

## October Horoscopes and Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace. Those born from October 23–31 are Scorpio's scorpions. Scorpions seek deep connections with others and nurture lasting feelings of empathy and commitment, making them loyal friends.

Sara Hill Oct. 14, 1938  
Bill Tart Oct. 14, 1936  
Shirley Dickson Oct 15, 1934  
Gloria Mueller Oct 17, 1933  
Carol Miller Oct 29, 1945

### Birthstone

Caryll Gurko Oct. 5, 1938

### Flower

Calendula officinalis, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe digestion.



Orange Zinger

Those with October birthdays have a birthstone that sparkles as it changes color! Opals diffract light and are found in a number of different hues—from reds and yellows to blues and purples and more. The most common color for opals is opaque, milky white, giving them a beautifully unique appearance that led to the coining of the term opalescent, meaning “showing varying colors as an opal does.” It is said that opals have healing powers and even able the wearer to find true love.



### Bird of the Month Swan

Revered for their beauty and grace, swans are fast, agile fliers and speedy swimmers with excellent hearing and vision. Like elephants, these extremely intelligent birds have superb memories and can remember their interactions with humans. Swans are typically white, but some types are black and white, all black, or even pinkish. Their chicks, which are called cygnets, are gray until their adult plumage comes in. Swans live in and around coastal bays, lakes, slow-moving rivers, and ponds. Aquatic vegetation is their meal of choice, and they are known to aggressively defend their nests during breeding season. A group of swans is called a flock. These lovely, majestic birds symbolize loyalty, trust, companionship, and love—and for good reason. Swans often mate for life, and especially romantic pairs are known to swim together with their necks entwined or beaks together in a heart shape.

# Spring Park Assisted Living

## Spring Park Managers

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### Stephanie Albert

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## October 2023

### Absolutely Gourd-geous

Anyone who's attended a county fair is probably familiar with gargantuan, record-breaking pumpkins. Last October, Travis Gienger grew the largest pumpkin in America at 2,560 pounds. But in September of 2021, Italian farmer Stefano Cutrupi set a new world record for the world's largest when his colossus weighed in at 2,702.9 pounds. Why grow pumpkins to such enormous sizes? A better question to ask is how do pumpkins get so big? And can you grow a giant in time for Pumpkin Day on October 26?

Pumpkins are members of the genus *Cucurbita*. These fruits are related to the cucumber family and include squashes, gourds, zucchini, and, of course, pumpkins. All these plants are native to tropical and subtropical areas of North and South America. They grow on vines and can naturally grow as large as 200 pounds, making them the heaviest fruits on the planet.

Over the years, farmers moved these plants out of the tropics and began to grow them around the world. They selected certain species and explored which cultivars could be cross-bred to create the largest pumpkins. At the 1893 Chicago World's Fair, William Warnock wowed crowds with a 365-pounder. His giant pumpkins soon became major attractions.

It wasn't until the 1970s that Howard Dill of Nova Scotia bred a pumpkin known as the “Atlantic Giant.” Growing an Atlantic Giant takes 130 days, with plenty of sunshine, water, and fertilizer. Once the vine bears a pumpkin, choose the best to focus on and remove the rest. Even nonprofessionals can grow Atlantic Giants as large as 500 pounds, while the pros can top 2,000.

*Giant pumpkins lack genes that stop growth, allowing them to grow to enormous sizes.*



# Tale of the Tape

The very first ticker-tape parade was a spontaneous celebration held on October 28, 1886, at the official dedication of the Statue of Liberty, which was presided over by President Grover Cleveland. After the dedication, a parade wound its way through lower Manhattan's financial district. From financial offices high above, workers threw down ticker tape, the one-inch-wide strip of paper that continuously "ticked" out of machines and showed the values of stocks being traded on the stock market. Normally, the tape streamed out of machines and formed useless piles on the floor. Workers saw the piles as potential confetti waiting to rain down on the president, visiting dignitaries, and their cavalcade. The rain of ticker tape was such a hit that "ticker-tape parades" became a hallmark of New York City celebrations. The largest ticker-tape parade New York has ever seen was held in 1951 for General Douglas MacArthur. The 19-mile route attracted seven million spectators and amassed 3,000 tons of ticker tape. While this parade was the largest New York has ever seen, the parade with the most ticker tape was held in 1945 following the Allied victory over Japan. Over 5,000 tons of paper, including ticker tape and confetti, rained down in celebration.

