



Angel's Touch Assisted Living \* 1350 Angel's Path, 394/400 Angel's Touch Court  
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## Celebrating October

### Country Music Month

### Spinning and Weaving Week

*October 1-7*

### Guardian Angels Day

*October 2*

### Entertainer Fernando

**1:00pm, 400 Building**

*October 3*

### Entertainer Tom

**2:00pm, 394 Building**

*October 8*

### Entertainer Daniel

**2:00pm, 1350 Building**

*October 22*

### International Artists Day

*October 25*

### All Hallows' Eve

*October 31*

## 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.

## Skating Through History



The first wheels, invented around 3500 B.C., were not used for transportation but as potters' wheels for molding clay. It took 300 years before wheels were used to move chariots. And it took almost another 5,000 years for someone to invent the first roller skate. Consider the colorful history of this wonderful mode of transportation during October, Roller Skating Month.

The first recorded instance of someone affixing wheels to shoes came in 1760 when John Joseph Merlin embedded metal wheels into his shoes. Merlin planned to debut his invention at a London masquerade party. He wanted to shock the party-goers by gliding into the salon while playing the violin. Unfortunately, Merlin hadn't yet perfected his skating technique and his wheels were not engineered to turn, so instead of gliding gracefully, he sped into a mirror and crashed, suffering injuries to both his body and his pride.

Over the next few decades, various designs of roller skates showed up everywhere from Germany to France and Sweden and London, but they all suffered the same design flaw: the fixed wheels made it almost impossible to turn. Finally, in New York City in 1863, James Leonard Plimpton invented his "quad skates" or "rocker skates." His skates consisted of four wheels attached to springy rubber cushions that allowed wearers to easily turn by shifting their weight from side to side. Plimpton capitalized on his invention by establishing the first roller rink at his New York City furniture business. He also organized the first roller skating club, the New York Roller Skating Association, to both promote his new sport and sell his skates.

By the 1880s, roller skates were a booming industry. Rinks opened across America and all around the world. By the 1950s, food was being delivered to cars by roller-skating "carhops" at drive-ins. And by the 1970s, the roller revolution reached its height. It was no surprise when, in 1983, President Ronald Reagan declared October Roller Skating Month.

## 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 sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Groucho Marx (comedian) – October 2, 1890  
Eleanor Roosevelt (first lady) – October 11, 1884  
Paul Simon (musician) – October 13, 1941  
Mickey Mantle (ballplayer) – October 20, 1931  
Dylan Thomas (poet) – October 27, 1914  
Jonas Salk (doctor) – October 28, 1914

## Resident Birthdays

Norm J – October 22

## From the Activity Directors Desk

Fall is in full swing with changing leaves, brisk air, pumpkins, the first frost, fireplaces, and everything pumpkin spice.

This year we will be having the residents hand out candy to the trick or treaters for Halloween. We will supply the candy, but if families would like to supply Halloween apparel we would appreciate it.

Please keep an eye out on the doors for any announcements regarding our holiday parties. Any information will be posted there as soon as it is available.

Any questions or concerns feel free to contact Kassie at (920) 412-6224 or email at [kassie@angelstouchcbrf.com](mailto:kassie@angelstouchcbrf.com)