

OCTOBER

B I R T H D A Y S

Norma M. – October 5th
Milton K. – October 9th
Vivian B. – October 13th
George K. – October 19th
Colleen M. – October 19th

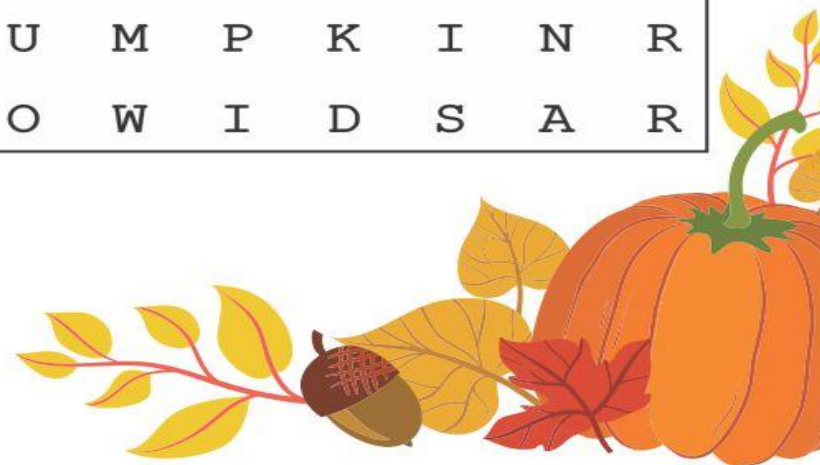
FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | R | V | E | S | T | E | I | S | E | T |
| R | S | L | O | E | C | D | D | E | C | H | A |
| A | E | U | O | L | I | A | V | A | A | S | S |
| E | A | U | N | R | L | A | A | N | R | C | N |
| E | E | P | Y | F | E | A | K | R | E | O | R |
| O | L | A | P | L | L | S | B | A | C | R | O |
| R | H | M | E | L | G | O | U | T | R | N | C |
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| N | R | E | V | E | U | S | O | E | W | O | R |
| G | L | I | E | M | R | M | A | A | R | R | F |
| E | N | E | N | P | U | M | P | K | I | N | R |
| G | Y | E | L | L | O | W | I | D | S | A | R |

WORDS TO FIND:

| | |
|-----------|--------------|
| pumpkin | harvest |
| yellow | apples |
| scarecrow | hayride |
| autumn | red |
| leaves | Thanksgiving |
| sunflower | football |
| acorns | orange |
| corn | |



October 2021

Prairie Publishing

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Mission ImPASTable

In 1995, pasta producers from all over the world convened in Rome for the first World Pasta Congress. It was decided that October 25 would be designated World Pasta Day, a day to celebrate the versatility and sheer deliciousness of this global food.

In 2005, archaeologists unearthed 4,000-year-old noodles from a site in China, confirming the belief that the Chinese likely invented the first pastas made of grain and water. These noodles were not like the dried, flour-based pastas we find at grocery stores today, but were made of millet, a grain more like rice than wheat. Does this discovery prove that the Italian merchant Marco Polo brought pasta from China to Italy in 1295? Not quite. While it is very likely that Marco Polo brought Chinese noodles and all kinds of Chinese artifacts back to Italy, pasta was already a common staple in and around the Mediterranean long before Marco Polo's travels east.

Historians think it is far more likely that Italy's famous pastas originated in the Middle East. Written records show that by the fifth century, Arabs were eating *itriyah*, a dough made of flour and water that could be rolled thin, cut into strips, dried, and reconstituted with water. Arab traders traveling the famed Silk Road could easily pack and store this nutritious staple. As the Arabs expanded westward into the Mediterranean, going so far as to conquer Sicily and southern Italy around the year 900, they likely introduced their version of pasta to the region.

In Italy, pasta became both a mass-produced food staple and an art form. Southern Italy's dry, sunny climate was conducive to the growing of hard durum wheat and allowed for the proper drying of long strands of pasta. Tomatoes, another southern Italian staple, would provide the base for many delectable pasta sauces. Innovative pasta makers would devise over 350 unique pasta shapes, each designed to hold and enhance its own sauce. Over centuries of culinary perfectionism, pasta would become a beloved food consumed on every continent of the globe, worthy of its own holiday.

CELEBRATING OCTOBER

Country Music Month

Stamp Collecting Month

Positive Attitude Month

International Coffee Day

October 1

World Space Week

October 4–10

World Teachers Day

October 5

Columbus Day &
Indigenous Peoples' Day

October 11

Wear Something Gaudy Day

October 17

Freedom of Speech Week

October 18–24

World Origami Days

October 24–November 11

All Hallows' Eve or Halloween

October 31

October Floor Parties

It's a beautiful day in this neighborhood. A beautiful day for a neighbor. Would you be mine? Mr. Rogers knew the value of being a good neighbor, and we do too! Whether you know your 'hall neighbors' or not, we invite YOU to come to your floor party in October to get to know those that live in your hallway better. Below are the dates and times of each gathering.