Alas, traditional ticker-tape parades went out of style in the 1960s, when the stock market switched from ticker-tape machines to electronic boards. These days, parades still take place, but confetti is used in place of ticker tape. Both during and after the ticker-tape era, almost all parades traveled along a one-mile stretch of Broadway from the Battery to City Hall, known as the Canyon of Heroes. Today, visitors to the Canyon of Heroes will find over 200 black granite plaques detailing each parade that has been held in New York, honoring heroes of all kinds. This is New York City's version of the Hollywood Walk of Fame.



*Most ticker-tape parades nowadays use a biodegradable form of confetti.*



*Some believe that Saint Brendan the Navigator landed in North America centuries before Leif Erikson.*

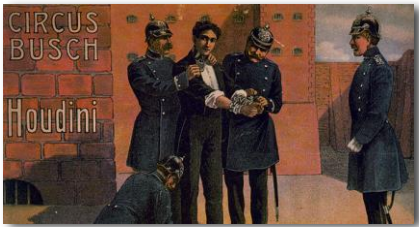
## Leif the Lucky

Each year, October 9 is proclaimed Leif Erikson Day to honor the Scandinavian explorer who landed in North America over 1,000 years ago. For many Scandinavians, this is a day to remind the world that Leif Erikson, also known as Leif the Lucky, was the first European to set foot in North America.

Both the *Saga of Erik the Red* and the *Saga of the Greenlanders* are books that offer details about Leif Erikson's voyage to Vinland, in present-

day Newfoundland. While sailing from Norway to Greenland, Erikson was blown off course. He discovered a land full of wild grapes, wheat, and maple trees, samples of which the seafarers brought back to Greenland. The new land was called Vinland, or "wine land," after the grapes found growing there. Erikson never returned to Vinland, but others from both Greenland and Iceland did, including the explorer Thorfinn Karlsefni, who attempted to establish a permanent settlement there.

# Giving Thanks



Thanksgiving may fall on the fourth Thursday of November in America, but for Canadians, the second Monday in October will always be Thanksgiving. Canada's holiday commemorates Sir Martin Frobisher, who sailed from England to Canada in 1578 in search of the Northwest Passage. When Frobisher reached Nunavut in the eastern Arctic, he gave a "thanksgiving" for their safe arrival, eating a

meal of salty beef, biscuits, and mushy peas. Luckily, most Canadians don't repeat this meager meal on Thanksgiving. As in America, most Canadians opt for turkey. Stuffing and pumpkin pie also grace the Thanksgiving table, but the stuffing is made of rice and bread crumbs, and the pie is full of ginger and other spices, like cloves, nutmeg, and cinnamon.



Sandra Gambrell

Sandra is a native of Greenville. Sandra is an only child. She and her mother lived with her Mom's twin sister while her father was at war. She married Mickey and was married for 61 years. They have 3 wonderful kids and 7 grandchildren. Her son lives in Greenville. One daughter lives in Greenwood and the other daughter lives in Easley. Sandra was a kindergarten teacher, and her husband was a minister. She was told when her daughter was born that she would never walk but they knew from the good Lord above that was not the case. She is walking and lives an active life with a slight limp. She has a Jesus tree she keeps year round at her front entrance. She is very blessed. She is enjoying, adjusting and getting to know Spring Park.



Ellen Ackerman

Ellen is originally from New Jersey. She became a fashion designer on 7<sup>th</sup> Avenue in New York. Eventually, she left and went back to school and was a buyer for Saks 5<sup>th</sup> Avenue. She didn't like being a buyer very much. She met someone who introduced her to a lady in the industry. Ellen became her assistant designer. She would design the outfits and pick out the fabrics. During this time, she met her husband and shared 50 years before his passing. He worked for Chase Manhattan Bank. While travelling they stopped in Atlanta at the Saks store and the entire window was her designs. She has 3 children. A son and 2 girls, along with 7 grandchildren. They retired in Myrtle Beach and resided there for 15 years. Her son asked her to move to Greenville. After living with him for a time she is now at Spring Park.

Let's welcome our newest Residents