



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a Manor of Speaking



 Anyone may view this newsletter by scanning the QR code above.

Manors' Addresses:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
 (plus Apartment #), Phoenix, AZ 85029

~~~~~

Susan O'Connell, Director of Operations  
 (480) 385-0065 (Hours: 9-5)

Alex Periut, HUD Apartment Manager:  
 (602) 443-5449 (Hours: 9-5) ~ M-I Office

Ginger Venable, HUD Asst Apartment Mgr:  
 (602) 861-3970 (Hours: 9-5) ~ M-I Office

Kim Cecena, Manors' Service Coordinator:  
 (480) 385-0058 (Hours: 9-5) ~ M-I Office

SECURITY/INFORMATION

(602) 443-5400

MAINTENANCE-W/O

(602) 424-9432

## October 2024

### Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

### Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

### Happy October!

"Autumn leaves are falling, filling up the streets; Golden colors on the lawn, nature's trick or treat!"  
 —Rusty Fischer

SALONS / BARBERS:

Fellowship Square... HAIR & NAILS  
 (602) 443-5422 (Sue)

Chaplain (Tom) FS .... (602) 443-5486  
 Outpatient Rehab .... (602) 443-5447

Home Health Services .... (602) 443-5447  
 8:00am to 4:00pm, Monday-Friday

Short-Term Rehab .... (602) 443-5443  
 Sr. Fitness .... (602) 443-5479 - (Ben)

Volunteering .... (602) 443-5419

## MOBILE DOCS

### DISPATCH HEALTH

Urgent Care To  
Your Home  
(480) 493-3444 -  
9am - 9pm - No  
membership Needed  
- ALL major  
Insurances Accepted.

### EYE DOCTOR

Eyes On Site  
(480) 626-8925

### PODIATRY

-Onsite -  
(602) 501-0328

### MOBILE DENTIST

Dentistry Of AZ  
(480) 313-3310

Smiles By Delivery  
(623) 584-4746

### CARDIOLOGIST

Ponderosa Heart  
(480) 795-1515

### Curana Health

(602) 613-5917

### Nibble and Sip

Cheese with sliced apples, or even a slice of apple pie, is a classic pairing. Apply this same logic when sipping on apple cider. Foodies suggest brie, cheddar, gouda and blue cheese to bring out the bold flavors of the crisp fall beverage.



### A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

### Paint Splatter Silhouette

Create cool artwork with this spray paint technique.

#### Materials:

- Pencil
- Thin cardboard
- Scissors
- Washable tempera paint, various colors
- Empty spray bottles (one per color of paint)
- Water
- Newspaper
- Black construction paper or card stock

#### Directions:

Draw or trace desired shape(s) on the cardboard. Some ideas for a seasonal theme include a crescent moon and stars, a tree with bare branches, a bat, a spider or cat. Cut out the shape(s).

Add a large dollop of paint to a spray bottle. Add 1/2 cup of water to the bottle, replace the nozzle, and shake to mix the paint and water. Repeat the steps for each color of paint you're using.

Protect your work surface with newspaper. Place a black piece of paper on the work surface, then position the cardboard shape(s) where you want them on the paper.

Hold the spray bottle of paint several inches away and spray paint onto the paper. Repeat with each additional color. Be sure to get plenty of paint around each cardboard shape.

Let the paint dry for 30 minutes, then lift off the cardboard shapes to reveal your finished artwork.

### Five Fun Facts About Black Cats

1. Sailors and fishermen used to keep black cats on their ships for good luck.
2. After spending time in the sun, a black cat's fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.
3. Popular names for black cats include Shadow, Smokey, Boo and Midnight.
4. Often, black cats have golden yellow eyes.
5. Scientists have discovered that black cats can fight off certain diseases better than other colors of cats. How lucky!

### In a Nutshell

Tip your cap to acorns, the famous fall nuts that are the fruit of oak trees. The little hat worn by each acorn is called a cupule, and it helps protect the seed as it grows. Depending on the type of oak, an acorn's cap may be smooth, scaly or hairy. When separated from the nut, the caps can still find a purpose as décor, a spinning top for a child and even a whistle!

## Wit & Wisdom

### A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.

### 'Dance' Is One

How many words can you come up with using the letters in "candy apple"?

### Shana Tova!

Happy New Year to all our residents celebrating Rosh Hashanah this month.

## TRANSPORTATION SERVICES

### -I. Dial-A-Ride -

(602) 253-4000

All trips must be scheduled 1 to 14 days in advance.

Application must be submitted and approved before use.

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### -II. DUET -

(602) 274-5022

Call for eligibility; Need 4 to 5 days' notice.

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### -III. A.D.A. -

(602) 716-2100

Requires application/ verification of need.

\*\*\*\*

### -IV. SENIOR A.D.A. RIDE

PROGRAM - (602) 801-1160

Fare Card for Cab Rides: Still only \$6 for \$20 worth! (Not 20 rides)

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### Alternative Transportation

Uber - (1-833-873-8237)

## OCTOBER BABIES!

### Manor 1:

Ruth Washington ~ 10/03 ~ #214

Jeannese Hill ~ 10/10 ~ #404

JoAnn Smith ~ 10/19 ~ #403

Darlene Layton ~ 10/23 ~ #204

Grace Human ~ 10/24 ~ #201

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Manor 3:

Eileen Hardin ~ 10/10

Beth Weber ~ 10/18 ~ #202

Clifford Wyles ~ 10/20 ~ #206

