Denver)

(music – John Denver -)

DS: Hey, welcome back to the BigBrain Radio Show. This is Dr. David Stussy, and they call me Dr. D. And I am with the original BigBrain, my mother... and I forgot to actually give your name. Her name is Inez Lorraine, except everybody calls her Lorraine. How did that happen, Mom?

LS: I don't know. I... couldn't say.

DS: And you know my sisters...

LS: But of course you know... where the name Lorraine came from.

DS: No, tell me.

LS: (unintelligible)... Lorraine during World War II.

DS: Oh, you know I googled Lorraine just to see about Lorraine and that kept coming up. I should have known better. (laughter)

LS: You never knew that before?

DS: If I did, I didn't remember.

LS: Well I don't ever remember telling you either.

DS: Okay, well then you're based on... something... that was in France, right?

LS: Uh huh.

DS: Okay.

LS: Lots of Lorraines in that era of time.

DS: Well you notice that. People's names always consist... I think today it's a lot of times movie stars. And the big thing today is everybody wants a weird name, a strange name. You know I have a daughter named Shoshanna, which was very unusual at that time.

LS: At that time, but isn't now.

DS: Yeah. And now she loves it. And my other daughter, Jessika, I spelled her name wrong and gave her Jade for a middle name and she didn't like that and now she loves it. But... you know... times change... and I think that's kind of one of the reasons why I really wanted to have you on the show Mom is just to show the... is that time does change, but... and the fact is that people are the same no matter what. They have an ability to perceive things... what they pay

attention to is what creates their intention. So as we reflect back on your life and my life we can kind of see the things that our intentions were starting to create... they may show up later on.

LS: Well your name, David, of course...

DS: From the Bible.

LS: Well that wasn't...

DS: Oh, that wasn't... right...

LS: That was not the reason. Ah, come one... come on.

DS: Basketball players.

LS: Your dad had...

DS: Dave Anderson.

LS: ... at least three basketball players named David. So then when we named you we went and talked to his grandmother Stussy, and she thought it was named for David in the Stussy family background.

DS: Well everybody could... it's probably true. Just tell them yes, yes, yes, yes. Okay?

LS: Yes, yes, yes.

DS: Yes. And when your mother asked we said it was for the Bible, right?

LS: Well no... I don't... Oh! No... (laughter) I don't think I went that far.

DS: My mother's mother was a very good storyteller, and one of the things that ... about my family... her part of the family is they're very good storytellers. And my grandma Robbins, which is your mother...

LS: Yes.

DS: Would tell me stories from the Bible, constantly. I mean, I've got a pretty good background from that.

LS: Well you ... you could twist my mother around in a way that hardly anybody could. She even let you have a special chair to take to college with you.

DS: Wow. That's right. Then I...

LS: Do you remember?

DS: ... that chair got stolen from me. Right. I remember that.

LS: And she really felt bad when she didn't get it back.

DS: Well it wasn't me. I had it at this house, which was off-campus. And I wasn't that sharp then and someone took it.

LS: And you used to encourage her to have chicken on-hand when you came down so you could get in the refrigerator and have some chicken.

DS: Now that's one thing you always accused me, as kind of manipulating a little bit or something. What'd you always say?

LS: I don't know.

DS: You know how mothers point out your personality a little bit sometimes...

LS: I don't know...

DS: I guess the wives take that up later on. But... you always said ...

LS: Well...

DS: I was a... I don't know what it was. Something like that. (laughter) I just assumed it was a good thing. Okay?

LS: Yes. Probably so. Probably so.

DS: So anyway, when I was in school I was pretty much of a straight-A student and then when I went to college, the first couple of years weren't quite as good... football and sports and all that. But my mom went back to college when I was in college. Right?

LS: That's right. And my family were the ones that pushed it. They thought that I always had wanted to go back to school.

DS: My mother was a teacher... a country school teacher and at that time you just had what was called normal training, which was two years I think. Right?

