



**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

Freedom of Speech Week

October 18–24

**All Hallows' Eve or
Halloween**

October 31

Dates to Remember

Tree Lighting Ceremony:

Mon., Dec. 6 at 7:00pm

Resident Christmas Party:

Tue., Dec. 14; 5:00-B3

6:00-B1 & B2



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, archeologists 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.

Now We're Cooking

October is Cookbook Month, which means it's time to get into the kitchen and dust off those pots and pans. With an almost infinite number of free recipes available online, cookbooks might seem a thing of the past. Yet while many forms of print media have suffered in the digital age, cookbooks have maintained their popularity and sales are booming.



How have cookbooks maintained such popularity? They are often part autobiography of the cooks who write them and part self-help for those who struggle in the kitchen, and they almost always lead to a happy and delicious ending. Even for seasoned chefs, cookbooks provide a means of reinvigorating a stale cooking routine or learning some new tricks of the trade. This doesn't mean that you should go out and buy Buck Peterson's *Road Kill Cookbook* (unless you want to whip up his signature "Chili Con Carnage"), but you could explore some of these other unique and innovative options.

Last Dinner on the Titanic features a compilation of recipes that were served on that great and ill-fated ocean liner. A ten-course menu featuring oysters, caviar, Lobster Thermidor, Consommé Olga, filet mignon, roast squab, pate de foie gras, and Waldorf pudding was served the very night the iceberg was struck, and recipes for all these dishes and more are found in the cookbook.

When *Microwave Cooking for One* was published in 1999, some reviewers called it the "world's saddest cookbook," but others called its author, Marie T. Smith, "the veritable high priestess of microwave food preparation." Smith demonstrates that the microwave is not merely for reheating leftovers but can prepare everything from pancakes to fried scallops and peach souffle.

Adventurous foodies could try *Bugs for Beginners*. Historians might like *Cooking Apicius*, recipes from ancient Rome. Mechanics will appreciate *Manifold Destiny*, which teaches how to cook on your car engine. There is truly a cookbook that appeals to every possible taste.

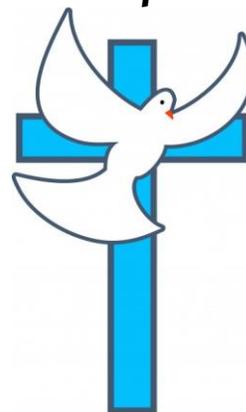
Welcome...

Shirley Cunningham and Jessica Gowen. We are so glad you are here!



We will sadly miss....

Evelyn Bennink, Stanley Frisbie, James Karafa and Otto Husted.
Our thoughts and prayers are with their families and friends.



An evening of live music...by Sallie Ann & Co.



Resident, Barb R., takes a break from dancing to pose with Tina!



**Shirley H., Freda L., & Shirley C.
Ladies from the CHS class of 1950!**



Don't Be Scared

Each October, scarecrows begin to appear in and around the village of Pietrebais 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 Pietrebais.



We appreciate your positive reviews!

Can you help?



Contact Andrea today!
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Who's There?



Knock knock. Who's there?
October 31st. October 31st who?
Did you know that October 31st
is Knock-Knock Joke Day? It is
no coincidence that this holiday
coincides with Halloween. As
children rove door-to-door asking
"Trick or treat," they can offer knock-knock jokes
as compensation for their candy and goodies.

The origin of the knock-knock joke is anything but clear-cut, but clever historians have uncovered bits of American popular culture that present a convoluted history of its creation. Before the knock-knock joke, there was the "Do You Know" joke. Around the year 1900, it was common for joke tellers to ask something like, "Do you know Arthur?" To which the person would reply, "Arthur who?" The jokester would then reveal the punchline: "Arthurmometer!" This groan-worthy punchline, with its silly play on words, foreshadowed the sort of punchlines knock-knock jokes would become famous for. But where did the door-knocking imagery come from?

In 1929, author Henry Bett wrote the book *The Games of Children: Their Origin and History*. In it, Bett describes a common game called "Buff" in which a player would tap with a stick and say "Knock knock," to which another player would respond, "Who's there?" Is it coincidence that by the mid-1930s the joke form and the children's game had been combined? Knock-knock jokes were suddenly everywhere. Businesses held knock-knock joke contests. Bands incorporated knock-knock jokes into their songs. In 1936, the nomination of Col. Frank Knox as the Republican vice-presidential candidate inspired radio stations and newspapers in Harrisburg, Pennsylvania, to tell Knox-Knox jokes.

Meanwhile, the *Kerrville Times* newspaper in Texas expressed sheer bafflement over the knock-knock joke phenomenon: "Who started it, where, and what it is called is a mystery." At the end of 1936, psychologist D.A. Laird called the compulsion to tell knock-knock jokes a mania and a sickness.

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A little ice cream at Green Vale Farms!

