

Arbor House News



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Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.



Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

Life in Motion



Residents enjoy lunch at a Mexican Restaurant; a trip to the Sam Noble Museum; and, entertainment by a children's group from 1st Methodist Church in Texas.



We had a lovely evening with family and friends at the Spaghetti Dinner & Wine Tasting Fundraiser to End Alzheimer's. Thank you to the families who attended! You made it a very special night!





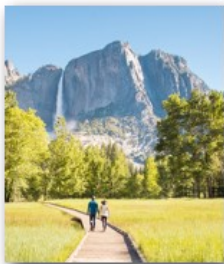
Special THANKS to the Canadian River Winery for their support and sponsorship.



We enjoyed visiting with representatives from Faith Hospice. Great to see them in a different role.



The Wonders of Yosemite



The natural wonders of Yosemite Valley, located within California's Sierra Nevada mountain range, are easy to observe: the famous Half Dome, the granite cliffs of El Capitan, the giant sequoia trees, the delicate waterfalls.

While the valley's scenic natural beauty brings peace to its visitors, its journey to becoming a national park in October of 1890 was anything but peaceful.

The Yosemite Valley had been inhabited for 3,000 years by Native American tribes, most recently the Ahwahnechee, a band that did not hesitate to fight off other tribes and invaders to their territory. A neighboring tribe, the Miwok, called the Ahwahnechee *Yos s e'meti*, a word meaning "those who kill." It is from this word that Yosemite valley got its name. This word, it seems, could also refer to the white European settlers in the region. Once gold was struck in California in the mid-19th century, white Europeans overran the valley. A California State militia, led by Army Major Jim Savage, was eventually tasked with clearing Yosemite of the Ahwahnechee. As news of California's gold spread, more settlers arrived, and in 1864, President Abraham Lincoln moved to preserve seven square miles of the valley and the Mariposa Grove of sequoia trees as a public trust of California, marking the first time the U.S. government set aside land for public enjoyment.

It wasn't until 1889 that naturalist John Muir ventured into Yosemite. He was awed by its beauty and also worried that the vast meadows surrounding Yosemite valley were unprotected. Sheep, which Muir called "hoofed locusts," were grazing the land into destruction. Muir solicited the help of Washington, D.C., magazine editor Robert Underwood Johnson to lobby Congress to protect Yosemite as a national park. On October 1, 1890, Congress set aside over 1,500 square miles of land, almost the size of Rhode Island, as Yosemite National Park, America's third such federally protected land after Yellowstone and Sequoia. Today, more than 4 million people visit Yosemite each year.

Intuitive Magic



The third-eye chakra is known as Ajna in the Hindu tradition.

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extra-sensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds, divining the future, and communicating without speaking. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to open yourself up to new and wondrous possibilities.

Be-Leaf It or Not, October's in the Air



While some Octobers mark the first frost of the winter to follow, within days this month rebounds with warm, near-summer-like weather. It is during these late summer days

that farmers rush to harvest the last of their crops. According to *The Old Farmer's Almanac*, the best days for harvesting aboveground crops are October 15 and 16 this year.

The ancient Romans celebrated this harvest season with festivals throughout the month. October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant color, with leaves that change color before falling to the ground in a carpet of yellow, brown, orange, and fading reds. These colorful deciduous trees include the following species:

- Red Maple (red leaves)
- Tulip Tree (bright yellow)
- Sugar Maple (red or yellow)
- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)
- Sourwood (red, purplish red, or yellow)



Shootout at the O.K. Corral



On October 26, 1881, a shootout between Wild West lawman Wyatt Earp and the Clanton-McLaury gang at the O.K. Corral in Tombstone, Arizona, lasted a mere 30 seconds. The gunfight's legend would grow through the decades, enshrining the names Wyatt Earp and Doc Holliday in western lore and spawning countless books and movies.

Thanks to the discovery of silver, Tombstone, Arizona, became a mining boomtown, attracting hardworking miners and outlaws alike. Defending the town's law and order fell to the Earps: Virgil, the town marshal, and his brothers Morgan and the now-famous Wyatt, a former gambler, saloon keeper, gunslinger, and police officer. The Clantons and McLaurys, a gang of cattle rustlers and thieves, owned a cattle ranch outside of town. The Earps and the Clanton-McLaury gang represented the two sides of power in Tombstone, and on October 26 their violent power struggle ended in bloodshed.

Antagonism between the two factions escalated on October 25, when the Clanton-McLaury gang double-crossed Wyatt Earp over the spoils of a stagecoach robbery. By the next day, news of the tussle had spread, and other members of the gang vowed revenge against the Earps. But the Earps and their friend Doc Holliday were ready. The Clanton-McLaury gang was caught mustering in a vacant lot behind the O.K. Corral, and Virgil Earp wasted no time firing the first shot. Over the next 30 seconds, 30 shots were fired, and when the dust cleared, Virgil and Morgan Earp and Doc Holliday were wounded. Wyatt was unscathed. All but two members of the Clanton-McLaury gang were dead, and the two survivors had fled into the hills. It is mostly forgotten that there was another man present: Cochise County Sheriff John Behan. The sheriff charged both the Earps and Holliday with murder, but a Tombstone judge later declared the men not guilty, a judgment that likely helped to glorify Wyatt Earp and his famous Shootout at the O.K. Corral.

Our Philosophy

Giving new meaning to Life

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Family & Friends — Join Team Arbor House!

Logon to alz.org/walk. Search for team Arbor House Norman. The Walk to End Alzheimer's is Sat., Oct. 13 at the Bicentennial Park. The party starts at 7:30 a.m. with Ceremony/Walk at 9:00 a.m. There will be lots of booths with give-aways and important information. Remember to stop by the Arbor House Booth and say "hi"! See you on Oct. 13th!