LS: One year.

DS: One year. And so...

LS: But a very intensive one year. When I went back to school then, when I got older, I was given credit for a whole year of education.

DS: Mm hmm. Well you went back. So that had to have been in the '60s. And ... she had straight As...

LS: Yeah, you and I graduated from college the same year.

DS: But what I wanted to point out Mom, was you did exceptional and I did pretty good. Then I finally got back to A's when I was a junior and senior. But she used to always... and she traveled 60 miles a day to go to school I think too, right?

LS: Oh yeah... I enjoyed it... because with us were a lot of fellows who were married to teachers in the Wells school system, but they were on a GI Bill of Rights. So we had to plan our trips to and from Mankato...

DS: You know I kind of...

LS: ... with these guys who didn't want to be up there any longer than they had to and they wanted to be able to be in the car that went back first. It was quite a ... We had a lady who could make out a schedule just like a best computer in the world.

DS: That's what we were talking about earlier when we left is how life has changed. You know communication... we were talking about... you know that your father had a radio and that was the big connection to the world. And then, as we go through time, it keeps expanding and expanding. I even remember when I lived in a little town called West Concord, which is near one ... my grandparents' home... it felt a little isolated. Well nowadays with all the connections, I'm sure it would be a totally different experience living in a small town.

LS: Well of course West Concord's still a little town.

DS: Yeah, but... (laughter) I'm talking ...

LS: They don't have a school anymore.

DS: They don't? They used to have that big school... that big field school.

LS: Big? It was never very big. (laughter)

DS: Well it looked big.

LS: (laughter)

DS: Back then it looked big.

LS: Oh, it's part of a consolidated school.

DS: Well that's another thing. Small towns... we used to have our... You know as life changes and the way that we're exposed... whatever creates how we think and act, one of the things people from small towns always felt a lot of loyalty. There was a lot of camaraderie, there was a lot of school spirit. You know we went to the state basketball tournament twice when everybody played everybody... and sports we were very successful. So a lot of

schools... but now, all of the small schools are kind of like tied together. Right?

LS: That's right.

DS: Do you feel like they don't quite have the same feelings?

LS: I don't think they do. There's not that loyalty.

DS: You know I always thought if they got together they'd have better teams and stuff like that. It never really happened that way. It's really interesting.

LS: No...

DS: I think some people end up taking a different direction. So anyway... so when you were going to school and you were getting the good grades then what did you do after that?

LS: Just a minute. I want... one thing... about...

DS: Okay. See, that's my mom.

LS: ... school. People ask you... how'd you... did they make fun of you because you were older? You know I was 50 when I graduated. I said no. The young people really got a long just great with us... we older ones. It was the ones that were just beyond the

teenage... in the young 20s or somewhere in there. They would make... they made life miserable for them. But we older ones, we ... got a lot of friends and had a good time.

DS: So the separation was big enough so that you could respect each other.

LS: Uh huh. That's right.

DS: That's cool. Well I guess you're true... I know when I was going to chiropractic college there were some older students... well I thought they were older. I don't anymore. Anyway, they were always... it was kind of good advice. Some had been experienced in business. One of them ended up being my mentor in how to run a business. I would have never had that opportunity if he hadn't gone back to school.

LS: Uh huh.

DS: Remember Bill Pretson?

LS: Oh yes.

DS: Yeah. So, Mom, what did you do after you ... got out of school? At 50! (laughter)

LS: Well, I was really quite fortunate that I could get a job... because it was beginning to tightening up. So of course an older person wouldn't really be as eligible as a young person. But ... there was a group in the Winnebago school that really needed some special attention and I think they thought an older person would be just right for that group of kids.

DS: And how'd you do?

LS: And so then I was hired there. I taught for 8 years. Your dad wasn't as happy when I quit then.

DS: Why? He like the money?

LS: Yeah. I was supposed to do certain things with it, before I could quit – which I did. Oh, for example, helped you out going to school.

