

# THE TRUMPETER

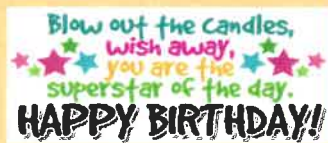
Asbury Towers Retirement Community



## Celebrating October Birthdays

### Residents

- 06 Mary Birnell
- 11 Linda Collier
- 18 Marian Giddings
- 25 Judith Magyar
- 29 Sharon Doty
- 30 John Dittmer



### Staff

- 01 Sandy Short
- 09 Ashley Dickerson
- 10 Glee Kerr
- 27 Emily Urton

## REHAB NEWS

Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



## Taking Care of Your Joints

Joint pain is one of the most common forms of pain for aging adults. As you age, the fluid that lubricates your joints decreases and the cartilage that lines your joints becomes thinner. This causes your joints to become stiff, less flexible, and painful to move. Daily activities such as walking, sitting, and getting out of bed can become more challenging. Poor joint health can significantly impact your ability to move and enjoy your life.

### Helpful Tips to Ease Joint Pain



**ENGAGE IN LOW-IMPACT EXERCISES:** Many age-related changes to our joints and muscles are caused by lack of exercise. Movement helps to ease joint stiffness and reduce joint pain. Try swimming, riding a stationary bike, yoga, and walking.



**GET IN THE HABIT OF STRETCHING:** Stretching can be a great way to relieve joint pain and increase flexibility. Stretching can help you move more freely and make it easier to perform daily activities.



**REDUCE EXCESS STRESS ON YOUR JOINTS:** A healthy, balanced diet that includes fatty acids, omega-3s, and vitamin D combined with regular exercise can help you maintain a healthy weight and move easier.



**APPLY HEAT & COLD THERAPY:** Cold compresses help reduce swelling and numb the pain. Heat can loosen up muscles, increase circulation and ease stiffness. Apply an ice pack for 10 minutes or soak in a warm bath for 20 minutes.

If you are experiencing joint pain and stiffness, talk with your doctor about physical and occupational therapy treatment options. Physical and occupational therapy can help you manage your pain so you can enjoy a more active, pain-free life.

## ASBURY TOWERS STAFF

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## WELCOME NEW RESIDENTS

Lucille Cox

Marie Harrington

Carl Stonebraker

Maxine Stonebraker



### Staff

If you see anyone of these new Residents or Staff, please take a moment and make them feel welcomed!



### Note from the Employee Gift Committee

We have a tradition here at Asbury that goes back many years. As you know during the year Staff aren't allowed to take tips or gifts from Residents, but at the end of the year a committee meets and sends a letter to all Residents inside of the Towers and to the Village. This letter asks for donations to the Employee Gift Account that is distributed to the Staff in the month of December. The size of the gift is based on the hours worked by an employee over the prior twelve months. You should all be receiving a letter asking for any donations in late October. This is a voluntary donation that is tax deductible. If you have any questions, please see Mary Ellen Huggard.

*"I long for the bulbs to arrive, for the early autumn chores are melancholy, but the planting of bulbs is the work of hope and is always thrilling."*

~ May Sarton





## Watch for the Hunter's Moon!

[Catherine Boeckmann](#)

October 3, 2023

October's full Moon peaks on **Saturday, October 28, 2023**. Learn how the Hunter's Moon got its name—plus, see Moon phase dates, Best Days by the Moon, folklore, and more!

### When to See the Full Moon in October 2023

The Hunter's Moon will reach peak illumination at 4:24 P.M. Eastern Time on **Saturday, October 28**. It will be below the horizon, so we'll have to wait until sunset to watch it rise and take its place in the sky.

Like September's Harvest Moon, the Hunter's Moon rises around the same time for several nights, so start looking for it on Friday, October 27! As the Moon drifts over the horizon around sunset, it may appear larger and more orange—how perfect for the fall season! But don't be fooled by the "Moon Illusion," which makes the Moon appear bigger than it is.

