

October 2024

Evergreen Knoll

Evergreen Assisted Living 1309 14th Street Cloquet, MN 55720



Celebrating October

Halloween Safety Month

**Talk About Prescriptions
Month**

Roller Skating Month

**Spinning and
Weaving Week**
October 7–13

Free Speech Week
October 21–27

**Balloons Around
the World Day**
October 1

**Blessings of the
Fishing Fleet Day**
October 6

Handbag Day
October 10

World Origami Days
October 24–November 11

National Mule Day
October 26

Checklist Day
October 30

Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests. Let's explore some interesting facts, common myths, and the many benefits bats provide.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face numerous threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

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 of all, 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

no, 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....

Postcard Magic



World Postcard Day, celebrated on October 1, is a tribute to the humble postcard, a charming piece of communication that has been connecting people for well over a century. The first postcard was sent in 1840 by Theodore Hook, featuring a hand-painted design. However, it wasn't until 1869 that postcards became an official means of communication in Austria-Hungary, quickly gaining popularity worldwide.

Postcards were an instant hit due to their convenience and affordability. By the early 1900s, they had become a popular way to send quick messages, travel updates, and holiday greetings. This era, known as the "Golden Age of Postcards," saw millions of postcards sent and collected.

Postcards have played a significant role during wartime. Soldiers sent the cards to their families, providing brief but heartfelt updates from the front lines. These cards were often adorned with patriotic images and slogans, serving as both communication tools and morale boosters.

Postcard collecting, known as deltiology, is one of the world's most popular hobbies. Collectors cherish postcards for their historical value, artistic designs, and personal messages. Some rare postcards can even fetch high prices at auctions.

World Postcard Day encourages people to rediscover the joy of sending and receiving postcards. In an age dominated by digital communication, postcards offer a tangible, personal touch that emails and texts can't replicate.

Participating in World Postcard Day is simple. Find a postcard, jot down a message, and send it to a friend or family member. You can also join postcard exchange groups online to connect with people worldwide. By celebrating World Postcard Day, we honor a timeless tradition that continues to bring joy and connection to people everywhere.

Loving Lucy

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show's plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled the show to the top of the charts. *I Love Lucy* was America's most-watched show for four of its six seasons. It won five Emmy Awards and a George Foster Peabody Award for excellence.

I Love Lucy was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn't stop for actors' mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy's big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

Thrifty Thrills



You don't need to spend a fortune to have a good time. Perfect the art of frugal fun on October 5, International Frugal Fun Day. Picnics, becoming a tourist in your hometown, flying a kite, planning the perfect nap, organizing a neighborhood talent show, attending a minor league ball game—all of these can cost five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new on the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. By embracing it, you can discover countless ways to have fun without breaking the bank.

Doubt It Day



Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. While self-denial can serve as a natural defense mechanism, it's crucial to recognize and embrace the truth when it becomes evident.

Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Happy Birthday Evergreen Residents!

Jean Buchanan October 2nd

Alice Burggraff October 6th

Judy Baumgartner October 7th

Sulo Walli October 20th

Sue Bjerckness October 28th

All Things Avocado



Avocados have a long and storied history in the Americas. When the Spanish explorer Hernán Cortés met Montezuma in 1519, the Aztec ruler presented Cortés with a mountain of treasure, including gold, silver, gems, and "alligator pears," a fruit otherwise known as avocado. From October 4–6, California holds the avocado in similarly high esteem during the Avocado Festival.

Avocados are high in fat, but the fat is good for you! These fats act as anti-inflammatories and even fight heart disease. That's something to celebrate! Each year, the Avocado Festival smashes 25,000 avocados to create a giant bowl of guacamole to feed the 100,000 visitors in attendance. After the chips and dip, participants join in the Best Dressed Avocado competition, where avocados are displayed like Mr. Potato Heads.