DS: Uh huh. Yeah, they did.

LS: And he was... but there were several reasons why. My mother needed me. And ... also, there would have been several Winnebago teachers that would have been put on leave... unrequested leave. So there were several reasons why I quit.

DS: See, your personality is showing up here. See, before you knew about the exchange student... now this... you wanted to make things

fair. So, if I'd have to say something about both my parents, it was always about making things fair... and doing things for other people, even though it might make some consequence for themselves. They actually lived the consequence.

DS: So, we're going to take a break now. Dr. David Stussy, BigBrain Radio Show.

(music – John Denver)

(music – Thanks for the Memories)

DS: Hey, welcome back to the BigBrain Radio Show. Sentimental memories... I guess we're doing a little bit of that, Mom. Oh, by the way, my name is Dr. David Stussy... and this is the BigBrain Radio Show. And this is my mother, Inez Lorraine Stussy. I even have my Stussy t-shirt on. Of course the Stussy t-shirts are known all over the world. Sometimes people ask me if I own that company. Sometimes I say, "yes"... and you can't believe the things that happened. After while I thought I better not do that any more. (laughter)

LS: I thank you for those shirts that you've gotten me, too.

DS: Dad... my dad had these jackets that said Stussy on it and stuff. He just loved that. You know I found this quote: "What shall we say about the particular human being who was called mother? Whatever we say will always be too much, too false, too inadequate or even

misleading. But it understands it can no longer be put... it's a normal slow to significance and responsibility for who we are." So what do you think Mom? Are you willing to burden that responsibility? Huh?

LS: Well...

DS: You were telling me that ... one of the highlights... one the highlights of your life was the traveling and the conventions you went to.

LS: Well, that's part of my growing up. Actually, the whole thing... the whole deal... was family. We didn't pretend to be a super mom or a super dad. We were learning right along with you.

DS: Well you know, I always remember my mom... it wasn't that long ago you told me... you kind of looked at me and you said, "You know, we always taught you to be independent, but we didn't think you'd be that independent." (laughter)

LS: Oh, the many times we've said that. Because we didn't see enough of you then.

DS: Well, you know...

LS: Of course, trying to find your dad and me at home was kind of something else too.

DS: Well that was because you were traveling a lot, right?

LS: That's right.

DS: So what about that? What was that about?

LS: Well I feel like that's one thing I did. I encouraged your dad to start on his first national trip. And it was a national coaches' organization and we went to the East Coast. And I... were you along?

DS: I don't think so.

LS: You weren't along?

DS: Nope.

LS: Well, it must have been Todd then.

DS: Oh yeah.

LS: And David Elster.

DS: Let me add this... one thing my mom and father were great with, they would take my kids or other kids and ... especially Todd, who is actually a little younger than I am... than my kids... and he... you would take them on trips and stuff.

LS: Oh yes.

DS: You were just great.

LS: Well, I took... we took your daughters on trips too.

DS: Oh yeah! You and Shoshanna went to the New York Museum and all that.

LS: Well, that's true. And we... we took her up north to camp, I know. And...

DS: So you got Dad to go out east, huh?

LS: Yes. And that was really interesting. Can I tell my little story?

DS: Sure, go ahead.

LS: Well, we were going to go down the coast to ... something that was supposed to be a fun trip... and we went to the bus depot in ... Washington, D.C. What an experience. The bus didn't come, the bus didn't come, the bus didn't come, but nobody was ... cared... Nobody was running up and asking when's the bus coming and why is it late. It just... For a long, long period of time we waited for the bus. Well it finally came... we got on... and then to make up time, and it was getting dark too, this bus went so fast. And Todd and David said, Grandma, do you know how fast they were going? Over these bumpy

roads... the two-lane highway. It was quite an experience. But that's the type of thing we had with our grandchildren.

DS: Well David is my other... is my nephew. There's another David. In fact, it's the first one, right?

LS: Yeah.

