

Insights Today

Neshaminy Manor * 1660 Easton Rd. Warrington, Pa. 18976 * 215-345-3205 *

Celebrating October



Here at Neshaminy Manor we strive to keep our residents happy in mind, body and spirit while keeping them safe and healthy!

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Just a reminder – we continue to provide video chatting opportunities by way of Just Talk or Face Time to families and friends of our residents.

If you are interested in video chatting please email your loved one’s unit with “Face Time” if you have an iPhone we just need your Phone Number or Email “Just talk” we need your Account ID name so we can add you

- A0 email: UnitA0nmh@gmail.com
- D1 email: UnitD1nmh@gmail.com
- A1 email: UnitA1nmh@gmail.com
- A2 email: UnitA2nmh@gmail.com
- C1 email: UnitC1nmh@gmail.com
- C2 email: UnitC2nmh@gmail.com

Calls can be made Monday or Friday

October Is a Hoot



In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways, let our fears get the better of us. Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.

For Window/Outdoor/Chapel Visits: Go to the Bucks website for directions on how to create a Sign Up Genius acct and schedule a visit:

buckscounty.org/government/healthservices/NeshaminyManor

OCTOBER 2020 MOON PHASES

Full Moon October 1 	Last Quarter October 10 	New Moon October 16 	First Quarter October 23 	Full Moon October 31 
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Owl Species

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

Z	B	Y	S	T	M	R	H	G	X	S	E	L	Y	S
J	A	T	V	L	V	O	R	S	X	F	C	W	H	B
U	R	M	B	W	R	E	O	S	C	T	O	O	O	I
J	R	H	Z	N	Y	G	I	A	W	N	R	E	P	H
M	E	M	E	V	I	X	T	R	S	T	O	L	Q	S
Q	D	D	E	D	B	G	X	G	E	D	E	G	E	M
T	A	W	N	Y	E	R	V	A	Q	A	H	A	G	T
Y	G	N	I	W	O	R	R	U	B	C	E	E	T	B
S	M	M	B	I	J	E	A	D	E	K	S	A	M	A
M	P	G	Q	D	D	L	A	E	D	P	P	I	Y	R
H	M	O	Y	Y	M	Q	R	O	G	V	A	Y	H	N
T	C	D	T	P	R	C	B	Z	G	N	Z	J	W	T
O	U	I	M	T	S	E	H	A	W	K	O	W	L	J
H	N	F	L	E	E	L	S	D	R	L	V	L	W	O
S	G	V	Z	P	O	D	O	I	K	V	R	I	L	S

BARN
EAGLE OWL
GREY
LONG-EARED
SCOPS
SNOWY

BARRED
ELF
HAWK OWL
MASKED
SCREECH
SPOTTED

BURROWING
GRASS
HORNED
PYGMY
SHORT-EARED
TAWNY

Spiced and Iced Oatmeal Cookies

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup plus 2 tablespoons flour
- 1/2 tablespoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup butter, room temperature
- 1/4 cup sugar
- 1 1/4 teaspoons vanilla extract, divided
- 1 cup powdered sugar
- 1 teaspoon cornstarch
- 1/4 teaspoon baking soda
- 1 1/4 teaspoons cinnamon
- 1 egg
- 1/2 cup brown sugar
- 1 1/2 tablespoons milk

Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. Place oats into a food processor. Pulse 10 times and transfer into a medium bowl. Stir in flour, cornstarch, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. Combine butter, sugars, and 1 teaspoon vanilla in the bowl of a stand mixer until fluffy. Stir in egg. Gradually stir in flour mixture.
4. Drop dough by tablespoonful on the prepared baking sheets.
5. Bake 10–14 minutes. Allow to cool.
6. Combine remaining vanilla, powdered sugar, and milk in a small bowl.

Dip the tops of each cookie in the glaze. Allow to dry before serving.

Makes 16 servings



COOKING CORNER

Chunky Pumpkin Chili

A diabetic-friendly recipe

Ingredients:

- 1 cup diced yellow onion
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 tablespoons minced garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 3 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 cups vegetable broth
- 3 (14-ounce) cans petite diced tomatoes, not drained
- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can pumpkin puree
- 1 large sweet potato, peeled and diced
- Sour cream and chopped fresh cilantro for garnish

Directions

1. Place all ingredients (minus sour cream and cilantro) into the bowl of a large slow cooker.
2. Cook on low for 8 hours. Garnish with sour cream and cilantro when serving.

Makes 10–12 servings



Sour Cream Coffee Cake

Ingredients:

- Cooking spray
- 1 teaspoon baking soda
- 2 1/2 cups Splenda, divided
- 1 cup butter
- 2 teaspoons vanilla extract
- 3 cups flour
- 2 tablespoons cinnamon
- 4 eggs
- 2 1/4 cups sour cream

Directions

1. Preheat oven to 325°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine flour and baking soda in a medium bowl. Set aside.
3. Combine 1/2 cup Splenda and cinnamon in a small bowl. Set aside.
4. Combine butter and remaining Splenda in a large bowl. Stir in eggs one at a time and vanilla. Alternately add sour cream and the flour mixture, stirring well between additions.
5. Transfer batter to the prepared baking pan. Sprinkle evenly with the cinnamon and Splenda mixture.
6. Bake 45–50 minutes. Allow to cool before cutting and serving.

Makes 10 servings



No-Bake Cookie Ghosts

Ingredients:

- 1 (8-ounce) cream cheese, room temperature
- 1 tablespoon pumpkin pie spice
- White fondant
- Edible food marker or edible eyeballs
- 1 (15.25-ounce) package chocolate sandwich creme cookies
- 1 (15.25-ounce) package vanilla sandwich creme cookies

Directions

1. Place cookies in a blender. Blend until cookies turn into crumbs.
2. Transfer crumbs into the bowl of a stand mixer. Add cream cheese and pumpkin pie spice and mix well.
3. Scoop 2-inch balls of dough and shape each into ovals. Place on a baking sheet and freeze.
4. Roll out fondant into a thin sheet. Cut 4-inch circles.
5. Remove cookie ovals from the freezer. Stretch a piece of fondant over each oval cookie ball. Draw eyes with an edible food marker.

