
All About October

October is the tenth month of the year and is one of seven months with 31 days. October's name, containing the Latin word octo, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

Birthstone – Opal

October's birthstone is the opal, a beautiful and versatile gemstone. Opals are primarily found in Australia, Eastern Europe, South America, and even on Mars, according to NASA!

Because opals diffract light, they come in almost every color imaginable. Depending on the different properties that were present when it was made, the stone can take on a wide variety of hues. Reds and blacks are the rarest, while whites and greens are the most common. An opal that doesn't show any color is known as potch or common opal. Opals are opalescent, meaning they appear milky or opaque.

Throughout the ages, the opal has been associated with vision. In the 14th century, it was called the ophthalmius, or "Eye Stone," as

it was believed to strengthen one's eye sight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.

Flower of the Month – Calendula

The calendula, commonly referred to as the pot marigold, is a hardy little flowering plant that can thrive in all kinds of climates. Although native to the Mediterranean region, they can be found all over the world.

Calendula has many medical uses and has been taken as a natural anti-inflammatory throughout the years. This golden-yellow flower also has a place in the kitchen as well as in the medicine cabinet—calendula petals can be eaten and have been used to color cheeses.

The origin of the calendula's name remains unknown, but there are many possible explanations. Some researchers speculate that its common name, marigold, refers to the Virgin Mary. This is because early Christians would frequently lay these beautiful flowers next to statues of the Virgin Mary in remembrance.

What's Lucky in October?

Lucky Colors: Orange & Burgundy	Lucky Numbers: 3 & 9
Lucky Days: Monday & Thursday	Lucky Letters: O & R
	Lucky Plant: Pumpkin

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)
- Sassafras (deep orange or bright yellow)
- Sourwood (red, purplish red, or yellow)
- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)

Artman Gratefully Acknowledges the Following Tribute Gifts

made between August 17 – September 16, 2018



In memory of

Antoinette H. Bergan

By William G. Bergan

Sandra L. Brandreth

By John A. Curran

Eileen Braun

By Donna Lewis

A gift to Artman allows us to celebrate the lives of all those we have the privilege to enrich and impact. You can make a gift to:

- Honor a loved one's memory
- Honor loved ones who are celebrating a special milestone or accomplishment
- Recognize a special staff member or loved one
- Thank a special staff member