DS: And he lives in the mountains now and builds homes...

LS: He's up in ...

DS: He doesn't like to fly in airplanes, does he?

LS: Nope, no... he doesn't like to... do that. No. In fact, he won't. He'll drive.

DS: You know, it's funny we started out saying that you couldn't dance, play cards and music. And I think Dad liked to dance so you guys would dance and go... go to ...

LS: Well where we used to dance when we were going together would be ... well... you know what sport your dad was mostly interested in... baseball.

DS: That's right.

LS: When we were going ... when I was going with him, we went to Pine Island for baseball practice, we went to West Concord for baseball practice; then we also had a local baseball practice team. That's ... then... a lot of times after actual games we'd go to a dance. And that was my dancing that I wasn't supposed to do.

DS: Well, I remember wedding dances. You'd go to... you know in the small towns wedding dances are a big deal.

LS: Well it wasn't then. That wedding dance thing was new to us when we came to Wells.

DS: Well that's what I remember. Okay?

LS: Yeah. But it wasn't... it wasn't part of our growing up.

DS: Well my dad went to the ... went out to San Diego and he won a dancing contest. Didn't he?

LS: (laughter) Oh yes. That's one I didn't go along with him because...

DS: (laughter)

LS: ... on these national trips they always had things for couples, and also for the wives. But I'd been there before and had such a good time, but this time there was nothing there for me. But... your dad...

went. Like I said, I encouraged him to go to the National Convention so we went to a lot of National Conventions. And we were often involved in the hospitality angle of it, where they had to buy the liquor... see that there was entertainment... cheese and different stuff like that.

DS: Anyway he won...

LS: It was fun. We had another couple from our area that we were with quite a bit.

DS: So what would you attribute... you know we were talking earlier about family. And one thing that I know about... that I really admire about your family is that you and your brothers and sisters still get together every year... they have a big... well you're going to be 90 and they've got to be in their 80s, right? And Donna's probably 60s, right?

LS: Yeah, well see the boys are ... come after me. There's me, and then my three brothers then my three sisters. Part of the reason we get together is because I really didn't know my sisters when they were growing up. They were just little kids.

DS: That's interesting.

LS: And so that... when my mother died we decided we'd all try to get together every year.

DS: Well you guys have been...

LS: And we've done that.

DS: You guys have been... like every year. They get together in Arizona, they get together in Minneapolis, they get together in Southern Minnesota, they get together in California.

LS: But now, it's pretty localized. We don't travel all over like we used to.

DS: Well you can slow down. It's okay.

LS: (laughter) Okay! It has to be. Now they're descending on me.

DS: Are they? Oh that's right. They were just at the house, weren't they?

LS: Oh yes. I had two sisters, a brother and a cousin who's really been very involved in our get togethers. Two weeks.

DS: Okay. Got it. Okay. You know I always think of... you know in part of the show I just kind of like to get a reflection. So, remember I said at the beginning of the show that I thought my BigBrain development kind of had to do with my mother. You know my dad

was obviously a high school coach and you can imagine who my coach was.

LS: (laughter)

DS: So he was all over. But when I was in elementary school my mother would substitute teach and that was before you went back to school... so my mother was there watching on top of me. And then Dad was always there... And I could never figure out when I did do something wrong how they could find out all the stuff (laughter).

LS: Oh, that was your dad.

DS: It wasn't clear enough to me. How did they find out all of this stuff? I thought I was being secretive.

LS: That was ... strictly your dad. And he was always onto your sister too.

DS: Oh, right.

LS: Diane.

DS: Well Diane...

LS: (laughter)

DS: Well Diane... Diane did need to be watched. Okay? No, I'm just teasing.

LS: Ohhh...

DS: I'm just teasing Diane.

LS: (laughter) But one of the things that I helped your education... remember Mr. Wright used to want you to tell what the meanings of the different...

DS: Oh yeah...

LS: ... cartoons.