### The Harvest, the Hunter, and the Equinox

For decades, the Almanac has referenced the monthly full Moons with names tied to early Native American, Colonial American, and European folklore. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred and through all of the Moon's phases—not only the full Moon. The Harvest Moon and the Hunter's Moon are unique in that they are not directly related to this folklore or restricted to a single month. Instead, they are tied to an astronomical event: the **autumnal equinox!**

The **Harvest Moon** is the full Moon that occurs nearest to the autumnal equinox date (September 23, 2023). This means that either September or October's full Moon may take on the name "Harvest Moon" instead of its traditional name. Similarly, the **Hunter's Moon** is the first full Moon to follow the Harvest Moon, meaning it can occur in either October or November. This year, the Harvest Moon occurred on September 29, so the Hunter's Moon will follow it one lunar cycle later, on October 28.

### Why Is It Called the Hunter's Moon?

This particular full Moon is commonly referred to as the full Hunter's Moon. It is believed that this name originates from the fact that it was a signal for hunters to prepare for the upcoming cold winter by going hunting. This is because animals were beginning to fatten up in preparation for the winter season. Moreover, since fields had recently been cleared out under the Harvest Moon, hunters could easily spot deer and other animals that had come out to search for remaining scraps. Additionally, foxes and wolves would also come out to prey on these animals.

The earliest use of the term "Hunter's Moon," cited in the Oxford English Dictionary, is from 1710. Some sources suggest that other names for the Hunter's Moon are the **Sanguine** or **Blood Moon**, either associated with the blood from hunting or the color of the changing autumn leaves.



## From the Nursing Department:

Someone will be coming around to your apartments within these next few weeks to ask if you would like to have a flu shot. We hope to begin giving shots around sometime towards end of October, more details to come later. If you have any questions, please see your nurse. Below is some information from the CDC website regarding the flu vaccine, you can find more information at [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 1-800-CDC-INFO

# Why get a flu vaccine?

**Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.**

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

## Reasons to get a flu vaccine:

Flu vaccination can keep you from getting sick from flu.

Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults. A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012

Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.

Flu vaccination is an important preventive tool for people with chronic health conditions. Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.

Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth. A study that looked at flu vaccine effectiveness in pregnant women found that vaccination reduced the risk of flu-associated acute respiratory infection by about one half.

Another study found that babies of women who got a flu vaccine during their pregnancy were about one-third less likely to get sick with flu than babies in unvaccinated women. This protective benefit was observed for four months after birth.

Flu vaccination also may make your illness milder if you do get sick.

Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

## How well do flu vaccines work?

Studies by CDC researchers and other experts indicate that flu vaccine reduces the risk of doctor visits due to flu by approximately 50% to 60% among the overall population when the vaccine viruses are like the ones spreading in the community. Other studies have shown similar protection against flu-related hospitalizations.

A flu vaccination does not guarantee protection against the flu. Some people who get vaccinated might still get sick. However, people who get a flu vaccine are less likely to get sick with flu or hospitalized from flu than someone who does not get vaccinated.

The most important factors that affect how well the flu vaccine works include:

The “match” between the flu vaccine and the flu viruses that are spreading that season; and

Factors such as the age and overall health of the person being vaccinated. For example, older people with weaker immune systems may respond less well to vaccination.

Experts are working to create flu vaccines that work better, but existing flu vaccines still offer important health benefits to the community.

## The following is a list of all the health and age factors that are known to increase a person’s risk of getting serious complications from the flu:

Asthma

Blood disorders (such as sickle cell disease)

Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)

Endocrine disorders (such as diabetes mellitus)

Extreme obesity (people with a body mass index [BMI] of 40 or greater)

Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)

Kidney disorders

Liver disorders

Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

It is especially important that these people get a flu vaccine and seek medical treatment quickly if they get flu symptoms.

## Vaccine Side Effects (What to Expect)

Can the flu vaccine give me the flu?

No, a flu vaccine cannot cause flu illness. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened), and therefore **cannot cause flu illness**. The weakened viruses are cold-adapted, which means they are designed to only cause infection at the cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist.

