

Topic: What is it about a couch?

The Restfulness of a Couch
by Liz Gibbons

The word couch is derived from an Old French word *couchier* which means “to lie down.” With a couch’s length, most of them do invite us to take a snooze. My dad always took a fifteen to twenty minute nap on the couch after lunch before heading back to the university. I remember as a child being sick with various childhood diseases, and when I was beginning to feel better my mother sometimes made up a bed on the couch for me to lie on so that I was not isolated upstairs in my bedroom. I particularly remember one of those times when I propped myself up with pillows so I could read *Call of the Wild* by Jack London. Most couches are comfortable and invite us to lounge. But my great aunt, whom we visited often in the nearby town of Oxford where my Dad had grown up, had two Victorian style sofas that were stiff and uncomfortable to sit on for long.

Our most comfortable couch was one I found at a garage sale soon after we purchased our home in Atlanta. It was a tasteful plaid couch that seated three and had a recliner on each end. The family was moving and let it go for \$150. It was put in our family room and provided comfort when viewing TV or just wanting to relax. Many years later the springs broke on the side where my husband sat, and that couch was replaced. At about the same time that I found the garage sale couch I also got a floral couch with two plain colored side chairs from some good friends we had met when we lived in Colorado Springs in the 1970’s. They had moved to the charming town of Franklin in North Carolina which was 90 miles north of Atlanta. We lived close enough to regularly visit each other. They decided to downsize and sold us their couch and side chairs for \$200. I drove my husband’s pick-up truck to Franklin and hauled them back to Atlanta. It is a well make couch, but our friends were both short and the couch sat lower than we liked. We did not sit in the living room a lot, so we lived with it. When I decided to move to Windsor Gardens the family room couch was too big for a condo, so I brought the floral couch. I did not intend to bring the side chairs as I did not particularly like the fabric on them. But the guys loading my POD did not understand they were not to be loaded. After they had them stowed in the POD I decided I might as well bring them. Actually I sit in those chairs most often to read as they are comfortable and sit a little higher than the couch. But the couch is just long enough to accommodate me when I take a nap, so it sometimes fulfills that purpose.