Makes 24 servings



Easy Apple Pie Cookies

Ingredients:

- 1 cup apple pie filling
- Whipped topping
- 1 (16.5 ounce) package Pillsbury sugar cookie dough

Directions

1. Preheat oven to 350°F.
2. Slice dough into 12 equal slices. Roll each slice into a ball.
3. Press each ball into the bottom of the cups of a muffin tin. Shape dough up the sides to create miniature pie shells. Bake 5 minutes.
4. Fill each pie shell with equal amounts of the apple pie filling.
5. Bake 10 minutes. Allow to cool 5–10 minutes before topping with whipped topping and serving.

Makes 12 servings



Pumpkin Cheesecake Cups

A no-bake recipe

Ingredients:

- 8 graham crackers, crushed
- 4 tablespoons butter, melted
- 1 (8-ounce) package whipped cream cheese
- 1 cup canned pumpkin puree
- 1/2 cup sugar
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1 1/2 cups whipped topping, divided

Directions

1. Combine graham cracker crumbs and butter in a medium bowl. Evenly divide mixture between 8 small jars or cups. Lightly press into the bottom of each glass.
2. Combine cream cheese, pumpkin, sugar, pumpkin pie spice, and vanilla in a large bowl until smooth. Fold in 1 cup whipped topping. Evenly divide mixture between the jars or glasses. Cover and chill until ready to serve. Just before serving, dollop each with the remaining whipped topping.

Makes 8 servings





Potatoes came from the Andes.

The vegetable's existence is quite old age as its domestication dates approximately between 8000 and 5000 BC in Peru or Bolivia, known as the Andes back then. Still, its earliest verified tuber was found in 2500 BC at the Ancon coastal site and the Incas cultivated it as early as 1800 years ago.

Potato comes from the Spanish word "Patata".

Semantically speaking, the potato has a rather Spanish origin. It came from the Spanish word 'patata' in the 1950s, which then stemmed from the Caribbean language 'batata' or "sweet potato". Today, the word comes by other slang terms such as spud, tater, and tattie.

China is the world's largest potato producer.

China is the world's largest potato producer and exporter, while the countries India, Germany, Ukraine, Russia, Poland, and the United States are leading producers as well. In the USA alone, all 50 of its states grow the tuber crop, with Idaho and Washington being the largest ones.

Idaho is coined as the Potato State.

Idaho might be a late bloomer in the potato growing part, but it still became known as the potato state for an amazing reason. They only started growing potatoes in 1836, but once the russet, the state's most famous potato variety, was cultivated in 1872, Idaho was in for a historic ride.

The potato state is complete with a potato museum.

Of course, the "potato state" won't be complete without its potato museum. It seemed fitting for a group of locals to feature the significance of potatoes in their economy. Hence, the display of the renowned potato tribute since 1913.

Potato tubers grow as a part of the nightshade family.

The potato plant is part of the Solanaceae, or the nightshade family. Their starchy edible tubers are the main reason why they are widely grown, produced and consumed.

Your usual potato serving is just one of numerous varieties.

That potato that you had for dinner is just one of the many varieties of the tuber crop, with it being the Sebago or common potato in particular. Other known types are the Russet Burbank, Pontiac (with the thin red skin), Pink Eye (Tasmanian Pink Eye), Kipfler, Spunta and Pink Fir Apple.

Potato contains vitamin B6, potassium, and more.

Potato a.k.a. near-perfect food is 99.9% fat-free and contains vitamins B6, C, E, K, and minerals like potassium, magnesium and phosphorous.

A potato has only around 100 calories.

A medium-sized potato contains 110 calories. Now, compare that to the 225 calories of one-cup rice and the 115 calories of one-cup pasta.

Potatoes are good for health.

Potatoes are known to be good for the stomach, spleen, and intestines. They could also boost heart health, improve digestion, strengthen the immune system and maintain fluid balance.

They could take up different forms of cooked food.

Cooked or not, there are nearly endless things that you could do with potatoes. Meals all over the world are already blessed with the individual wonders of potatoes when boiled, baked, fried, mashed, or when made into soup and even into chips!

Potatoes are used to make alcoholic beverages.

Not just good to chew, potatoes are good to drink as well. They could also be used to brew certain types of alcoholic beverages like Vodka, Akvavit, or Poitín.

This vegetable makes a great breakfast.

Given its many nutritional contents, it is best to eat potatoes for breakfast as they could well provide all the minerals you need to keep you healthy throughout the day.

Potatoes were worth gold.

There was a time when potatoes were traded with gold directly. Back in the 1890s, the Alaskan Klondike gold rush potato had very high value due to its essential Vitamin C content.

You can eat potatoes with sprouts.

Yes, you can! Despite the new sprout coming, potatoes are still safe to eat as long as they are still firm to the touch. Just remove the sprouts and go on with your plan recipe. Unless it's too wrinkly and shriveled already, then you might as well just call for delivery.

Potatoes have gone bad when they are shriveled and wrinkled.

Once you see that your little potatoes are starting to shrivel and have more wrinkles, then it means that they have lost more of its nutrients. In other words, it's not that palatable anymore so you would have to have a change of plans or your recipe won't taste anywhere near what you expect it to.

You can be poisoned by potatoes.

One could suffer from potato poisoning upon consuming leaves and green stems. These parts contain toxic solanine which could cause potato plant poisoning with symptoms such as abdominal pain, fever, nausea, headaches, and vomiting. It may take up to 8-10 hours from consumption before the onset of such signs.