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Being Creative with Crafts



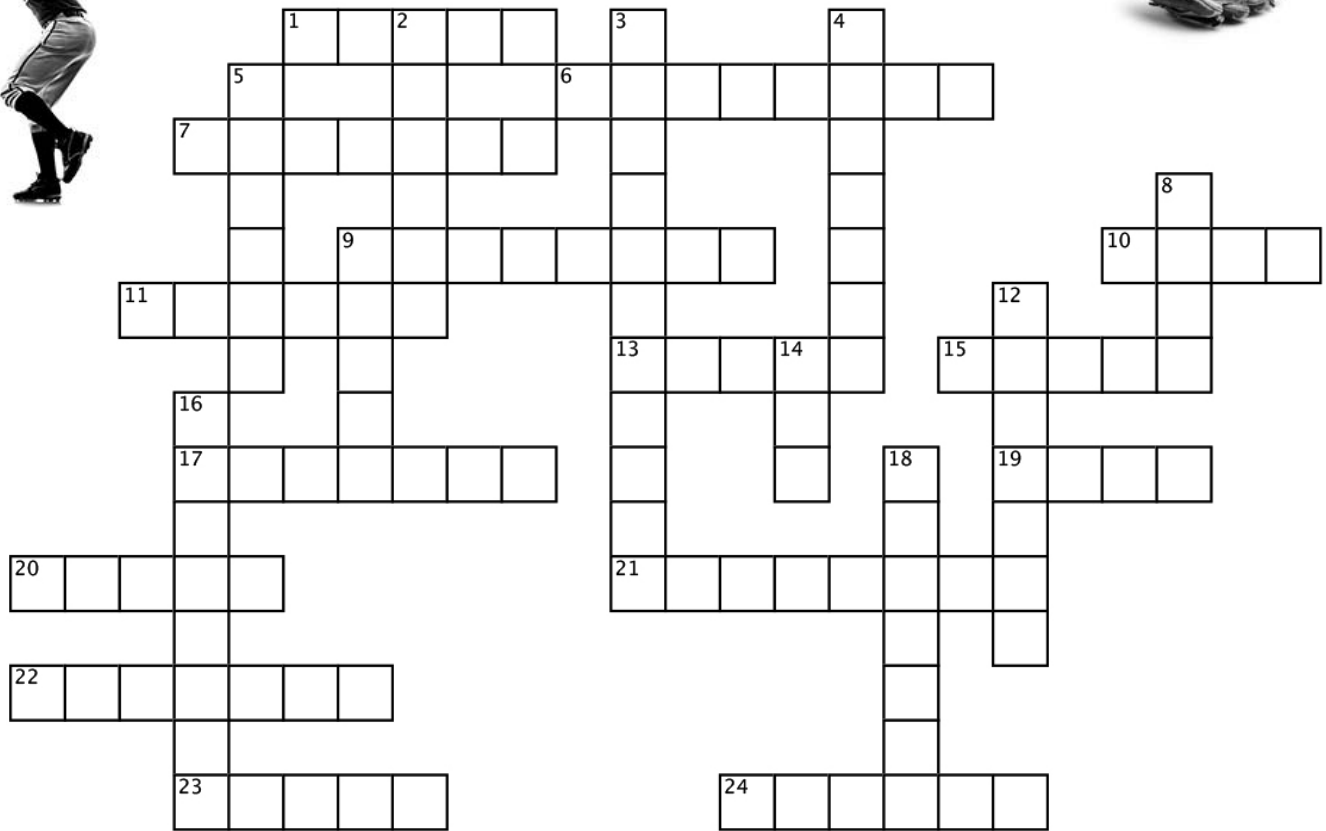
Music & Magic



The World Series



Use the clues to fill in the crossword puzzle.



ACROSS

1. Pitcher's perch
6. Usually counts as a strike
7. Pitcher's warmup area
9. Alternative to a fly ball
10. Four balls
11. Two-base hit
13. Fielding mistake
15. Batter's place, home _____
17. Big hit
19. Short hit
20. Bat motion
21. Illegal pitch
22. Seventh inning activity
23. Throw from the mound
24. Start of a pitch

DOWN

2. Sports official
3. Event for baseball's best teams
4. Player behind a batter
5. Baseball manager's spot
8. Ump's call
9. Mitt
12. Ball batted high in air
14. Three strikes
16. Off-speed pitch
18. Playing field shape

Scarecrow

The words listed below can be found vertically and horizontally.











BIRDS
CROPS
DECOY
FACE
FIELD



HAT
OVERALLS
PANTS
SHIRT
STRAW

October 2018 Dining Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
		In My Kitchen Seared Orange Salmon with Pecan Sauce	Chef Special Beer & Cheddar Bratwurst Sandwich with Braised Red Cabbage	Butternut Squash Soup 	Classic Beef Chili 	Ice Cream Special Cookies & Cream Ice Cream
7	8	9	10	11	12	13
	Apple Cinnamon Cranberry Cobbler 		Chef Special Pumpkin Bread 	In My Kitchen Chicken Marbella	Full 'O' Beans Chili	Ice Cream Special Ice Cream Sandwiches
14	15	16	17	18	19	20
		Cinnamon Crunch Cupcake 	Chef Special Pork Tenderloin with Apples and Onions	Celebrate Octoberfest Veal Schnitzel Spätzle Braised Red Cabbage Bangers & Mash	Chicken & White Bean Chili	Ice Cream Special Rainbow Sherbet 
21	22	23	24	25	26	27
	Mindful Mediterranean Lentil 		Chef Special Apricot Cranberry Glazed Chicken Thighs	Raisin Bread French Toast 	Black Bean Turkey Chili	Ice Cream Special Butter Pecan Ice Cream
28	29	30	31	1	2	3
		Chef Table 