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Administrator: Shannon Souza

October Birthdays

Libras born between October 1 and 22 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking. Scorpions born from October 23 to 31 enjoy intense and dramatic personal relationships. Even young Scorpions are thought to be wise beyond their years, with deep emotions and sensitivity.

George "Spanky" McFarland (actor) – Oct. 2, 1928
Charlton Heston (actor) – Oct. 4, 1923
Desmond Tutu (activist) – Oct. 7, 1931
Henry John Heinz (businessman) – Oct. 11, 1844
Penny Marshall (actress) – Oct. 15, 1942
Angela Lansbury (actress) – Oct. 16, 1925
Celia Cruz (singer) – Oct. 21, 1925
Bobby Knight (coach) – Oct. 25, 1940
Julia Roberts (actress) – Oct. 28, 1967
Charles Atlas (bodybuilder) – Oct. 30, 1892
Jane Pauley (journalist) – Oct. 31, 1950

HERITAGE HAROLD

Heritage House of Woodburn 943 N Cascade Dr., Woodburn, Or. 97071 Phone # 503-982-1506

Celebrating October

Seafood Month

Polish-American Heritage
Month

Dessert Month

World Vegetarian Day
October 1

Carry a Tune Week
October 2-8

World Rainforest Week
October 10-16

Moldy Cheese Day
October 9

Columbus Day
October 10

Pumpkin Cheesecake Day
October 21

Frankenstein Friday
October 28

Knock-Knock Day
October 31

Things you need to know!!!!

Well, the Walk to Remember is finally over for this year. We would like to take this opportunity to thank each and every one of you. Whether you joined the walk, donated money, items, or time, you are all truly appreciated!!

For all of you who dealt with us through our craaaazy staffing issues, thank you for your patience and support.

Maria Tovar is now on maternity leave after giving birth to a beautiful baby girl. Daisy weighed in at a little over 6 pounds. Congratulations, Maria.

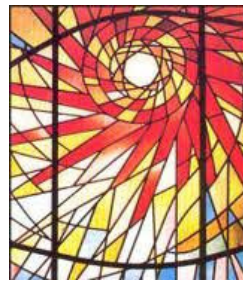
Lucy and Randi are both back to work after extended medical issues, so hopefully things will get back to, and look, as normal as we can make it again.

Fall is here so take a minute to look at the colors of the leaves and enjoy the scenery.

The Miracle of the Sun

On October 13, 1917, tens of thousands of people witnessed what they believe was a miracle in Fatima, Portugal. Three young children predicted that at noon, the Virgin Mary would reveal herself and perform a miracle. What happened on that day was inexplicable.

Villagers traveled from miles around to amass in a field. Pilgrims, priests, college professors, and cynical journalists all waited in the heavy rain. Suddenly the rain stopped, the dark clouds parted, and the sun shone through.



But the sun acted strangely. According to a multitude of eyewitness accounts, the sun was dull and could be observed without squinting. The sky changed color from blue to purple to yellow, like a strange kaleidoscope of color. Most amazing of all, the sun turned red and spun like a fiery pinwheel and zigzagged across the sky from the west to the east and back again. It finally began to descend upon the crowd, growing bigger and bigger, threatening to crush the earth. Thousands of people watched this spectacle for a full ten minutes.

Nonbelievers became believers on that day. Believers prayed for their salvation because they thought it was the end of the world. Skeptics quickly came up with scientific explanations for the event. Some argued that the colorful dancing light was the result of staring at the sun for too long. Believers countered that it is impossible for 50,000 people to suffer the same mass hallucination.

Meteorologists suggest that a cloud of dust distorted the color of the sun. Others explain that it could have been a "sundog," a rainbow-like sun that appears as a result of the reflection of sunlight off of ice crystals in clouds. Still, none of these explanations account for the sudden and inexplicable drying of everyone's rain-soaked clothes.