~~~~~



Happy  
**Birthday**

**COUNSELING SERVICES**

Marcann Mental Health Services  
(602) 824-9309

**COVENANT HOME HEALTH**

Front Office:  
602-443-5447

**ALTCS**

Arizona Long Term Care System: Helps pay for assisted living if approved. Call Service Coordinator for details. Call to start application or ask questions:  
602-417-6600

**SAINT MARY'S FOOD BOXES**

Call to apply for box delivery to campus:  
602-242-3663

\*Must be homebound or have a disability

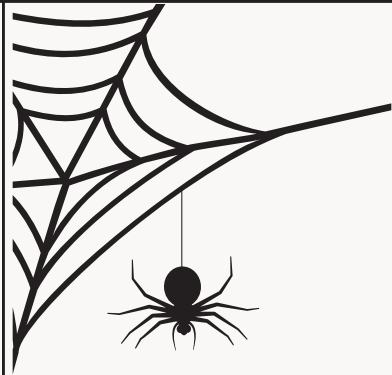
**Deer Valley Senior Center**

2001 W. Wanhalla Lane  
Phoenix, AZ 85027  
Monday through Friday 9 am to 4pm  
Contact #602-262-4520  
\$20-\$40 Yearly

**Frankenstein Friday**

The last Friday in October gives a spine-tingling tribute to the "mother" and "father" of Frankenstein: Mary Shelley, who wrote the novel in 1818, and Boris Karloff, who brought the iconic monster to life on screen in 1931.

| Sunday                                                                                                                                | Monday                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (FS) - Stands for Fellowship Square<br>(AR) - Stands for Activity Room - 2nd Floor<br>~~~~~<br>Terros Crisis Line 1<br>1-800-631-1314 | TRANSPORTATION<br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor<br>(602) 531-6902<br>DRIVERS:<br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967<br>- Gene - (480) 340-5251 | Chair Exercise <b>1</b><br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free)  |
| <b>6</b>                                                                                                                              | <b>7</b>                                                                                                                                                                                                                 | <b>8</b>                                                                                                                                                                                                                            |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                  | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road                                                                                                                                                                     | Chair Exercise <b>8</b><br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free)  |
| <b>13</b>                                                                                                                             | <b>14</b>                                                                                                                                                                                                                | <b>15</b>                                                                                                                                                                                                                           |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                  | <b>Columbus Day</b>                                                                                                                                                                                                      | Chair Exercise <b>15</b><br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |
| <b>20</b>                                                                                                                             | <b>21</b>                                                                                                                                                                                                                | <b>22</b>                                                                                                                                                                                                                           |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                  | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road<br>*****<br>Praise & Worship Sing-along<br>Manor 1 - 3rd Floor- Activity Room @ 5:30PM<br>Calvary Church of the Valley                                              | Chair Exercise <b>22</b><br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |
| <b>27</b>                                                                                                                             | <b>28</b>                                                                                                                                                                                                                | <b>29</b>                                                                                                                                                                                                                           |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                  |                                                                                                                                                                                                                          | Chair Exercise <b>29</b><br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |

