



# Ponté Palmero

RESORT-STYLE LIVING

October 2024

## Resident of the Month



**Robert "Bob" Bauerle: Resident of the Month**

Our October Resident of the Month is Robert "Bob" Bauerle. He was born in Syracuse, New York. His father worked for IBM, which brought their family to California in the 1940s. Bob lived in San Jose from 1946 – 2001. He met his wife, Betty, in high school. They were married for 59 years and raised two amazing children: Michael and Christine. Bob is blessed to have 4 grandchildren and 2 great-grandchildren.

Bob owned and operated a trucking company. He hauled rocks and sand to start, and then moved into chemical waste. He drove all over the Bay Area and then to Kettleman City. His wife, Betty, did the paperwork and billing. They sold the company in early 2000 and retired in Las Vegas.

Bob moved to Ponté Palmero in November, 2020. He appreciates all the nice people at Ponté, and especially his caregivers Cassie and Misty. Being a truck driver, he still gets up at 4 AM and goes to bed at 4 PM. 10 years ago, Bob got his beloved dog, Riley. They are best friends. Bob enjoys going for walks with Riley and watching Giants baseball on TV. You can find him in the dining room each morning at 7 AM, eating breakfast with his friend Richard, and later in the day he loves his "3 C's": Coke, coffee (black), and chocolate ice cream. Religion has always been a big part of Bob's life. He reads the Bible and attends church service regularly. His motto is "never give up and become right with God."

# Happy Birthday



- Daniel Bernstein - Oct. 6
- Laurie LeDuc - Oct. 6
- Al Ross - Oct. 9
- Deloris Feldman - Oct. 10
- Sue Prall - Oct. 11
- Thomas Teninty - Oct. 12
- Jim Lynch - Oct. 14
- Gene Anderson - Oct. 15
- Joan Miller - Oct. 18
- Karl Kampe - Oct. 18
- Margaret Kidder - Oct. 21
- Ginger Wintermute - Oct. 23
- Nola Scalzi - Oct. 29

# Happy Anniversary

- Roy & Sue Woodhouse - Oct. 3
- Al & Nadene Ross - Oct. 4
- Chuck & Sandy Dwyre - Oct. 4
- Nicholas & Donna Burgeson - Oct. 18



## Entering 'The Twilight Zone'

On Oct. 2, 1959, television viewers were invited for the first time to step into the "dimension of imagination"—a dimension better known as "The Twilight Zone," one of the most influential shows of all time.

The series was created by Rod Serling, an Emmy-winning screenwriter who also served as host and narrator, showing up every week in his signature black suit and greeting audiences with his eerie voiceover intro. Blending elements of fantasy, horror, sci-fi and drama, "The Twilight Zone" explored thought-provoking topics and usually ended with an unexpected moral or lesson.

Since each episode told a different story with no recurring characters, "The Twilight Zone" became a playground for plenty of guest stars, ranging from established Hollywood royalty (such as Mickey Rooney and Burgess Meredith) to up-and-comers (including William Shatner, Burt Reynolds and Carol Burnett).

The original series ran for five seasons, winning two Emmys and a Golden Globe.

## Coming Home for Homecoming

For current students and alumni alike, homecoming is a treasured fall tradition.

Several American colleges, including Baylor University and the University of Illinois, began hosting homecoming football games in the early 1900s. But it was the University of Missouri's 1911 event that wrote the unofficial rulebook for future homecomings. To increase excitement for the first home football game against the school's rival, the University of Kansas, Mizzou encouraged alumni to "come home" for a celebration complete with a bonfire, pep rally, parade and the finale—the big game.

Today, most colleges and high schools follow the same formula. In high schools, a week of "spirit days"—such as Pajama Day and Crazy Hat Day—lead up to a Friday night game where the homecoming queen and king are often announced at halftime. A schoolwide dance takes place after the game or on the following night.

Parades, another highlight of homecoming festivities, typically feature marching bands, colorful floats, fire trucks and more.



## A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.



## A Rumble To Remember

This month marks the 50th anniversary of one of the biggest sporting events in history: the 1974 boxing match between George Foreman and Muhammad Ali, billed as "The Rumble in the Jungle."

The fight was arranged by boxing promoter Don King and businessman Jerry Masucci. The country of Zaire (now the Democratic Republic of Congo) hosted the contest.

The rumble took place on Oct. 30 at 4 a.m. local time, broadcasting live during American television's prime-time block. In addition to the 40,000 to 60,000 attendees, nearly a billion people around

the globe watched the fight live on TV.