Oct. 11th @ 2:00p – 2nd Floor North Wing Party

Oct. 12th @ 3:00p – 2nd Floor South Wing Party

Oct. 13th @ 3:00p – 3rd Floor North Wing Party

Oct. 14th @ 3:00p – 3rd Floor South Wing Party

All parties will take place in the dining room. Be on the lookout for more details and an invitation coming your way very soon!

NEW Trainer with Live 2B Healthy

We are so excited to welcome Penny, our new Live 2B Healthy trainer, here to Prairie Meadows. She comes to us with lots of experience and is so excited to work with YOU! Live 2B Healthy is free to all residents at Prairie Meadows. This 3 day a week class will focus on maintaining and building strength, balance and flexibility. All abilities are welcome as Penny is able to adapt the program to meet everyone's needs. With a new trainer, comes new class times for Live 2B Healthy. Here are the new class times listed below.

Mondays & Fridays @ 3:00p

Wednesdays @ 9:30am

Caught Red Handed

When you 'catch' a Prairie Meadows staff member going the extra mile, please fill out a 'Caught Red Handed' flyer to ensure they know how much their efforts to be Responsive, Enthusiastic and Devoted are appreciated.

In September, we recognized Myranda in the Housekeeping Department for going above and beyond. She keeps our community clean and goes the extra mile for our residents. She treats them like family. Myranda is a team player and wears many hats. We are so thankful for all that she does!



Bigfoot's Big Moment

In 1958, a northern California newspaper published a letter in which local loggers described their discovery of massive 16-inch-long footprints in the California wilderness. The loggers called the unknown creature who had left the prints "Big Foot," and readers of the newspaper became instantly fascinated with the story. That local story, originally published as a fun, Sunday morning entertainment piece, spread to newspapers across the country. Quite suddenly, the legend of Bigfoot was born. It wasn't until October 20, 1967, that the Bigfoot legend reached a fever pitch.

Two rodeo cowboys from Yakima, Washington, Roger Patterson and Bob Gimlin, ventured into the northern California wilderness in the hopes of capturing hard evidence of the creature. Patterson had long held a fascination with the mysterious Bigfoot. He had spent much of the previous decade interviewing Bigfoot believers, compiling their stories, and exploring and mapping the creature's supposed territories. Despite Patterson's earnest belief in Bigfoot's existence, no one was more shocked than he when he and Gimlin stumbled upon a large, hairy, bipedal, apelike figure stomping through northern California's remote forests.



Patterson was able to dismount his horse and film Bigfoot for about a minute, capturing the now-famous shot of Bigfoot midstride. He and Gimlin tracked the creature for a few miles and made plaster casts of its massive footprints before losing it. The men believed that they had struck Bigfoot gold, that they possessed the evidence needed to prove Bigfoot's existence. The scientific community, however, was not impressed with the footage. Many believed the film had been a hoax and Bigfoot just a man in a costume. Yet other scientists have trouble debunking the film and dismissing its veracity. For the rest of their lives, Patterson and Gimlin argued that their experience and the film were genuine, giving hope to the many Bigfoot believers worldwide.

Don't Be Scared

Each October, scarecrows begin to appear in and around the village of Pietrebaais in Belgium. In some years, hundreds of scarecrows appear. In others, a scant dozen or fewer. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since.

In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or stood watch on wooden platforms. But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since. But in Belgium, there is no need to fear. The scarecrows are often dressed like happy or silly villagers welcoming visitors to Pietrebaais.

Instant Success



The photo and video-sharing social media application known as Instagram enjoyed a fairy-tale launch when it debuted on October 6, 2010. Developers created it in just eight weeks, and on its first day it had 25,000 users. In less than two years, Facebook bought it for \$1 billion, making it one of the most profitable applications ever developed. Facebook may have more users, but Instagram is still considered one of social media's most popular and profitable applications. This is because of the ease with which users can share photos and videos. Instagram is not cluttered with links, sidebars, ads, and endless chatting. Such a visual medium is perfectly suited for smartphones and users on the go.

Fall Festival Meet & Greet

Wednesday, October 27th
3:00p – 5:00p

In September, we had a Meet & Greet scheduled that ended up being cancelled at the time. We have decided to reschedule it for October & add in some more fun fall activities to go with it! Families will be receiving an invitation in the mail to stop by for a Meet & Greet with our NEW Administrative Team. Residents will also be invited to come out and take part in this event. We will have refreshments, a photo op, games & more. We hope to see you and your family there!