

# The GS Newsletter

Good Samaritan RC | 1515 Jamacha Way, El Cajon | (619) 590-1515 | Happy Halloween!!



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and only one of the letters from the given word.

	D			
S				H
W		O		S
O	S			D
D				W
				H

SHADOW

	P		I	
S		E		
D		P		
			P	R
			D	E
		R		I

SPIDER

	I			M
Z	O			I
E			Z	
	B			Z
I		Z	M	
Z				I

ZOMBIE

			N	E
R		O		
				O
N				
			R	G
	G	A		

ORANGE

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### Celebrating October

**Halloween Safety Month**

**Roller Skating Month**

**Free Speech Week**

*October 21–27*

**International Music Day**

*October 1*

**World Octopus Day**

*October 8*

**Indigenous Peoples' Day**

*October 14*

**National Reptile Day**

*October 21*

**National Pumpkin Day**

*October 26*

**Worldwide Howl at the**

**Moon Night**

*October 26*

**International Animation**

**Day**

*October 28*

**National Cat Day**

*October 29*

**National Treat Your Pet**

**Day**

*October 30*

### October Birthdays

Gisel T. (Kit) – 10/05

Coleta L. (106) – 10/12

Aline L. (224) – 10/13

Raygeen M. (PM CG) – 10/16

Linda S. (215) – 10/21

Mary Ann Z. (216) – 10/24

John D. (MT) – 10/29

John “Al” C. (204) – 10/31

### Save the Dates

Resident Council – 10/3

Flower Arranging with Anchor – 10/9

History of Indigenous Day – 10/14

Love on a Leash – 10/14

Rock Painting with Diana – 10/17

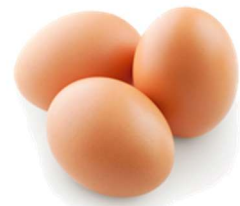
October Birthday Party – 10/23

Pumpkin Craft – 10/26

Men’s Unity Group – 10/28

Halloween Party!! – 10/31

### An Egg-citing Day



Every year, the second Friday in October is World Egg Day. Why should we celebrate the egg? There are at least a dozen good reasons. First, eggs are incredibly healthy. They contain some of the highest quality

proteins of any food. For this reason, they are an invaluable food resource. Egg farmers around the world have joined the Good Egg Project, both to educate people about the goodness of eggs and to donate over 50 million eggs to hungry people worldwide.

But what about cholesterol? Aren't eggs supposed to be high in this unhealthy substance? While it is true that eggs contain a lot of cholesterol, 200 milligrams to be precise, it is largely a myth that eating eggs will raise your cholesterol to dangerous levels. The body produces its own cholesterol, far more than an egg contains, so the eating of eggs does little to harm the body. Furthermore, cholesterol is vital to repairing cells and balancing certain hormones.

What about egg yolks? Aren't they high in fat? While yolks do have about five grams of fat per egg, yolks are also full of protein; vitamins A, D, and E; and choline, a nutrient essential to brain development. When you skip the yolk, you miss out on half the nutritive value of eggs.

Hens typically lay an egg in the morning between the hours of 7 and 11. It takes 24 to 26 hours to develop an egg, and once the egg is laid, a hen begins to produce another egg 30 minutes later. Some people say that the deeper the color of the egg yolk, the better the egg. Yolk color depends on the pigments in the hen's feed. Farmers may even feed their chickens marigold flower petals to enhance the golden color of their egg yolks.

So how best to celebrate World Egg Day on October 11? Try a fried, scrambled, hard-boiled, soft-boiled, deviled, or poached egg, of course!

### small but mighty

now, this isn't an editing mistake. October 14 is lowercase day. The rules of capitalization are so confusing, we all deserve a break from them for one day. so, feel free to not capitalize proper nouns, like days of the week, months, titles, or holidays.

Perhaps the poet e. e. cummings began this fad back in the early 20th century. cummings was known for both signing his name and writing entire poems strictly in lowercase letters. some say he did this because he simply wanted to be different; others say he wanted all words and thoughts to have equal importance. Using all lowercase letters was a way of establishing an equality of words so that readers could decide what was important. as cummings wrote:

"If you like my poems let them walk in the evening, a little behind you"

If you like writing and reading in lowercase letters, let those lowercase words wander wherever they wish for one day.

### Chattering Charm



Blatherskites rejoice, for October 21 is Babbling Day, a day to let your mouth chatter on and on about anything and everything. Babbling is an important stage in child development, when infants experiment with language. Glossolalia is a different type of

babbling, also known as speaking in tongues. Christians who spontaneously speak in strange syllables are thought to have been granted a spiritual gift from God or are said to speak the language of angels. Perhaps the word *babble* comes from the story of the Tower of Babel from the Bible's Old Testament, in which God made all the humans speak different languages so that they could not understand each other. We could go on, but perhaps we've babbled on too much about babbling already....



### EMPLOYEE OF THE MONTH



Maribel Velasco  
(Housekeeping)

### RESIDENT OF THE MONTH



Karthleen Meehan