Potatoes are best kept in cool, dry places.

Dry, dark places are the perfect storage setting for potato. When kept at 45-50 degrees Fahrenheit, they could even last up to three months. Higher temperatures could cause sprouting and shriveling of the supply, shortening its lifespan to only a week. Likewise, too cold storage settings could darken potato when cooking.

It's important to include the potato skin in the preparation process.

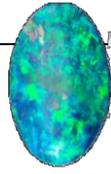
It's best to boil, steam or bake potatoes in their skins, as their nutrients lie very close to these parts. Peeling them before cooking could cause the loss of these nutrients. Soaking peeled potato in water is also not recommended as its nutritious contents could dissolve in water.

OCTOBER

October is the tenth month of the year on the Gregorian calendar and one of seven months with 31 days. October's name, containing the Latin word *octo*, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

*"This tree must be falling for me,
as soon as I sat under it,
it dropped its leaves."*

~ Charmaine J. Forde



Birthstone – Opal

The opal, October's birthstone, gets its name from the Latin word *opalus*, which means "precious stone." Opals are very soft and easily altered by heat and pressure. An opal is formed in near-surface volcanic rocks. Although the principal source of opals is Australia, they can also be found in Mexico, Brazil, Honduras, Nicaragua, Guatemala, Japan, and Ireland. In the United States, beautiful black opals are often found in Nevada.

Tree of the Month – Olive

The olive tree is part of the plant family Oleaceae, which also includes lilacs and jasmine. The primarily short, squat evergreen trees have twisted, gnarled trunks, silvery green oblong leaves, and small, feathery white flowers.



And its fruit is the resplendent olive, which along with its oil, is a prominent food staple worldwide—in fact, the word *oil* is derived from *olive*. The trees are grown all over the world, from the United States to New Zealand to South Africa but are ubiquitous across countries in the Mediterranean basin, including most of North Africa and Southern Europe. In this region, the olive tree stands as a potent symbol of abundance, power, wisdom, and peace.

Hence, the phrase *to extend an olive branch* means "to make peace." In ancient times, crowns made from olive branches were given to victors in battle and sporting events.

Flower – Calendula



The calendula is a fall-blooming annual that produces a yellow to deep orange flower with edible petals. Also known as the "pot marigold," this flower gets its name from the Latin *calens*, or first day of the month.

Ancient Greeks and Romans wore crowns and garlands of the flowers, and they have long been sacred in India, where the flowers are used to decorate statues of Hindu deities. The head of these flowers follow the sun as it moves through the sky. Calendula symbolize happiness.

Only Human



~Some psychologists have started using Lego bricks, those colorful building blocks for children, as therapeutic tools for patients. What makes the bricks so appealing? First, almost no prior skills are required to start building, so even very young children can fashion together models. In addition, Lego bricks encourage problem-solving and use of imagination. From a psychological point of view, the bricks allow people to create order out of chaos, transforming a multitude of individual pieces into anything they wish. Lego brick therapy is even becoming a popular way to help children with autism communicate.

~A simple list can do much to make us feel less anxious and more in control of our daily lives. Psychologists have learned that the act of making a step-by-step plan to achieve a goal allows us to live freer, abandoning the worry associated with leaving goals unfinished. Most surprising was the notion that we do not have to finish our goals in order to unload them from our minds. Simply writing down a plan to achieve the goal is enough to free us from worry, as long as the plan is specific, well-defined, and has short time frames.

~A 60-year-old man previously very skilled at math was diagnosed with a rare neurodegenerative disorder that prevented him from "seeing" the written numbers 2–9. Instead, he described seeing "visual spaghetti." Any other images, like a picture of a violin, placed near the numbers also turned to senseless scribbles. Even stranger, although the man could not "see" the picture of the violin, his brain did recognize it. Scientists were astounded to find proof of the brain's ability to practice "non-conscious visual processing."

~What makes hair curly? The curvature of a strand of hair is dependent on the hair follicle. Symmetrical hair follicles produce straight hairs, while asymmetrical follicles produce hairs that tend to curl. This is likely due to the fact that the outside edge of a hair has more hair cells than the inside edge, forcing hairs to bend and therefore curl. Why do some people have curly hair and others straight? Curly hair is a dominant genetic trait, which means that if just one of the parents has curly hair, their offspring will have curly hair

October Zodiacs

Libra (The Scales) October 1–22
Scorpio (The Scorpion) October 23–31

What's Lucky in October?

Lucky Color: Yellow

Lucky Animal: Tiger

Lucky Letters: W and G

Lucky Day: Wednesday

Lucky Plant: Pumpkin



October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Julie Andrews (actress) – October 1, 1935
Donna Karan (designer) – October 2, 1948
Chubby Checker (singer) – October 3, 1941
Susan Sarandon (actress) – October 4, 1946
Kate Winslet (actress) – October 5, 1975
Elisabeth Shue (actress) – October 6, 1963
Simon Cowell (TV host) – October 7, 1959
Desmond Tutu (cleric) – October 7, 1931
Chevy Chase (comedian) – October 8, 1943
John Lennon (musician) – October 9, 1940
Dick Gregory (comedian) – October 12, 1932
Marie Osmond (entertainer) – October 13, 1959
Emeril Lagasse (chef) – October 15, 1959
Angela Lansbury (actress) – October 16, 1925
Evel Knievel (daredevil) – October 17, 1938
Mae Jemison (astronaut) – October 17, 1956
Chuck Berry (musician) – October 18, 1926
Dizzy Gillespie (musician) – October 21, 1917
Deepak Chopra (author) – October 22, 1947
Michael Crichton (author) – October 23, 1942
Pelé (soccer star) – October 23, 1940
Mahalia Jackson (singer) – October 26, 1911
Bill Gates (engineer) – October 28, 1955
Jane Pauley (journalist) – October 31, 1950

Delicious

Forget the candy and costumes on Halloween— October should be known as the month for foodies.