DS: Let me tell this story. My mother is a very... and I meant to make sure we point this out. I told you, she's very much of an intellectual...

LS: Well, league of women voters is what I mean.

DS: Right. Because she led the Women League of Voters. Now this isn't when women were actually expected to say much. And they would study every issue that was local in the town and then they would give their opinion to the school board, which tended to be... to the city boards, which tended to be male-oriented I think. Correct?

LS: Not exactly right. We had a study on national level, state level, and local level.

DS: Oh, that's right.

LS: Just one level. And then we had to study it a year or two years before we would take a stand.

DS: But you actually studied it. That's what I remember. And so she would study it and these guys didn't always like that because they never really looked at what they were supposed to decide on. And then you guys would give them the opinion. I think you usually turned out to be right.

LS: Well these cartoons... you had to explain them.

DS: Well... here's the other thing I was saying. You couldn't throw a paper away in my house unless my mother had read the editorial.

LS: (laughter)

DS: And we'd have these stacks of paper...

LS: Piles and stacks... (laughter)

DS: Kind of looks like my room sometimes, now that I think about it.

LS: That's right.

DS: And my office still looks like that. I do do that. Anyway, so now I know where I got that. Anyway, I had this... we had to give opinions about editorials. Well, you know when you look at those editorial cartoons, if you don't know what's going on you don't know what the heck they mean. And so ... my mom told me each and every one of those. I got the greatest grade...

LS: Well, I didn't exactly put it right out.

DS: No, you didn't. You made me work for it. That's right.

LS: I just kind of gave you a hint.

DS: But you know it actually changed my life because I really wasn't at all interested in politics or that stuff, but after that I was always paying attention. So remember what you create your life out of is what you pay attention to. As a result of you being that way and you taking time to make me kind of look at it, that created something that I paid attention to the rest of my life, up to today.

LS: Yes. Things do teach.

DS: So... see how... your mother... we're created by our environment, our context that we live in. So... the couple other things

I remember is ... I was ... I used to... Remember I used to like to go through magazines and look at them? Even then I did that, by gosh.

LS: House decorating magazines.

DS: Yeah, that's what I was going to tell. I told my mother that I wanted to be an interior decorator or a hair stylist and she just had a fit, as people could imagine. Okay? I didn't quite get it at the time. But she didn't want me... she told me that I definitely couldn't do that. (laughter) I couldn't be an interior decorator or a hair designer. And ... so... and I listened. When you said...

LS: I just discouraged you, that's all.

DS: Well, ah... the other thing you told me... See, you kind of listen to these things... they kind of like... It's interesting ... the BigBrain concept is a BigBrain is somebody who shares a concept or an idea with another individual in such a way that in a moment's time it changes your direction, or who and what you think. And often, it doesn't have to be somebody you know, but it's more likely to show up with somebody you know because you know what their opinion is. But my mom told me that I would never, ever be able to work for anybody else, and I did not know what she meant at that time. I do now know what that means, Mom.

LS: Oh.

DS: I could never... every time I tried to work with anybody else, they can never do it quite the way I want to do it, so I just gotta do it myself.

LS: Uh huh.

DS: So, do you remember telling me that?

LS: No.

DS: Do you see how you could have said that to me?

LS: Well, yes.

DS: (laughter)

LS: I had more time to talk to you than I did to the girls because... well... we were going every which way with all three of you.

DS: Well, we had a smaller house. You know... my sisters always thought I was spoiled because when they graduated I still had six or seven years with my family.

LS: (giggle)

DS: And... maybe in some way I was. But you know, I just thought I deserved it anyway, so what the heck. (laughter)

LS: Oh well, that goes way back to when you were little. They helped spoil you. Now all of sudden they realize their mistake. (laughter)

DS: Yeah, then they wanted to... Yes, I remember my sisters would beat me up until I got so big.

LS: (laughter)

DS: And then that never happened anymore after that. (laughter) It's these little points in life in which you ... you take your stand, right? (laughter)

LS: (laughter) That's right.

