

Happenings at Prairie Hills

Prairie Hills Assisted Living and Memory Care 1701 13th Ave. North*563-243-6870



Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

Celebrating October

Country Music Month

*Positive Attitude
Month*

Popcorn Poppin' Month

*Spinning and Weaving
Week
October 1-7*

*Guardian Angels Day
October 2*

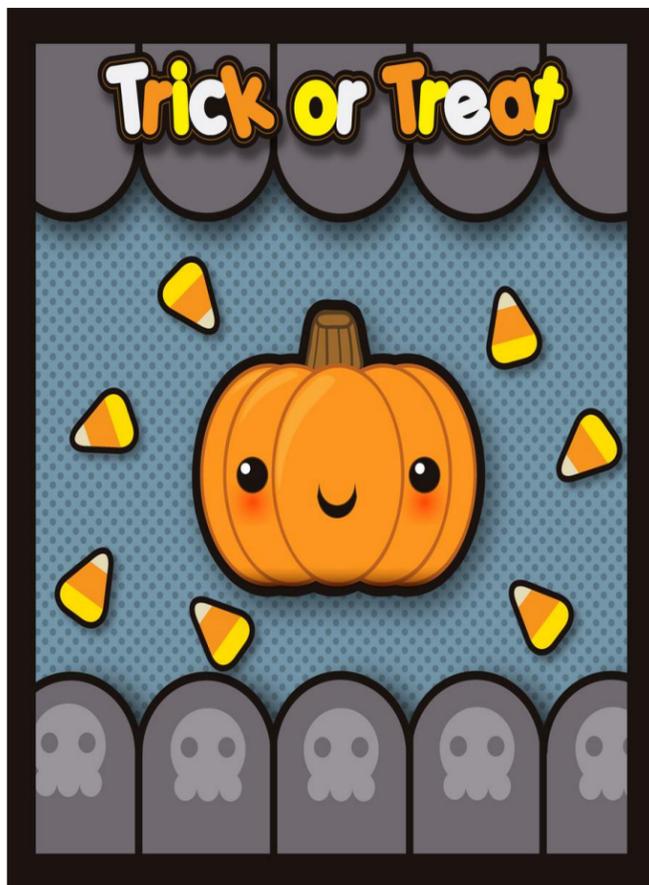
Trick or Treaters

Oct 30th 6p-7p-

*Halloween Party
October 31*

October Birthdays

October 31st Irma Seamer



Mark Your Calendars!

Monday October 29th Is the Clinton Mardi Gras Parade! And we would like all of you to be apart of that, we will picking a king and queen, we also will be in the parade as well, handing out candy all residents and family are more than welcome to join us! This will Also be posted on our facebook page.

October, 30th We Have Our Annual Trick Or Treat Night for Our Residents and staff and Family. We Are Looking forward to seeing you all! We Encourage everyone to pass out candy for our little Ghost and goblins 😊

If you would like participate, please supply your own candy. We will hand out invitations to all the residents and staff, it will also be posted on our facebook page as an event. Trick or Treat time will be from 6:00pm to 7pm. We ask that you meet us at the front door, and our residents will hand out candy from there apartments 😊

Wednesday October 31st We will be having our Halloween Party for the residents. The Party will Start at 2-4pm. We will have a costume contest for all the residents so we encourage everyone to dress up!

The Golden Ticket

The first day of October brings International Willy Wonka Day, in honor of the fictional candy-maker who first appeared in Roald Dahl's children's book *Charlie and the Chocolate Factory*. The holiday does not commemorate the popular book but rather the 1971 film adaptation, *Willy Wonka & the Chocolate Factory*. One of the differences between the book and the movie is important to note, for it explains why Willy Wonka Day is celebrated on October 1. In the book, young Charlie Bucket wins a Golden Ticket that entitles him to enter Willy Wonka's chocolate factory on February 1. However, in the movie version, Charlie Bucket's Golden Ticket directs Charlie to the chocolate factory on "the first day of October." Why the difference? The movie was filmed in Munich, Germany, during the autumn, between August and November. The weather at the location simply did not look like a February winter, so the date on the ticket was changed to October 1.

What's a Frappe?



October 7 is Frappe Day, and for many people this begs the question, "What is a frappe?" Denizens of America's northeast corner, known as New Englanders, know that a *frappe* is a milkshake blended with ice cream. But wait a minute—isn't a milkshake a blended drink made of milk, ice cream, and syrup? Not in New England. Up there, milkshakes don't include ice cream but only contain milk and syrup. To further confuse matters, travel to Rhode Island, where you'll likely find *cabinet* on the menu. A cabinet is a frappe uniquely made with coffee ice cream, coffee syrup, and milk. Why is this regional drink called a cabinet? One story suggests that soda jerks once kept coffee syrup in wooden cabinets behind the counter. Menus might also list *tonic floats*. In New England, tonic refers to most any carbonated beverage. Consider a tonic float similar to a root beer float, except you can substitute any flavor of tonic for the root beer and top it off with a scoop of ice cream.

Spectacular October

Written by Marilyn Kutzli

We must say goodbye to our exceptionally warm and sunny September as we burst into spectacular October. Once more in my long life time, it seems I am entitled and privileged to enjoy another lengthy, warm, sunny, colorful autumn. I have always enjoyed this season, when days are crisp and honey-clear.

So while, milady Month October, all unheeding, goes about her tantalizing business, she demands we go out in her world. Rather it be, to amble through her coppery-colored thickets or to walk our sidewalks. Since we can't ramble through the woods any more, or go for drives through the multi-colored country side; in our thoughts let us meander along where the red sumacs nod to purple asters and waving goldenrod that fill the ditches.

Can you recall one autumn day that you might have traveled along a wooded road that followed the high ridge? This trail without a doubt originally had followed the paths of Indians and pioneers. Let's try to see the vista of color that enflamed the country side. Remember? Far as the eye could see golden and red maple trees, the topaz poplar and ruby oaks mixed with the green jade of pines—each tree shone like a gem. The purple drapery of autumn's haze folded softly to the hills, where mahogany-colored cattle grazed. I am not a painter or artist. I, can only use words to attempt to describe its splendor as I remember. The month will pass too quickly, although we savor each day, we always hope for just one more golden warm October day. So I shall try to spend some of each day out of doors to savor October's spectacular weather. Then when the month ends and the cold wind warns me that autumn, along with me, is growing old, with memories in hand I shall be content.

**PINK FOR A CAUSE
ON OCTOBER 18TH -
WEAR PINK DAY! IF
YOU ARE WEARING
PINK MEET IN
LIVING ROOM AT
10:30 FOR A GROUP
PICTURE**



October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are charming and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others. Resourceful and determined, Scorpios make good managers.

Groucho Marx (comedian) – October 2, 1890
Buster Keaton (comedian) – October 4, 1895
Eleanor Roosevelt (first lady) – October 11, 1884
Paul Simon (musician) – October 13, 1941
Lee Iacocca (executive) – October 15, 1924
Evel Knievel (daredevil) – October 17, 1938
Dizzy Gillespie (musician) – October 21, 1917
Minnie Pearl (comedian) – October 25, 1912
Dylan Thomas (poet) – October 27, 1914
Jonas Salk (doctor) – October 28, 1914