Not only is it the time of brats and sauerkraut galore, but October is also the official month of pork, pizza, sausage, and popcorn.

Costume Timeline

Dressing up for Halloween or All Hallows' Eve has been popular for centuries. The original purpose of wearing costumes was to ward off evil spirits. Today, it's more about candy and fun. Let's review the most popular outfits through the decades.

1920s: Clowns

The Pierrot clown was all the rage in the 1920s. Simple witch, farmer, and gypsy costumes were also popular.

1930s: Disney

Mass-produced costumes and rubber masks hit the market with Mickey and Minnie Mouse ruling Halloween in the 1930s.

1940s: Brooms & Black Hats

Witches, spooky ghosts, and black cats bewitched trick-or-treaters in the 1940s.

1950s: Aloha Buckaroo

Hawaiian apparel (grass skirts, leis, and floral shirts) and dressing up like cowboys were popular in the 1950s. Davy Crockett and Tarzan were also common.

1960s: Superheroes

Kids and adults channeled their favorite superheroes, such as Superman, Batman, Catwoman, Spiderman, and Batgirl. Dennis the Menace was also a hit.

Toys of Yesteryear



~In 1986, a California engineer grew frustrated that his young children could not catch a ball, so he invented the Koosh ball.

Much easier to catch than other balls, the Koosh ball is made of elastic strands that absorb energy and keep it from bouncing away. A standard Koosh is made with 2,000 rubber filaments. The prototype was made of rubber bands, but the manufactured product is made with multicolored latex.

~The Drinking Bird is both a marvel of thermodynamics and a fascinating toy. Versions of the toy have existed since the 1700s. The key to the toy is the substance found in the glass bulbs, often dichloromethane. The felt beak absorbs water, which cools the upper bulb and causes the liquid inside to condense. The change in pressure causes the liquid in the base bulb to rise to the top. As it grows top-heavy, the bird again tilts to "drink" more water.



Fashion of Yesteryear

~Steve Jobs wore one every day. British actress Audrey Hepburn did, too. Miles Davis, Yves Montand, Andy Warhol, and Marlene Dietrich all wore a plain black turtleneck. Over the years, this unassuming garment has come to symbolize intellect, coolness, and rebellion. The turtleneck was invented in 1860 for polo players, hence the name "polo neck." It was adopted by countercultural artists in Paris almost as a sort of uniform after World War II. It has become so iconic that today the black turtleneck is almost a parody of itself, symbolizing not intellect but an oversized ego.

The First Winter Moon

In the Old English or Anglo-Saxon calendar, the year was split into two seasons rather than four. They simply divided the year between the months with days that were longer than the nights (summer) and those with less daylight (winter). In this tradition, October was designated the first month of winter and was called *Winterfylleth* or "fullness of winter," as it also had the first winter full moon.

Potato Facts continued

Wash potatoes only right before cooking them.

You shouldn't wash your potatoes prior to storing as it would only speed up your supply's decay. Save the washing part to right before you cook it.

Potatoes can grow to a height of 4700 meters.

The common commercial varieties of the crop are just a few of the 5,000 known varieties that have their individual culinary and agricultural attributes. What's even more amazing is that they could grow from sea level up to 15,420 feet above sea level. That's a good 4,700-meter rise right there!

You can live off potatoes.

The scientists have claimed it, you could live off potatoes. Just pair it with a fair serving of milk or butter, and you're good to go with almost all the nutrients that a human body needs to survive.

Over a billion people eat at least 1 potato each day.

It's safe to say that potato is a well-loved food, considering the fact that over a billion people eat at least one potato each day. The average American consumption is at 140 pounds of potatoes per year, while the Germans consume more than 200 pounds of potatoes per year.

Potato tops in most produced and most consumed food.

Despite the couch potato association with lazy bums, this nutritious vegetable has been setting world records here and there. It is the fourth most-produced crop, the most consumed food in countries, and is even the first vegetable that was ever grown in space.

Potato flowers were big in fashion.

Potatoes seem to like to go big, as their influence even reached that of royal fashion. French Queen Marie Antoinette gave birth to potato in fashion inspired by the bouquet of potato she received. The flower instantly became trendy once she made a public appearance with it as decorations to her clothing.

Potatoes ventured into art.

This unbelievable crop might as well be the celebrity of the food-verse. Its role extended towards the masterpieces of world-renowned artists. You could find words and illustrations of potato in Shakespeare's *The Merry Wives of Windsor*, Van Gogh's *Potato Eaters*, and James Joyce's *Ulysses*.

There is a blue-violet colored potato.

Potato also comes in a unique blue-violet color. The vitelotte noire, or simply violette, is a gourmet French potato variety which dates its cultivation in France at least since the early 19th century. Because of its remarkable color, it is also called the Chinese truffle. Most importantly, this variety is known to be a great antioxidant.

Potato is the ultimate voyager's food.

Since its space pioneer feat, the potato became a vital part of the goal to feed space voyagers on long expeditions and future space colonies in the future. If its attributes are not fit enough yet for the role, then what other option is there, right?

Tomtato is half tomato, half potato.

Also known as 'pomato,' the tomtato is the product of a grafted potato plant and tomato plant. This efficient strategy could grow both potatoes and tomatoes, and there is little to no effect on the quality. Hence, valuable garden and field space could be saved.

There is a National Potato Day.

Such greatness can't go unobserved right? Aside from celebrating National Potato Day (or days) every August 19 and October 27, the United Nations even declared 2008 as the official Year of the Potato. All hail potatoes!

One Last Seed for Thought

Potatoes are now more recognized through the many things that people could do with them. The infamous french fries, hash browns, chips, and crisps are just some. But while it is not an entirely bad thing, it could give some people the wrong idea that potatoes are not healthy and does no good to the human body – the exact opposite of its true nature. These facts are a good step to inform people about the roots of the crop, its contributions to history, society and economy, and its numerous benefits to humans. Keep as much as you can in mind the next opportunity you get to munch on these taters!