| <b>Wednesday</b>                                                                                                                                                                                                                                                                                                | <b>Thursday</b>                                                                                                                                                                                                                                                                     | <b>Friday</b>                                                                                                                                                                                                                                      | <b>Saturday</b>                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p style="text-align: right;"><b>2</b></p> <p>8:30AM Fry's Trip - 10% OFF<br/>43rd &amp; Cactus<br/>~<br/>6:00PM BUNCO - CV 2nd<br/>Floor Activity Room</p>                                                                                                                                                     | <p style="text-align: right;"><b>3</b></p> <p>Wellness Program<br/>M1 @ 1:30PM<br/>3rd FI Activity Rm<br/>M3 @ 2PM<br/>1st FI Activity Rm<br/>Chair Exercise<br/>M3 2-2:30PM<br/>1st Floor AR<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p>  | <p style="text-align: right;"><b>4</b></p> <p>9:00AM - Post Office Trip<br/>Sign-Up &amp; Pickup Location Is<br/>at Center View 2nd Floor<br/>(602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp;<br/>Walgreens Trip -<br/>19th Ave. And Northern</p>  | <p style="text-align: right;"><b>5</b></p>                                            |
| <p style="text-align: right;"><b>9</b></p> <p>8:30AM Fry's Trip<br/>43rd &amp; Cactus<br/>.<br/>*Service Coordinator Lunch*<br/>LongHorn Steakhouse<br/>10047 N Metro Pkwy E<br/>Phoenix, AZ<br/>11AM - Sign Up With Kim<br/>Manor 1 (480) 385-0058<br/>.<br/>6:00PM BUNCO - CV 2nd<br/>Floor Activity Room</p> | <p style="text-align: right;"><b>10</b></p> <p>Wellness Program<br/>M1 @ 1:30PM<br/>3rd FI Activity Rm<br/>M3 @ 2PM<br/>1st FI Activity Rm<br/>Chair Exercise<br/>M3 2-2:30PM<br/>1st Floor AR<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p style="text-align: right;"><b>11</b></p> <p>9:00AM - Bank Trip - Chase,<br/>DSFCU, Wells Fargo, And B of<br/>A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree,<br/>35th &amp; Thunderbird</p>                                            | <p style="text-align: right;"><b>12</b></p>                                           |
| <p style="text-align: right;"><b>16</b></p> <p>8:30AM Fry's Trip -<br/>43rd &amp; Cactus<br/>~<br/>6:00PM BUNCO - CV 2nd<br/>Floor Activity Room</p>                                                                                                                                                            | <p style="text-align: right;"><b>17</b></p> <p>Wellness Program<br/>M1 @ 1:30PM<br/>3rd FI Activity Rm<br/>M3 @ 2PM<br/>1st FI Activity Rm<br/>Chair Exercise<br/>M3 2-2:30PM<br/>1st Floor AR<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p style="text-align: right;"><b>18</b></p> <p>9:00AM - Post Office Trip<br/>Sign-Up &amp; Pickup Location Is<br/>at Center View 2nd Floor<br/>(602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp;<br/>Walgreens Trip -<br/>19th Ave. And Northern</p> | <p style="text-align: right;"><b>19</b></p>                                           |
| <p style="text-align: right;"><b>23</b></p> <p>8:30AM Fry's Trip -<br/>43rd &amp; Cactus<br/>~<br/>6:00PM BUNCO - CV 2nd<br/>Floor Activity Room</p>                                                                                                                                                            | <p style="text-align: right;"><b>24</b></p> <p>Wellness Program<br/>M1 @ 1:30PM<br/>3rd FI Activity Rm<br/>M3 @ 2PM<br/>1st FI Activity Rm<br/>Chair Exercise<br/>M3 2-2:30PM<br/>1st Floor AR<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p style="text-align: right;"><b>25</b></p> <p>9:00AM - Bank Trip - Chase,<br/>DSFCU, Wells Fargo, And B of<br/>A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree,<br/>35th &amp; Thunderbird</p>                                            | <p style="text-align: right;"><b>26</b></p>                                           |
| <p style="text-align: right;"><b>30</b></p> <p>8:30AM Fry's Trip -<br/>43rd &amp; Cactus<br/>~<br/>6:00PM BUNCO - CV 2nd<br/>Floor Activity Room</p>                                                                                                                                                            | <p style="text-align: right;"><b>31</b></p> <p>Wellness Program<br/>M1 @ 1:30PM<br/>3rd FI Activity Rm<br/>M3 @ 2PM<br/>1st FI Activity Rm<br/>Chair Exercise<br/>M3 2-2:30PM<br/>1st Floor AR<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p>Love Your Neighbor As<br/>Yourself.<br/>BE THAT KIND OF NEIGHBOR!</p>                                                                                                                                                                           |  |