THE STAFF:
ADMINISTRATOR: SHANNON SOUZA

DAY SHIFT:
JOSIE SALAS
FLOR DELGADO
RANDI JAMESON

SWING SHIFT:
LUCY NAJERA
SAMANTHA SOTO
AMANDA VEGA

NOC SHIFT:
PATTY CAMPUZANO
MARIA TOVAR
YURI RODRIGUEZ-DAIZ

The High Life

Napoleon III wanted to make Paris the most beautiful city in the world. He gave the best pieces of land in the center of the city to his rich friends and supporters, forcing many inhabitants to the city's edge, and many ended up on a hill named Montmartre.



Montmartre was officially outside the city, free of its taxes, where the nuns made wine. It was the perfect place to open a new club for dancing and music called the Moulin Rouge. This famous dance hall first opened its doors on October 5, 1889, and one of its first guests was the famous French painter Henri de Toulouse-Lautrec. He became renowned for painting romantic scenes of dancers performing the famous Can-Can.

Mild Cognitive Impairment

Mild cognitive impairment (MCI) a condition in which a person has problems with memory, language, or another mental function severe enough to be noticeable to other people and to show up on tests, but not serious enough to interfere with daily life.

Because the problems do not interfere with daily activities, the person does not meet criteria for being diagnosed with dementia. The best-studied type of MCI involves a memory problem and is called "amnesic MCI."

- Research has shown that individuals with MCI have an increased risk of developing Alzheimer's disease over the next few years, especially when their main problem is memory.

.Not everyone diagnosed with MCI goes on to develop Alzheimer's.

There is currently no treatment for MCI approved by the FDA.

Results of a large, federally funded trial showed that 10 milligrams of donepezil (Aricept) daily can reduce the risk of progressing from amnesic MCI to Alzheimer's disease for about a year, but the benefit disappears within three years. The trial also showed that 2,000 international units of vitamin E daily do not reduce the risk of progressing.

The study authors say the results were not strong enough to support a clear recommendation to treat amnesic MCI with donepezil, but it might be reasonable for patients and their physicians to talk about the possible benefits and risks of treatment on an individual basis

Two other studies have tested galantamine (Razadyne) as a treatment for MCI. These studies found no benefit, but the data showed an increased number of deaths in participants taking galantamine compared with those receiving the placebo

Black October

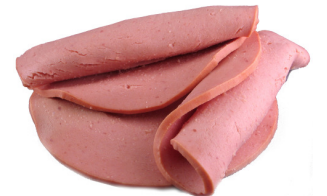
The 1919 World Series will forever be remembered for Chicago's Black Sox, the team that intentionally lost the series to the Cincinnati Reds.

Team owner Charles Comisky formed the White Sox in 1900, and just nineteen years later, his team was the best in baseball. But Comisky was a stingy owner. No team had played better that year, but no other team was paid so poorly. Comisky even charged his own players to clean their uniforms. To make matters worse, the players did not even like or trust each other. Much of the blame is placed on first baseman Chick Gandil. Underpaid and close to retirement, it was easy for Gandil to accept an offer several times larger than his salary to throw the series. Gandil enlisted seven teammates, negotiated a payoff of \$100,000, and the fix was in.

Two years later, after the mysterious disappearance of some key evidence, the eight accused conspirators were acquitted by a jury. While they won in court, they lost on the field. Major League Baseball banned them from baseball for the rest of their lives.

No Baloney

It's not nonsense; October 24 is Bologna Day. Although it is named after the Italian city of Bologna, and it is considered an Italian deli meat like salami, it is actually an American invention. Bologna, as it's sometimes spelled, is a finely ground sausage made out of pork, chicken, turkey, or beef.



A bologna sandwich is one of the most popular sandwiches. In fact, the Oscar Mayer company estimates that 2.19 billion bologna sandwiches are eaten every year. That's six million a day! Time to buy some stock in bologna.