Joking Around

Here are 31 Halloween jokes guaranteed to bring a smile to your face.

1. Why do skeletons have such poor self-esteem?

Answer: Because they have no body to love

2. Why don't mummies take time off?

Answer: They're afraid to unwind.

3. Why did the ghost go into the bar?

Answer: For the boos

4. What would you call a witch's garage?

Answer: A broom closet

5. Why are vampires so hard to get along with?

Answer: Because they are pains in the neck

6. What subject in school do witches find the easiest? **Answer:** Spell-ing

7. Why are graveyards so noisy?

Answer: Because of all the coffin

8. What is more clever than a talking black cat?

Answer: A spelling bee

9. How does Frankenstein eat his dinner?

Answer: He bolts it down.

10. Why are so few ghosts arrested?

Answer: It's hard to pin anything on them.

11. Why are ghosts so bad at telling lies?

Answer: Because you can see right through them

12. What type of pants do ghosts wear?

Answer: Boo jeans

13. What musical instrument do skeletons play?

Answer: Trom-bones

14. What kind of makeup do witches like to wear?

Answer: Ma-scare-a

15. What do you call a fat jack-o'-lantern?

Answer: A plump-kin

16. What is a ghost's favorite body of water?

Answer: Lake Eerie

17. What happened to the man who didn't pay his exorcist? **Answer:** He was repossessed.

18. What do you call a skeleton who refuses to do any work? **Answer:** A lazy bones

19. Why wasn't there any food left over at the monster's party?

Answer: Because everyone was a-goblin

20. How do you write a book about Halloween?

Answer: With a ghostwriter

21. What do you get when you cross Bambi with a ghost? **Answer:** Bamboo

22. What does a ghost eat for lunch?

Answer: A boo-logna sandwich

23. What does a skeleton order when it goes to a restaurant? **Answer:** Spare ribs

24. How do you fix a broken pumpkin?

Answer: A pumpkin patch

25. What kind of pasta do they serve at a haunted house? **Answer:** Fettuccini al-fraid-o

26. What game do monsters play?

Answer: Hide and shriek

27. What kind of streets do zombies prefer?

Answer: Dead ends

Cont on pg. 12

Gadgets & Gizmos



~The Sarcos robotics company has been busy engineering the world's first wearable robotic exoskeleton. The Guardian XO was designed for Delta Airlines as protection for workers who lift heavy baggage. While wearing the robotic suit, airline workers can lift up to 200 pounds with ease.

~Hyundai and the Uber ride-sharing company have teamed up to create the SA-1 urban air taxi. Uber is dead serious about promoting its Elevate air taxi service as the future of urban travel. The taxi seats five, including the pilot, and its drone-like props will be much quieter than a helicopter, making it superior in cities.



~Segway introduces its S-pod, an egg-shaped personal vehicle that is designed to transport the rider over closed campuses. It does not move by leaning, like previous Segways, but maneuvers using a knob. This self-balancing chair reaches speeds of 24 mph and can climb hills.



~For those curious about tattoos but wary of their permanence, there is the Prinker temporary tattoo printer. This \$269 device contains cosmetic ink cartridges and prints skin-safe tattoos that are waterproof and last up to two days. You can even create your own unique designs using a Prinker app for your phone.



Root of the Matter

~**Pass with flying colors** If you were to take a test and pass with flying colors, then you did splendidly with an exceptionally high score. This phrase originated during the Age of Discovery, from the 15th to 17th centuries. Ships returning to port would fly their colors, or their flags, raised or lowered, signifying victory or defeat. Colors had long meant a ship's flags. Pirates would sail under false colors, meaning they would fly friendly flags as a ploy to lure ships to their doom.

~**Doggy bag** Most of us have taken a doggy bag home from a restaurant, meaning either a bag or other container used to bring home leftovers. Originally, these bags were quite literally meant for diners' pet dogs. The first reference to doggy bags came in the 1950s. Bandleader Guy Lombardo opened a restaurant in Long Island, where he offered patrons a "Doggie Paks" special, giving diners permission to take leftovers home for their pets. References to doggie bags showed up in restaurant reviews in newspapers all over the country.

~**A little birdie told me** If you have a secret and do not want to divulge the identity of your informant, then you might say that a little birdie told me. Some believe this expression comes from the practice of sending messages via passenger pigeon. Others posit that the origin might be biblical; in Ecclesiastes, it is written that "a bird of the air shall carry the voice." In 1833, novelist Frederick Marryat wrote, "A little bird has whispered a secret to me," providing perhaps the first iteration of this common idiom.



~**Fit as a fiddle** If you are judged to be as fit as a fiddle, then you are strong and in good health. The fiddle refers to a "violin," but the word fit doesn't mean "good health." In the 1600s, fit meant "in good working order." A fiddle that was well maintained – strung properly, pegs tightened, well-cleaned – was deemed fit for use. It makes sense that a well-maintained instrument evolved to metaphorically describe a well-maintained body. Why was a fiddle chosen over other instruments? It is probably due to the alliterative nature of the expression fit as a fiddle.

~**Down to the wire** If something comes down to the wire, it means that the outcome was unable to be decided until the very last moment. This expression comes from horse racing. To help determine a winner in close races, a wire was hung across the finish line, which allowed officials to better see which horse crossed first. Many races quite literally were run down to the wire. Today, the expression applies to all kinds of closely contested sporting events, as well as stressful business deals or economic transactions



What's the Difference?