**While a flu vaccine cannot give you flu illness, there are different side effects that may be associated with getting a flu shot or a nasal spray flu vaccine.** These side effects are mild and short-lasting, especially when compared to symptoms of a bad case of flu.

**The flu shot:** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

## Medicare Information:

It is that time of year again, open enrollment for your Medicare Insurance and supplements they offer. Below is some information that Glee Kerr from the Business Office has put together:

The 2023 insurance enrollment period is October 15<sup>th</sup> through December 7<sup>th</sup>. Please make sure the Business Office has a copy of your most current insurance card(s). Asbury Towers is in network with a few Advantage Plans, please contact front office for any questions you have.

### **Medicare Advantage Plans:**

Always have co-pays and/or deductible.

Must stay in network or you are charged more.

Need a referral to see a specialist.

Not all doctors or hospitals accept Medicare Advantage Plans.

The insurance company decides your care, not your doctor.

Lower premiums but higher out of pocket expenses.

Advantage Plans are Regional...When you keep your Medicare, you can go ANYWHERE.

You CANNOT purchase a Medigap (supplement) plan to help with copays and deductibles.

Advantage plans are all inclusive in that they include pharmacy (Part D).

### **Medicare:**

No office co-pays.

Can go to any doctor or hospital.

Never need a referral.

Your doctor is your caregiver, not the insurance.

You can purchase a Medigap plan to cover your deductibles.

Must purchase a pharmacy plan (Part D).

## A Curious Holiday



If you're intrigued by the great mysteries of the world—from UFOs to the Bermuda Triangle to the strange statues of Easter Island—then you'll love Curious Events Day

on October 9, a day to indulge your favorite conspiracy theories. Here are a few doozies:

Stonehenge remains one of the world's most mysterious places, with scientists still baffled as to how and why it was built. The structure, made of 100 stone monoliths arranged in a circular pattern, is not only 5,000 years old but also took over 1,500 years to build. Perhaps the most curious puzzle of all is that many of the monoliths are bluestones, the smallest of which weigh several tons, and are believed to have been quarried 200 miles away. How did these prehistoric humans, with the most primitive of tools, extract and transport these hulking stones? And why? While many have theories as to the purpose of Stonehenge—burial ground, astronomical calendar, ceremonial site, center of magic—there is no evidence as to its purpose.

Under the crystal clear waters of Bimini Island in the Bahamas lies a strange sight—a half-mile-long structure composed of rectangular limestone blocks resembling a wall or road. Divers who first discovered the site in 1968 immediately believed that it was manmade. Many scientific explorations have yielded varying results. Despite the insistence that the wall is a naturally occurring phenomenon of beachrock typical to the area, some believe that this underwater causeway is evidence of the lost city of Atlantis.

In 1954 a man landed at the Haneda Airport in Japan and presented his passport to immigration officers. The only problem was that his passport was from Taured, a country the man claimed existed on the border of Spain and France. His Taured passport had been stamped from many countries. The man, distraught when told his country did not exist, was taken to a hotel by local police, but he disappeared overnight, along with his official Taured passport and driver's license.

## Departmental Change

The title for the world's first department store likely belongs to Harding, Howell and Co.'s Grand Fashionable Magazine located at 89 Pall Mall in St. James's, London. Opened in 1796, the women's store was divided into four sections: furs and fans, haberdashery (sewing pieces), jewelry and clocks, and hats. Thanks to the Industrial Revolution, a new middle class contributed to the rise of this new form of shopping and eventually to a new holiday, Department Store Day, on October 16.

How times have changed. With the advent of online shopping, it seems department stores may be dying off. People would rather shop on Amazon from the comfort of their kitchen table than travel to Macy's at the mall. But are department stores really dead? If only we could return to the era of glass atriums, brass clocks, grand elevators, and floorwalkers.