DS: Also I remember, Janice's friends were just giving me such a hard time... or Diane's friends were giving me such a hard time that I couldn't ride a bicycle. And I kept saying "Yes I can, yes I can". And they said, "No you can't. Well, prove it." Well I got on my sister's bike, and I could not believe it, but I rode away on it.

LS: (laughter)

DS: And I still remember that to this day as sort of like a defining moment of what you can do and what you can't do. (laughter) What you think about comes about. Right?

LS: I wasn't aware of that.

DS: Well ah...

LS: Lot of things I wasn't aware of.

DS: (laughter) Wonder what else I haven't told you, huh?

LS: Well, you used to... Janice did too... come running home for lunch... and tell Ed Gein jokes. (laughter)

DS: Oh yes. For people who don't remember... Ed Gein...

LS: (laughter)

DS: I see Marty laughing in the other room. He remembers it. Was a character in Wisconsin who they found had done... I mean he was basically a serial killer, but it was kind of unusual because he would take all these body parts and he'd make lampshades out of them and stuff. And I see that he's still there. I remember he came up in the paper a couple years ago. Obviously he was not sane. But, I don't know... Janice just loved those weird jokes.

LS: Well... we lived a little ways a way from school, to run home for lunch for a half hour period... that was something else.

DS: Oh yeah. I came home every lunch. I just didn't like lunch at school. I don't know why. I guess I was making... I was making nutritional choices already.

LS: Janice didn't either.

DS: And Diane liked to stay there and hang out with her friends.

LS: Yeah, mm hmm.

DS: So we had this dichotomy of family, right?

LS: That's right.

DS: You know another thing I remember is we didn't have a lot of meat when we were younger. And then all of a sudden we started getting all that meat... when they had lockers... where you could store meat in a locker. Then we started having a lot more meat.

LS: Well, I wasn't aware we didn't have meat because...

DS: No, I meant we could only have it at certain meals. I remember that very clearly.

LS: Oh. Well...

DS: And then all of a sudden we started having it more often.

LS: We used to buy a half a cow.

DS: Yeah, after that is when we started having it. Before that, we didn't.

LS: And chickens. Oh, I learned...

DS: Well people didn't have ... remember, we better let people know people didn't have refrigerators and freezers. So they kept everything in the freezers at the grocery store. Right?

LS: Mm hmm.

DS: And then you'd go down and get some and bring it home. And then fry it up...

LS: Lockers.

DS: But even before that, I don't even know if that was that common. So... you know, it kind of determined your nutrition. Now I think nutrition has gone the other way. There's way too much food around. Children are very, very heavy; not as athletic; not as active. And most of the food...

LS: We had a garden.

DS: Oh, we had a garden, too.

LS: And you... I don't remember whether you did, but Janice... they used to go out in the garden and eat raw vegetables... every kind... peas, beans...

DS: Yeah, I remember that.

LS: ... whatever.

DS: I just kind of thought that was normal.

LS: I'm sure.

DS: So... anything else that's just kind of popped into your head, mom, as we... see we're talking about the BigBrain. The brain is our intellectual and kind of our ideas.... where we... how we create things. And so... your environment determined a little bit, and then your genetics determine a little bit, because like I said, you come from a very intelligent family. All right?

LS: Well ...

DS: And thank God for that.

LS: Well one of the things is that we didn't have a radio in the car. I wouldn't allow a radio in the car.

DS: Yeah.

LS: I wouldn't... we didn't...

DS: We played games.

LS: We didn't try to get a television. You had to go to the neighbors and watch their awful television.

DS: Well, we played games in the car. I remember that all the time.

LS: Alright, and with your children coming along we played games in the car too. I don't know... Remember 20 questions?

DS: Well, give me answer.

LS: Well...

DS: Give me a question.

LS: Somebody's thinking of something and then the other one has to ask questions. Is it... is it... is it alive? Is it manufactured? Or so on.