~What's the difference between a cathedral and basilica? A cathedral is the home church of a bishop or archbishop of a diocese. The term cathedral comes from the Latin cathedra, meaning "the bishop's chair." A basilica is a special designation given to a building by the Vatican. Basilicas often have significant historical, architectural, or spiritual qualities. A cathedral might indeed be a basilica, but not all basilicas are cathedrals.

Wild Kingdom

~Researchers analyzed 333 different samples of cow grunts and moos and determined that individual cows communicate with each other about how they feel. Scientists knew that mother cows could communicate with their calves, but they didn't know that cows maintain individual voices and attitudes that they share with others in the herd throughout their lives. Cows change the pitch of their vocalizations to express excitement, engagement, and distress about topics as varied as food and the weather, just like we do.



~Last April 24, August the golden retriever turned 20 years old, making her the oldest of her breed, or so her owners believe. They adopted "Augie" at age 14, already a senior by dog standards, but she has remained active and alert— factors that likely contribute to her longevity. She lives in Oakland, Tennessee, with her owners and three golden "siblings." The current record holder for the world's oldest dog was a 21-year-old rat terrier named Jake who lived in Davenport, Iowa, until he passed away in 2015.



~On the tiny island of Mer, near Australia, a group of 20 tawny sharks were spotted on the beach wriggling and shaking. At first, people worried that the sharks were in distress. Perhaps they had beached themselves and were struggling to get back into the water. In fact, they were deliberately writhing in the sand to dig up marine clams called pipis. Every September, the sharks return to the beach of Mer Island to perform the so-called "pipi" dance and feast on the clams. The sharks swim into shallow water, wait for the tide to recede, and then thrash about once the shellfish emerge from the sand.

DEMENTIA CORNER FROM THE SOCIAL WORK OFFICE

Daylight Saving Time Can Trigger Sundowning Behaviors

Rick Phelps

It's almost that time again. On Sunday, Daylight Saving Time ends and we turn our clocks back. This can have a dramatic effect on those who are living with dementia and their loved ones.

I already suffer from sundowning, and Daylight Saving Time always makes it worse. Everyone has an internal clock, and light plays a huge role in our sleep/wake cycles. Changes in natural light are part of why sundowning occurs in the first place, but messing with the timing and amounts of daylight we receive only complicates things further.

I lost the concept of time long ago, but when it's only 5:00 p.m. and it's already getting dark, I'm aware that this isn't "normal." Change is one of the biggest things that affects me and other dementia patients. Even subtle changes can be stressful for us.

According to the Mayo Clinic, sundown syndrome is described as "...a state of confusion at the end of the day and into the night. Sundowning can cause a variety of behaviors, such as confusion, anxiety, aggression or ignoring directions. It can also lead to pacing or wandering. Sundowning isn't a disease, but a group of symptoms that occur at a specific time of the day that may affect people with dementia, such as Alzheimer's disease. The exact cause of this behavior is unknown."

They had this mostly right, but the very first sentence is wrong in my opinion. Sundowning can actually affect people living with dementia during any time of day. It does not always have to be at dusk or in the evening.

Just dealing with the fact that the days are shorter can be a struggle for dementia patients. I have said many times that every dementia patient has a routine. If you try to set the table differently or change the linens on their bed, you'll see that even the smallest adjustments can be very disorienting for them.

Now, because of the time change, most of us will be eating supper when the sun has gone down or is at least in the process of setting. You will hear many experts recommend turning the lights up before the sun begins to set. They will say, "Change the time you begin dinner, that way you can be through with it before sunset and nightfall." But again, you are dealing with people who have a set routine.

None of these suggestions have ever worked for me, but I am just one patient. Each one is entirely unique. For me, sundowning can happen mid-morning on an average Tuesday. It certainly doesn't have to be at sunset, and it doesn't happen solely around Daylight Saving Time. My wife and I just have to deal with this.

Unless a patient is in the very early or late stages, you can bet they will have increased confusion and agitation starting on Sunday. For the patient, it feels like everything changes, not just the time. They will know by their internal clocks that something isn't quite right. As with all things dementia-related, you are dealing with something there simply isn't a "fix" for. However, it is still important to do what you can to help with this.

Some will say, "Just explain to your loved one what is happening; that it is time to turn the clocks back." The intention behind this is good, but remember that short-term memory is the first thing to go with dementia. People around me often forget this. My short-term memory is entirely gone and has been for some time. So, telling me that the clocks were turned back and why is waste of time. Pardon the pun, but it's true. Your loved one may still have the *ability* to understand the concept of the time change, but the problem is that they won't *remember* this from one minute, one hour or one day to the next.

Instead, make a point of keeping your home well lit and the atmosphere upbeat. Natural light is important, but dusk and twilight can cause distorting shadows and colors that are overwhelming to a patient. In the late afternoon or early evening, draw the curtains, close the blinds and switch on plenty of warm, artificial lights. Playing their favorite music can also help keep them calm and content.

Since people naturally tire as the day wears on, keep in mind that this applies to dementia patients tenfold. Plan evening activities that are low key and not too complex to avoid increased disorientation and frustration. These emotions can escalate into troublesome behaviors that are more difficult to handle, like wandering, delusions, hallucinations and paranoia.

You may be one of the lucky caregivers who can rearrange the timing of their loved one's routine without much of an issue, but it isn't likely. The time change is coming. Just be prepared and try to make the transition as calm and uneventful as you can.

You Are What You Eat

~The city of Utica, in upstate New York, is home to a unique dish: Utica Greens. The dish originated in the homes of Italian American cooks who whipped it up using common pantry ingredients and homegrown escarole. Escarole, garlic, and hot pickled peppers are sauteed in olive oil. A bit of chicken broth is added and reduced for flavor, and then the dish is seasoned with red pepper flakes and topped with bread crumbs and fresh-grated Parmigiano cheese. The pan is then broiled to create a tasty crust. The dish was made famous by Utica's Chesterfield Restaurant in the 1980s.



