

Advanced

SUBACUTE AND REHABILITATION CENTER

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'Acorn' Is One

How many words can you come up with using the letters in "corn maze"?

October 2018



Another Fall Fruit

While pumpkins are plentiful this time of year, there's another orange fall fruit, the persimmon. Native to Asia, persimmons were introduced to the U.S. in the late 19th century. The two most common varieties are the fuyu, which looks like a squat tomato, and the hachiya, which is acorn-shaped. Both can be eaten fresh or cooked into sweet and savory recipes.

Use Your Own Pen

One way to reduce your risk of catching contagious viruses is to carry your own pen. When signing a credit card receipt or filling out forms at a doctor's office, avoid using the shared pen that's provided, since it's likely handled by many people.

Play With Clay

Whether molding simple shapes or creating an elaborate sculpture, crafting with clay can lift your mood and increase motivation. Researchers say ceramics is an effective form of art therapy due to the physical sensation of working the clay and transforming it into something beautiful.

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy. The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil. Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

Japan. Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

Costa Rica. Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

Sweden. A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

Australia. Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo and emu are also featured on pies in the land Down Under.



Masters of Mystery

A diligent detective, several suspects, a sprinkling of clues, and a plot full of twists and turns are the classic elements of a mystery. Put your sleuthing skills to work in the stories of these masters of the whodunit:

Edgar Allan Poe. Called the father of the modern detective story, Poe's 1841 tale "The Murders in the Rue Morgue" set the scene for future fictional detectives.

Arthur Conan Doyle. The creator of Sherlock Holmes wrote four novels and more than 50 short stories about the famous detective known for his keen skills of observation and deduction.

Agatha Christie. One of the best-selling writers of all time, Christie penned 66 mystery novels, many of them featuring the memorable sleuths Miss Marple and Hercule Poirot. "And Then There Were None" is considered her masterpiece.

Dashiell Hammett. His experience as an investigator with the Pinkerton National Detective Agency inspired Hammett's books, which include "The Maltese Falcon" and "The Thin Man."

Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

Chocolate bars. The military knew that chocolate could provide soldiers needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

M&M's. After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry.

Tootsie Rolls. These chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with U.S. troops.

Life Savers. Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military.





Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then

Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin,

placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.

which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.

Wit & Wisdom

"The game of life is a lot like football.

You have to tackle your problems, block your fears, and score your points when you get the opportunities."

—Lewis Grizzard

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."

—Andrew Luck

"Football teaches you hard work. It takes a lot of unspectacular preparation to have spectacular results in both business and football."

—Roger Staubach

"I want little girls to grow up knowing they can do anything, even play football."

—Jen Welter

"Football fans share a universal language that cuts across many cultures and many personality types. A serious football fan is never alone. We are legion, and football is often the only thing we have in common."

—Hunter S. Thompson

"In life, as in football, you won't go far unless you know where the goal posts are."

—Arnold H. Glasow



A Roundup of TV Westerns

Cowboys first rode onto the small screen in the late 1940s, blazing a trail for dozens of TV Westerns. Saddle up for a look back at some fan favorites.

Decade	TV Westerns
1940s	"Hopalong Cassidy," "The Lone Ranger"
1950s	"The Cisco Kid," "Gunsmoke," "Cheyenne," "Wagon Train," "Rawhide," "Bonanza"
1960s	"The Virginian," "The Big Valley," "The Wild Wild West," "Laredo"
1970s	"Alias Smith and Jones," "Kung Fu," "Barbary Coast," "How the West Was Won"
1980s	"Bret Maverick," "The Young Riders," "Lonesome Dove"
1990s	"Dr. Quinn, Medicine Woman," "The Magnificent Seven," "Harts of the West"
2000s	"Ponderosa," "Comanche Moon"

"This Month In History"

OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.