As the current heavyweight champion, the 25-year-old Foreman was favored to win. Ali, at 32, was the underdog, with boxing fans questioning whether his speed and precision could possibly defeat Foreman. But Ali had a new technique to show off—the "rope-a-dope," during which he leaned against the ropes, blocking hits with his arms, as Foreman wore himself out throwing punches. The maneuver worked, and Ali defeated Foreman in the eighth round, becoming the world heavyweight champion for the second time in his career.

## Wit & Wisdom

"In October, any wonderful unexpected thing might be possible."

—Elizabeth George Speare

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

—Sarah Guillory

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

—Humbert Wolfe

"In the entire circle of the year, there are no days so delightful as those of a fine October ..."

—Alexander Smith

"What the light looks like in the pear trees, in October, is a hundred teardrops of gold, the whole orchard weeping."

—Carole Maso

"October is the opal month of the year. It is the month of glory, of ripeness."

—Henry Ward Beecher

**Fred Long's Dodge Coronet**



**Coffee & Donuts at Ponte Pete's**



**Sylvia & Gordon**



**Don & Jeannette Dancing**



**Landon Pilegaard, Administrator**



**Andrii Liesnyi**



**Midtown Jazz**



**Wine Club Outing:  
Teneral Cellars**



**Wine Club Outing to  
Secret Ravine**



**Movies by the Master  
of Suspense**

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

*"Rebecca" (1940)*. This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

*"Notorious" (1946)*. Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

*"Rear Window" (1954)*. Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

*"Vertigo" (1958)*. This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

*"North by Northwest" (1959)*. Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

*"Psycho" (1960)*. This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

*"The Birds" (1963)*. Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.

## The Kindness of Strangers

There are hundreds of things you can do to improve someone's day, and most won't cost you a cent. Make a stranger and yourself feel good with one of these random acts of kindness:

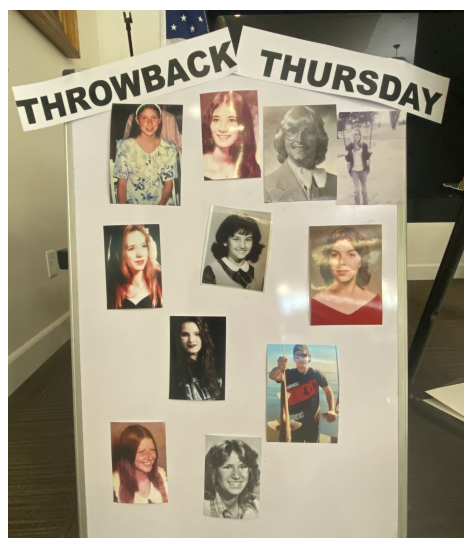
- Hold the door open. It only takes a few seconds.
- If you have a cartful of groceries and someone else has only a few items, offer to let them check out before you.
- If you see someone drop something, pick it up for them.
- Allow a car or two to merge into your lane of traffic.
- Compliment someone's hairstyle, shoes or dog. Make it a habit to compliment someone every day.
- You can often review restaurants and retail stores online. If you had a good experience, give a good review. Mention your server or clerk by name if possible.
- Offer your seat to someone on the bus or subway.
- If a person checking out at a cash register is short by a few cents and you have the amount, offer it to them.
- Pick up litter when you see it.
- If you are feeling particularly generous, pay for the coffee, lunch or movie tickets of the person behind you in line.

Find more ideas and read kindness stories at [www.RandomActsOfKindness.org](http://www.RandomActsOfKindness.org).

## Dog Days of Summer



### National Assisted Living Week - Throwback Thursday



### Sports Day



### Any Age Day



### Country Western Day



## Ponté Palmero Directors To Contact the Directors, Call the Concierge at (530) 677-9100

Administrator.....Landon Pilegaard  
 Managing Director.....Terry Howard  
 Activities Director.....Nancy Peabody  
 Assisted Living Director.....Jennifer Hinch  
 Memory Care Director.....Dej'ja Bracy  
 Business Office Director.....Kelli Riley  
 Maintenance Director.....Kevin Hallmeyer  
 Marketing Director.....Rachel Amador  
 Marketing Director.....Amy Elias  
 Food Services Director.....Alex Winters



Ponté Palmero Resort-Style Living

## "This Month In History" OCTOBER

**1900:** The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

**1907:** One of the world's landmark hotels, the Plaza opens in New York City.

**1915:** Woodrow Wilson becomes the first U.S. president to attend a World Series game.

**1929:** The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

**1935:** Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

**1947:** Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

**1950:** Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

**1962:** The Beach Boys release their debut album, "Surfin' Safari."

**1972:** Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

**1986:** The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

**1998:** Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

**2007:** Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

**2016:** Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.