## Straight to the Top



For many, the idea of spinning in one place is enough to make them dizzy, but that's the whole purpose behind International Top Spinning Day on October 12. Tops

are some of the oldest known toys in the world. Archaeologists discovered clay tops buried in the ruins of the ancient city of Ur in Mesopotamia, dating back to 3500 BC. Why is the motion of a spinning top so engrossing? Is it because it appears to defy gravity? Are we naturally attracted to the way it spins just like Earth rotates on its axis? This gravity-defying spin, known as the *gyroscopic effect*, is an impressive motion that uses inertia, gravity, momentum, and centrifugal force to stay balanced and upright. Of course, every top falls over eventually, thanks to the friction between its spinning point and the surface it is spinning on. But it was Iacopo Simonelli who made his homemade top spin for over 40 minutes with a single twist of the fingers. Humankind has certainly come a long way from spinning acorns and pennies.



## Nightmares and Moonlight



In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More

interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After staying up late philosophically discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created.

## All Hail the Kale

October 4 of this year heralds the fourth celebration of Kale Day. Kale, sometimes called "the king of leafy vegetables," is full of health benefits. It is also easy to cultivate, growing from spring all the way into winter, when frosts actually make kale sweeter. But kale has become more than a vegetable; it has achieved cult status, complete with T-shirts, bumper stickers, and celebrity endorsements. When did kale become popular? When public relations guru Oberon Sinclair decided it should, that's when. The savvy PR woman made kale cool when she got the trendiest restaurants and celebrities to endorse the leafy green. She even went so far as to create the fictitious American Kale Association to lend her advertising campaign credibility. But we can forgive Oberon for duping us with such sneaky tactics. Kale, after all, is a healthy vegetable. And she did it not for the money or the fame, but because she loves kale. Oberon's movement gained such a following that Columbia University Professor Dr. Drew Ramsey founded the first Kale Day in 2013, giving us all reason to "kale-abrate."

## Mistaken Invasion



It was on October 30, 1938, a Sunday evening and prime time for listening to the radio, that Orson Welles broadcast H.G. Wells' science fiction story *The War of the Worlds*, a dramatization of a Martian invasion of Earth. No one

anticipated that the story would cause a national panic. The broadcast began with an innocuous weather report and live music, which was interrupted with a news report detailing the sudden invasion of Earth by hideous aliens. When the actors realistically announced that Martians were wiping out major cities, listeners flew into a panic. As many as a million people believed the invasion was real. Welles thought the controversy would ruin his career, but the wild performance earned him a Hollywood contract and superstardom.



## Weather or Not

The first frost usually occurs in October, but days of warm weather can reappear. Farmers rushing to harvest the last of their crops are grateful for these Indian summer days. October, with the beautifully changing foliage, is one of the most colorful months of the year.

## The Animal Inside You: Birthday Critters

### October 1–15: Monkey

Your social nature ensures that you are always the center of attention. Though you like to live life to the fullest, you can sometimes become impatient with others who can't keep up with you. You tend to have very strong intuition; whatever your gut is telling you, it's probably right.

### October 16–26: Turtle

People around you are frequently blown away by your kindness. You are a generous person, and you like to give your loved ones little gifts every now and then to remind them of how much you care about them. You can sometimes be a bit of an introvert, but your many friends can usually bring you out of your shell.

### October 27–31: Panther

You tend to be a calm person who is not fazed by stressful situations. In fact, you work better when you are under pressure. You strive to be the best person you can be, and your friends and family know they can always count on you to help them out if they have any problems.

## Halloween Around the World

In America and Canada, children go door to door in costume on Halloween night asking for candy treats. France has recently started celebrating Halloween with costume parties. Meanwhile, in the Czech Republic, people place chairs by the fireside, one for each living family member and one for each family member who has passed on. In Germany, people hide their knives to ensure the safety of the returning spirits and themselves.