DS: I think it was animal, mineral or ...

LS: Well that...

DS: I didn't know what that meant then. (laughter)

LS: That is a game in itself. But this... we had no clues except which question you asked. Your children were very good at that. But we played several games when they were younger... for example... my name is Annie and I come from Annapolis...

DS: Wow, you're going back. Those are complicated. You know that?

LS: No, that's pretty little kids.

DS: It is?

LS: Sure. Way little.

DS: That is intellectual development right there, mom.

LS: Oh sure.

DS: I bet they do that on the computer now.

LS: And then there was the memory game. I'm going to go to London and pack my bag... and I'm going to have an apple. And the next one would say I'm going to have an apple and a banana...

DS: Well, we're going to talk more about it when we come back. So we're going to talk about... you're a grandmother, so let's listen to a grandmother's song. This is Dr. David Stussy, the BigBrain Radio Show.

(music – John Denver “Grandma’s Feather Bed”)

LS: (laughter)

(music – John Denver – “Grandma’s Feather Bed”)

(music – My Mother’s Eyes)

DS: Hey this is Dr. David Stussy. Welcome back to the BigBrain Radio Show. You remember when your mother looked from those eyes and you knew wrong from right... your old mother's eyes. They didn't even have to say anything. My mother had this little stern look that she would get. So this is Dr. David Stussy and I have the original BigBrain, my mother, here... and she's almost 90. I keep calling her 90 and probably she doesn't like that, because she has about 6 months to go. But... we're just doing a reflection on the process of the BigBrain because the BigBrain... our ability to create our life comes from our context of our living, our ability to pay attention and create intentions. And I think a lot of it has to do with the family and I feel like my intellectual background comes from my mother's side... and we've been kind of going over that. And... I remember... I gave a ...

when I was in... what do they call that... boy, I can't even remember... when you take that training at church...

LS: Oh, confirmation.

DS: Confirmation! There you go... in confirmation, anyway, we wrote... we had to write an essay and I won so then I had to give a talk at the church. And I gave a talk about Jesus in more of a humanitarian outlook and things. And I can remember my mother saying "That would be something you would write." I remember... she kind of like critiqued me... like I probably went a little too far, but it's like she expected it and so then I was okay. You probably don't even remember that, huh? So it's these little points in life that your parents make comments to you. Some of them we ignore but some of them become entrained and actually determine who we are. And I don't think it's an accident because they're there to love us and we're there to love them and take us in the direction we need to go... as just... like we like to be for our parents. So one of the things that we do is we make sure that they are taken care of. And so, in this day and age, when people get separated and lots of people are living in areas they don't want to live in as they're not as sharp as they used to be, I can give a lot of thanks for the fact that my mother is still living by herself... you still drive a car... not much but...

LS: I drive locally... in town.

DS: You know this part of the show is called “Stuff that Works”. So maybe we should ask you... have you think about what stuff that works... you know... what’s stuff that works for life? Doesn’t need... is this too philosophical for you, Mom? She had no idea I was going to ask her any questions.

LS: Ah... just off-hand... it’s different when you get older... especially when you’re alone. Things change. But you certainly depend on friends and you need to be involved in some things... if you can. If you’ve got enough energy to do that, you’re okay yet.

DS: Well you’ve still got your bridge clubs and I know you guys go and watch plays and concerts.

LS: I did. I don’t go to the concerts anymore because...

DS: Most of your friends are gone (giggle).

LS: Well, yeah. The friends that used to drive aren’t driving anymore.

DS: Every week she tells me about one more person that is like not functioning as well... or ... so mom, keep it up, because anything you can do then I’ll be able to do too.

LS: (laughter)

DS: If you know your parents are going to live a long time, you better take care of yourself. And I know longevity runs in our family... so...

LS: Well it does in my... yes. Ah, my mother had a sister who lived to be way over 100.