## Manor-isms:



**Manors' Office #**  
**(602) 861-3970**

**Alex Perlut**  
**EXT 5449**  
**HUD Office Manager**

**Ginger Venable**  
**EXT 3970**

**Apartment Asst**  
**Manager**

**Kim Cecena**  
**EXT 9981**  
**Service Coordinator**

### Manager's Office

#### Hours:

Mon.- Fri.: 8am - 5pm  
(Sat.: By  
Appointment)

### **Apple Nachos**

The taste of a caramel apple served up nachos-style makes an easy fall snack. Place apple slices on a plate and drizzle them with warm caramel sauce. Add chopped nuts, crushed pretzels, or chocolate chips. For peanut butter lovers, drizzle apples with melted peanut butter and top with chopped peanut butter cups.



### **A Rumble To Remember**

This month marks the 50th anniversary of one of the biggest sporting events in history: the 1974 boxing match between George Foreman and Muhammad Ali, billed as "The Rumble in the Jungle."

The fight was arranged by boxing promoter Don King and businessman Jerry Masucci, the co-founder of salsa music label Fania Records. The country of Zaire (now the Democratic Republic of Congo) hosted the contest.

The match was scheduled for September, but it was delayed several weeks to allow Foreman to recover from an injury. However, a music festival featuring artists such as James Brown, Celia Cruz and B.B. King went

ahead as planned, pumping up audiences for the showdown to come.

The rumble took place on Oct. 30 at 4 a.m. local time, broadcasting live during American television's prime-time block. In addition to the 40,000 to 60,000 attendees, nearly a billion people around the globe watched the fight live on TV.

As the current heavyweight champion, the 25-year-old Foreman was favored to win. Ali, at 32, was the underdog, with boxing fans questioning whether his speed and precision could possibly defeat Foreman. But Ali had a new technique to show off—the "rope-a-dope," during which he leaned against the ropes, blocking hits with his arms, as Foreman wore himself out throwing punches. The maneuver worked, and Ali defeated Foreman in the eighth round, becoming the world heavyweight champion for the second time in his career.

FLOWER OF THE MONTH | OCTOBER



*Marigold*  
*Warmth and joy*

## A Toast to Toastmasters

Many people struggle with public speaking. In fact, speaking in front of a crowd is the most common phobia, affecting at least 70% of the population. For 100 years, Toastmasters International has created a supportive environment for members to hone their speaking skills and become better leaders.

The Toastmasters story begins with Ralph C. Smedley, who worked as the educational director at the YMCA in Bloomington, Ill., in the early 1900s. Noticing the men in his community could benefit from lessons in how to give speeches and conduct meetings, he formed a social club where members took turns speaking on a topic and evaluating each other. Smedley picked the name Toastmasters as a reference to somebody who makes toasts at special occasions.