~Sit down for dinner in India, and you will likely find a wide variety of chutneys. These sauces come in an array of tastes and colors. Sweet chutneys made from dates, tamarind, or fruits are slathered on biscuits, crackers, or chaat (savory roadside snacks). Tomato chutneys are spicy and tangy. Coconut chutneys accompany breakfast dosas or idli. Green pudina chutneys get their bright color from mint and coriander. Onion chutneys are a blend of earthy lentils, smoky chilies, garlic, and tamarind.

~The next time you dig a chip into a bowl of guacamole, know that the delicious dip has existed for over 500 years. The Aztec civilization of central Mexico used avocados to make a guacamole-like dip as early as the 15th century. The food made a big impression on Spanish conquistadors. The Spaniards even attempted to cultivate avocado trees back in Spain to replicate the dip. Guacamole was relatively unknown in the U.S. for most of the 20th century due to a ban on Mexican avocados. Since the ban was lifted in 1997, Americans have eaten more than a billion avocados each year.

~Morocco is famous for its sweet and savory meat pie known as pastilla. Historians believe that Moorish Muslims brought the dish from Spain to North Africa as early as the 16th century. Today, it is a gem of Moroccan cuisine. It was once traditional to make it with pigeon, but today it is most likely made with either chicken or seafood. The meat or fish is minced and cooked in a savory and sometimes spicy broth, which is thickened with the addition of eggs. It is layered with crushed almonds and then wrapped in werqa, a paper-thin pastry dough similar to phyllo, and then topped with cinnamon and sugar.

~Spain is known for its flan, that creamy, baked, egg custard dessert topped with caramel. Brazil enjoys its own version, known as pudim. The dish is terribly simple to make and requires only four ingredients: sweetened condensed milk, regular milk, eggs, and sugar. While many hail Brazil's pudim as superior to Spain's flan, other countries beg to differ. Mexico, Cuba, Costa Rica, and other Latin and South American countries all boast their own unique versions of flan. Perhaps the only way to determine which of the recipes tastes best is to sample them all!

Household Tip

~If you've run out of toilet bowl cleaner, there is no need to panic; cola will work in a pinch! The soda will efficiently clean the bowl thanks to its high level of acidity and fizziness. Simply pour a can of Coke all around the bowl and leave it to soak overnight. Come morning, flush the toilet and say goodbye to stains.

Word to the Wise

~The word barbecue comes from the Taíno word barbacoa, meaning "framework of sticks," referring to frames used to cure meat. Spanish explorers of the Caribbean took the word back to Spain, where it evolved from the wooden rack upon which food was cooked to the food itself.

~The word tattoo comes from the Polynesian word tatau. In 1786, Captain James Cook chronicled the tradition of tattooing among inhabitants of the South Pacific and the use of the word tatau. Tattooing already existed in England, but it was called "painting" or "staining." Cook brought the term tattoo to England.



~The word swole has been added to the dictionary. This is a term often reserved for bodybuilders because it refers to the "swollen" look of bulging muscles. But it can also be applied to those aspiring to get more fit, as in, "I want to get swole."

~The word irregardless, often mistakenly used in place of regardless, has been added to the dictionary. To be fair, many people in many places have been misusing this word for hundreds of years.

The Games People Play



~Cardboard Tube Dueling is exactly what it sounds like: people sword fighting with the cardboard tubes found in rolls of wrapping paper. Believe it or not, the Cardboard Tube Fighting League is a sports organization with chapters all around the globe. The rules are simple. Be the last person standing with an unbroken cardboard tube. Hands and arms may not be used to block, although a shield is allowed. No stabbing is permitted. And tubes must be held at the bottom, never in the middle. Duels occur in one-on-one or three-person melee formats.

~In the Dutch-speaking region of Flanders in Belgium, people compete in *vinkensport*, a competitive animal sport in which male chaffinches vie to sing the highest number of birdcalls in an hour. Chaffinch owners sit in a row before their caged chaffinches, and each time a bird finishes a call, a chalk mark tallies the point. The sport is believed to have originated with Flemish merchants in the late 1500s. After one finch sang 1,278 calls in an hour, its owner was accused of doping the bird.

~In Bangladesh, *kabaddi* is the top sport. It is a contact sport between two teams of seven players. One player, known as the "raider," must venture into the other team's half of the court, tag as many players as possible, and return to the safety of their half of the court without being tackled. Each person the raider tags counts as a point. Each time the raider is tackled counts as a point. All players tagged or tackled are out of the game but may return to play one at a time for each point that their team scores. Kabaddi is popular throughout Asia and appears at the Asian Games.

Happenings in OCTOBER

1635 – Roger Williams was banished from the Massachusetts Bay Colony for his religious views. He later founded Rhode Island. Williams was a notable proponent of the separation of church and state and an advocate for fair dealings with Native Americans.

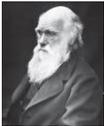
1683 – William Penn brought 13 Mennonite families to what became Germantown, Pennsylvania, marking the first immigration of German people to America.

1746 – John Hamilton, the Royal Governor of New Jersey, officially chartered the College of New Jersey. The school is now called Princeton University.

1800 – Spain sold the North American territory of Louisiana to France. Just three years later, France sold the territory to the United States.

1825 – The Erie Canal opened. The waterway was the first transportation conduit between the eastern seaboard and the Great Lakes, and it cut transport costs by about 95%.

1829 – The Tremont House opened in Boston, Massachusetts. It was the first hotel in America to have indoor plumbing. Each of the Tremont's 170 luxurious rooms cost \$2 a day and included four meals!



1836 – Charles Darwin returned to England after his five-year voyage aboard the HMS *Beagle*, an adventure that became the basis for *The Origin of the Species*.

1879 – After 14 months of experimenting in Menlo Park, New Jersey, Thomas Alva Edison succeeded in producing a working prototype of the electric incandescent bulb. It could burn for 13.5 hours. The following year, his plant produced 50,000 lamps.