DS: Well I think your mother would have lived a long time, but she fell and when she went in the hospital, the embolism from the procedure they were doing... and she passed away. I think she would have lived to be 100 for sure.

LS: Well she fell out of bed and broke her hip. The doctor said she had a hip like a man from digging potatoes and stuff like that.

DS: I can still...

LS: She still had a garden.

DS: You know I had my mom... one of my first practices was like five miles away from where my grandmother lived. And I can still remember driving and pulling up... and there's this woman bent over... bent over like a normal... like not an old person... working in the garden. And she had this big sun hat she'd wear. She'd stand up and it was grandma out there working, getting flowers and stuff like that. And she was just great.

LS: Oh yes. She ... she had two or three gardens. Got down to one I guess.

DS: That's right, it was huge. So any other advice and stuff that works?

LS: That I... I'm not...

DS: Friends, family... those are the things that count?

LS: Well and you have to kind of keep up your mental thing. I do puzzles.

DS: My mom still beats people. She does... even though she's got a little magnifying glass because she's had some trouble with her eyes. She still beats people in getting things done. So what else? Anything else?

LS: Well the problem is that... now like with crossword puzzles, there's so many things I can't remember now that I could.

DS: (laughter) Well don't worry mom. I think a lot of people out there are already at that point. I know that I've experienced... and you've gotta kind of go back and get a way of remembering stuff. Right?

LS: Well...

DS: But you know what they do now...

LS: But it isn't important so you just let it go.

DS: But you know now is they google it on the computer.

LS: Oh yes, well I'm not much into computers.

DS: Yeah, but you... my mother does use email though. She's got... I tried to show her texting. I showed my sister how to text. But I don't think my mom's going to be a big texter. Okay?

LS: No, I don't think so.

DS: Ah, as we kind of bring the show to an end here... we've got a couple minutes left... I guess the purpose of having my mother on the show was just to make that connection, to acknowledge who she is and kind of just see what shows up. And I really had no particular purpose other than the fact of a reflection that we are kind of... you know we are the result of our heritage and our background and I'm very grateful for that. And, ah, I wanted to acknowledge my mother because she's been so helpful in all parts of my life. And I've tried to be helpful back. And sometimes she thinks I'm not calling her enough.

LS: Ah... you weren't.

DS: (laughter) She's not... (laughter) So when should I call, Mom?
Sunday night? Right?

LS: Well I've tried to put it down to a certain time so it would be
part of your schedule... because you've got a busy schedule.

DS: Gee, that sounds like my dad, huh? Kinda?

LS: Yes, there's a great resemblance (laughter).

DS: Well I'd have to say my ambition and drive that goes back to
the sports that goes with school, but also just the excellence. I gotta
cute story. You know my mother got the American Legion award in
high school, which in 8th grade they used to give to the most
outstanding school for citizenship. That was a longtime ago. My
sister... my sister got the award for American Legion citizenship. So
I decided that I was going to get it too when I was in 8th grade. And I
don't know what I did, but I got it. And so that was when I learned
that... so it's really ... it's you doing it and then my sister... that you
know you decide what you want to get and then you plan a way to do
it, and then you just do it. I have no idea... but I... Because
remember I got an "F" in citizenship there in second grade.

LS: (laughter)

DS: Remember Mrs. Anderson, she had to talk to me and all that stuff.

LS: Oh... your dad... you ... you had quite a time you people... you and your sisters. Your dad was right on to you.

DS: Well...

LS: One ...

DS: Well that made me aware of people that are watching all the time. We're going to have to bring this show... we can keep talking afterwards, mom. So thank you very much for coming on the show because I kind of sprung it on her. I thought that way she didn't think about it. So this is Dr. David Stussy, the BigBrain Radio Show. Remember the BigBrains in your life: your parents, your mother... call and thank them. Tell them... thank them for being the BigBrain in your life and making a difference. And have a BigBrain week. Dr. David Stussy.

(music – John Denver)

(end of show)