## Birthstone – Opal

Those with October birthdays have a birthstone that changes color! These gems diffract light, and depending on where they were formed, they can be any number of different hues—from reds and yellows to blues and greens to purples and blacks. The most common color is white, with a milky, opaque color, lending to the term *opalescent*, meaning “showing varying colors as an opal does.” It is said that opals have healing powers and even enable the wearer to find true love. Opals were very lucky in the Middle Ages, as it was believed that they held all the virtues of each gemstone whose colors could be found in the opal's impressive play of color. Their wide range of color still makes them a very desirable gemstone today. In fact, the opal engagement ring has increased in popularity in recent years.

## Flower of the Month – Calendula

The calendula is a member of the marigold family and is sometimes called the “pot marigold.” They are easy to grow and typically bloom quickly (in under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The flower petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12<sup>th</sup> century. The Romans used it mixed with vinegar to season meat and salad dishes. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion. The petals were used in ointments that cured skin irritations, jaundice, sore eyes, and toothaches. Today, most health food stores carry calendula petals, soaps, oils, lotions, salves, and creams.

October Food Committee will be on October 9<sup>th</sup>, everyone is welcome to attend.

October Quarterly Resident Council will be on October 10<sup>th</sup>, we will discuss upcoming 2024 officer elections that will be held in December meeting.



### Special Events of the Month

- 3<sup>rd</sup> Walmart Shopping Trip leaving lobby at 10am
- 9<sup>th</sup> Food Committee in founders lounge at 10:30 am
- 10<sup>th</sup> Dollar Tree Shopping leaving lobby at 10am
- 10<sup>th</sup> Resident Council in Main at 1pm
- 10<sup>th</sup> Night bingo in Main at 6pm
- 12<sup>th</sup> Out to Lunch to Casa Grande at 10:30 am
- 12<sup>th</sup> Lannie Ferguson in Main at 1pm
- 12<sup>th</sup> October Birthday in Main at 2pm
- 13<sup>th</sup> Doug DeBaun in Main at 1pm
- 13<sup>th</sup> Friday Fall Social in Main at 2pm
- 17<sup>th</sup> Walmart Shopping leaving lobby at 10 am
- 18<sup>th</sup> Greencastle Church Luncheon leaving at 10:30 am
- 18<sup>th</sup> Dan Rush in Main at 1pm
- 18<sup>th</sup> Taste of Asbury in Main at 2pm
- 24<sup>th</sup> Dollar General leaving lobby at 10am
- 24<sup>th</sup> October bingo in Main at 6pm
- 26<sup>th</sup> Out to Lunch to Cracker Barrel in Plainfield @ 10 am
- 31<sup>st</sup> Aldi's Shopping Trip leaving lobby at 10am

### October Bingo Dates



We will have an evening Elephant Bingo on October 10<sup>th</sup> at 6:00 pm and our Monthly night Bingo on October 24<sup>th</sup> at 6:00 pm.



More information on Trick or Treating coming later in the month.

### SCHOOL DAYS PAST

Looking back on the past of yesteryears gone by, my, how the times have gone fast, we realize with a sigh.

Yesteryears are memories of long walks to school, reading, writing, and arithmetic, and learning the Gold Rule.

Memories of friends, some that come and go, days of laughter and fun that's been a good Many years ago.



During the week of October 8th through October 14<sup>th</sup> is National Healthcare Food Service Worker's Week! We here at Asbury Towers would like to say THANK YOU to our Dining Services Department. Please make sure to thank one of the Dining Services when you see them, for all they do for everyone in Asbury!



Senior's Lunch  
Wednesday, October 18<sup>th</sup>  
11:00 am-12:30 pm

This month, impersonator Danny Russel will be presenting Daniel Boone. We hope you'll join us for a meal and fellowship

Lunch is complimentary, donations are accepted. If you would like to go, please sign up on the bulletin board sign up sheet by Thursday, October 12<sup>th</sup> as reservations must be made by Friday, October 13<sup>th</sup>. If you have any questions, please contact Julie at 765-630-8817 or Extension 117.



## PASTORAL CARE

Pastoral Care Week is proud to celebrate our 37<sup>th</sup> year from October 22-18, 2023. During this time, please let Chaplain Stagers and all other clergy who come to Asbury Towers know how much they mean to us and how much we appreciate their service.