Smedley's job eventually brought him to Santa Ana, Calif., where the first official Toastmasters meeting took place on Oct. 22, 1924. At this gathering, Smedley outlined the club's formal procedures, and the members voted on officers.

Today, over 14,200 Toastmasters clubs are active in 148 countries. Meetings generally follow the same format: Table Topics, during which members make a brief, impromptu speech; a presentation of longer, prepared speeches; and a section devoted to feedback and awards. Members are assigned roles such as timer, grammarian and "ah" counter—a person who tallies "ums," "ahs" and other filler words used by the speaker.



## Who's Whooo of Owls

Symbols of wisdom and insight, owls are found throughout pop culture as characters who exhibit these qualities. Consider a few feathered favorites:

*Friend Owl.* He grumbles about noisy critters keeping him awake and warns about the dangers of falling in love. But Friend Owl is a wise mentor to the forest animals in the 1942 Disney cartoon "Bambi."

*Mr. Owl.* This candy mascot was first seen in a 1970 TV commercial attempting to answer the age-old question, "How many licks does it take to get to the Tootsie Roll center of a Tootsie Pop?"

*Woodsy Owl.* Created in 1970 by the U.S. Forest Service, Woodsy taught youngsters to "Give a Hoot, Don't Pollute." He continues to make appearances to share his latest eco-friendly slogan: "Lend a Hand, Care for the Land."

*Hoots the Owl.* Since his debut on "Sesame Street" in 1985, this jazzy Muppet musician has played his saxophone alongside famous entertainers such as Little Richard, Wynton Marsalis and John Legend.

*Hedwig.* Given to Harry Potter for his 11th birthday, this snowy owl served her owner by delivering his messages. Hedwig's intelligence and loyalty also proved to be valuable assets during the boy wizard's magical adventures.

## Services & More...



CHRISTIAN CARE  
REHABILITATION CENTER

Short-term rehabilitation  
located on campus!  
Post-surgical recovery,  
respite care, & more.  
Contact Admissions:  
(602) 443-5443

Manors Sr. Fitness  
Hours

In Manor II - Fitness  
Room

Tuesdays:

7:30AM-12:00PM

Thursdays:

7:30AM-12:00PM

(ALL By appointment  
only)

602-443-5479

Wellness Coordinator  
Beth Pera

## National Cat Day

The cat's out of the bag—Oct. 29 is National Cat Day, the purr-fect chance to showcase our community kitty. Take a meow-ment on this day to greet our favorite feline with a friendly pat, chin scratch or nose boop!

## Think Pink

October is National  
Breast Cancer  
Awareness Month.

# October 2024



## Thanks for the Meow-mories

As characters in literature, movies, commercials and more, cats entertain us with their adorable antics and cunning charisma. Purr-use this list of fictional felines:

| <b>Debut Year</b> | <b>Cat</b>   | <b>Bio</b>                                                                                                    |
|-------------------|--------------|---------------------------------------------------------------------------------------------------------------|
| 1865              | Cheshire Cat | This grinning cat is a fixture in Lewis Carroll's "Alice's Adventures in Wonderland" series.                  |
| 1919              | Felix        | One of the original cartoon cats, starring in films and comic strips, Felix is a cultural icon.               |
| 1933              | Chessie      | She invited passengers to "sleep like a kitten" on Chesapeake & Ohio Railway trains.                          |
| 1945              | Sylvester    | Suffering succotash! This Looney Tunes character would like to make Tweety Bird his lunch.                    |
| 1968              | Morris       | This orange tabby is the face of 9Lives cat food.                                                             |
| 1978              | Garfield     | Lover of lasagna, hater of Mondays ... this star of the funny pages is just like us!                          |
| 1993              | Binx         | This talking black cat helps defeat a trio of witchy sisters in "Hocus Pocus."                                |
| 2010              | Pusheen      | Purr-fectly plump, this sweet gray cartoon cat has left pawprints all over the internet, usually in GIF form! |

## "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.