1883 – The Orient Express passenger train set out on its first formal journey, delighting its passengers with the luxury equivalent to Europe's finest hotels. Paris and Istanbul were the original endpoints of the train's route. **1888** – The first issue of *National Geographic* was published. The magazine contained no photos.



1888 – The Washington Monument officially opened to the general public. At the time, the tower was the world's tallest structure. The steam elevator ride to the top took 10 minutes and was considered too dangerous for women and children.

The ride now takes only about 70 seconds.

1908 – The first two-sided vinyl record was offered for sale by the Columbia label in an ad running in the *Saturday Evening Post*.

1920 – The last baseball triple-header took place in Pittsburgh. The Cincinnati Reds beat the Pirates in the first two games, and Pittsburgh won the third.

1933 – The Berlin Olympic Committee voted to include basketball in the 1936 games. The U.S. team took the gold medal.

1933 – Procter & Gamble introduced their first synthetic detergent, Dreft. Although the product was hard to find during the war years, radio listeners didn't forget about it because of NBC Radio's *Dreft Star Playhouse*.



1945 – Bar owner Billy Sianis and his pet billy goat were ejected from Wrigley Field during Game 4 of the 1945 World Series.

According to legend, Sianis put a long-lasting curse on the Cubs when he proclaimed, "The Cubs ain't gonna win no more. The Cubs will never win a World Series so long as the goat is not allowed in Wrigley Field." The Cubs didn't win the World Series until 2016.

1955 – *The Mickey Mouse Club* debuted on ABC. A variety show for children, its regular features included a newsreel, a vintage cartoon (in which Mickey was voiced by his creator, Walt Disney), and a serial, as well as music, talent, and comedy segments.



1957 – Bing Crosby and Frank Sinatra joined forces in an hour-long special sponsored by Ford Motor Company. The show was a big hit.

1959 – The U.S.S.R. probe Luna 3 transmitted the first ever photographs of the far side of the moon. The six photos caused excitement around the world.



1960 – The series *Route 66* first appeared on network television. In the show, two young men travel across America in a Corvette convertible, meeting troubled people along the way. The program's instrumental theme song, composed and performed by Nelson Riddle, became a major pop hit.

1962 – The Beatles released their first single, "Love Me Do." The hit was written in 1958 by 17-year-old John Lennon and 16-year-old Paul McCartney



1973 – Queen Elizabeth II opened the Sydney Opera House. The iconic structure is one of the 20th century's most famous and distinctive buildings.

1980 – Robert Redford became the first man to appear alone on the cover of *Ladies' Home Journal*. The magazine was first issued in February 1883.

Joking Around continued

28. Why do ghosts dislike the rain?
29. Who did the ghost take to the dance?
30. What does a skeleton say before dinner?
31. How do you make a skeleton laugh?

- Answer:** It dampens their spirits.
Answer: His ghoulish friend
Answer: Bone appetit
Answer: Tickle his funny bone

Ghoulishly Funny Riddles!

Halloween doesn't have to be filled with scares. Here are some funny Halloween riddles.

1. How are vampires like false teeth?
2. What does a ghost do to stay safe in a car?
3. What did the ghost teacher say to her class?

Answer: They both come out at night.

Answer: He puts on his sheet belt.

Answer: "Watch the board, and I'll go through it again."

4. It's right behind you and creeps on the ground. It follows you home but does not make a sound. What is it?

Answer: Your shadow

5. What happens when a ghost gets lost in the fog?

Answer: He is mist.

6. Why aren't there any famous skeletons?

Answer: They're a bunch of no bodies.

7. Why didn't the mummy have any friends?

Answer: He was too wrapped up in himself.

8. How do you fix a jack-o'-lantern?

Answer: With a pumpkin patch

9. What do you call an anxious witch?

Answer: A twitch

10. How do you spell *candy* with two letters?

Answer: C and Y (C-and-y)

11. Why don't skeletons watch horror movies?

Answer: Because they don't have the guts

12. Why do witches wear name tags?

Answer: So they know which witch is which!

13. Why did the vampire take an art class?

Answer: He wanted to learn how to draw blood.

14. What do you call a witch that lives on the beach?

Answer: A sandwich

15. I'm tall when I'm young, I'm short when I'm old, and every Halloween, I stand inside a jack-o'-lantern. What am I?

Answer: A candle

16. What is the favorite health insurance for goblins, ghosts, and monsters?

Answer: Medi-Scare

17. I have hundreds of ears, but I can't hear a thing. What am I?

Answer: A cornfield

18. Why do demons and ghouls hang out together?

Answer: Because demons are a ghoul's best friend!

19. How does a girl vampire flirt?

Answer: She bats her eyes.

20. Why did the headless horseman go into business?

Answer: He wanted to get ahead in life.

21. A zombie, a mummy, and a ghost bought a house. It has all of the usual rooms except for one. What room won't you find?

Answer: A living room

22. Where do ghosts like to go on vacation?

Answer: Mali-boo

23. What did the skeleton order for dinner?

Answer: Spareribs

24. Why did the witch refuse to wear a flat hat?

Answer: Because there was no point to it

25. Why don't angry witches ride their brooms?

Answer: They're afraid of flying off the handle!

26. What happened to the guy who couldn't keep up payments to his exorcist?

Answer: He was repossessed.

27. How do you open the door to a haunted house?

Answer: With a skeleton key

28. What do you call a serious rock collector?

Answer: A grave stone collector

29. Who was the best dancer at the Halloween party?

Answer: The boogeyman

30. How do you make a witch itch?

Answer: Take away her "W"!



Trick-or-treating is exhausting!



If you think this is so cute, you wear it!



Tell me the truth. Do you think I'm overdressed?



No fair! You have more in your bucket than I do



Even a bird dog needs a nap!