Regardless of spiritual, religious, or cultural background, Pastoral Care Week celebrates those who provide spiritual support to others. It is supported by the Coalition on Ministry in Specialized Settings Network: The Network on Ministries in Specialized Settings, whose members provide care in specialized settings such as hospitals, prisons, businesses, industries, long-term care facilities, pastoral counseling centers, hospices, military settings, nursing homes, corporations, congregations of sisters, priests and brothers, schools, and universities throughout the world. Pastoral/spiritual care is important for peoples' sense of identity as they find meaning in belonging to a common humanity and particular cultures.

## Special Days

Simchat Torah Begins at Sundown October 7

Columbus Day Indigenous Peoples' Day  
Thanksgiving (Canada) October 9

Boss's Day October 16

Sweetest Day October 21

World Pasta Day October 25

Halloween October 31

## What's Lucky in October?

Lucky Color: Blue  
Lucky Animal: Cat  
Lucky Letter: W  
Lucky Day: Sunday  
Lucky Plant: Squash



## Light and Prosperity



Diwali, India's most important holiday of the year, begins on October 19. The Diwali story differs depending on where in India you live. In the north of India, it celebrates the return

of the warrior prince Lord Rama to the ancient city of Ayodhya after he defeated Ravana, the king of the demons, by lighting rows of clay lamps. Southern India celebrates it as the day Lord Krishna, the god of love and compassion, defeated the demon Narakasura. In Western India, Diwali marks the day that Lord Vishnu, one of Hinduism's main gods, the Preserver of all earth from destruction, sent the evil King Bali, who had conquered the heavens, to rule over the underworld. Each of these three stories highlights the most important lesson of Diwali: the victory of good over evil and of light over darkness. This is why Diwali is known as the Festival of Light.

There is another key piece of Diwali. It originally coincided with the last harvest of the year before the onset of winter and darkness. On this day, farms and businesses begged for blessings from Lakshmi, goddess of wealth, for the new financial year. This is why the day after the last day of Diwali is still considered the beginning of the new fiscal year for all businesses in India.

Diwali lasts for five days. Families typically spend the first day cleaning the house and honoring Lakshmi, the goddess of wealth, by buying gold, silver, and other luxury items. That night, the ritual lamps are first lit. On the second day, families decorate the floor of their homes with colorful patterns made of sand and powder called *rangoli*. The designs reflect local traditions and beliefs. The third day is the main holiday, Diwali night, and falls on the darkest night of the new moon. Lamps are lit and doors are opened to encourage Lakshmi to enter. Friendships are celebrated, sweets are shared, and fireworks are set off. The fourth day is a celebration of marriage, and the fifth day is a celebration of brothers and sisters, a way of strengthening family ties. At the end of Diwali, the lights may go out, but the darkness is conquered.

## October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Julie Andrews (actress) – October 1, 1935  
Ray Kroc (entrepreneur) – October 5, 1902  
Jesse Jackson (activist) – October 8, 1941  
Luciano Pavarotti (singer) – October 12, 1935  
e. e. cummings (poet) – October 14, 1894  
Evel Knievel (daredevil) – October 17, 1938  
Johnny Carson (TV host) – October 23, 1925  
Pablo Picasso (artist) – October 25, 1881  
Sylvia Plath (writer) – October 27, 1932  
Bill Gates (billionaire) – October 28, 1955

## pleading the case



these small letters aren't an editing mistake. october 14 is lowercase day. originally, alphabets were written entirely in uppercase, or capital, letters. when written

quickly and in succession, these large letters were confined to the upper and lower lines of the page and easy to read. then writers got fancy, creating letters that flowed over and under the lines. it is from these fancy letters that writers developed the first lowercase letters, which became popular and were adopted by writers throughout europe. the term *lowercase* developed much later from manual typesetting. because lowercase letters were used more often, they were kept in a "lower case" within easy reach of the typesetter. the capital letters were held farther away in an "upper case." has your appreciation of lowercase letters changed as a result of reading this paragraph?