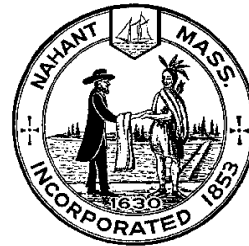


October 2014

# Nahant Tiffany Times

Nahant Council on Aging



## Our Mission

*"The mission of the Nahant Council on Aging is to provide physical, emotional, and mental stimulation enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment."*

### Meet the Staff

Linda Spinucci-Peterson -  
Executive Director

Caroline O'Connor - Assistant  
Arthur Barreda - Transportation  
Jim O'Connor—Transportation

### Nahant COA Board of Directors

Gertrud Joyce - Chairman  
Emily Potts—Treasurer  
Sarah Risher-Vice Chairman  
Nancy Gallo -Secretary  
Sheila Hambleton  
Geraldine Wittrock-Walton  
Linda Jenkins  
Nancy Wilson  
Renee Wright-Michaud

**October is National Breast Cancer Month.** In the past 6 months a couple of women in my life have been diagnosed with breast cancer. Both will be OK, however not before some very intense treatments. I wanted to pass on some information about the disease so that everyone who is of age will have regular mammograms.

Other than skin cancer breast cancer is the most common form of cancer among women in the United States. Most breast cancer is found in women over 50, however, can effect younger women. More than 200,000 women are diagnosed with breast cancer every year of which 40,000 die from the disease.

The Center for Disease Control and Prevention recommends women between 50 - 74 get a mammogram every 2 years. For ages 40 - 49, if you have a high risk factor for breast cancer talk to your doctor. The main factors that influence your risk for breast cancer include being a woman, being older than 50 and above, and having changes in your breast cancer genes BRCA1 and BRCA2. Most women who get breast cancer have no known risk factors and no history of the disease in their families.

For more information about breast cancer and how to find out if you are at risk contact your doctor about regular screenings.

Linda Peterson

### Friends of Nahant COA Executive Board

Linda Lehman - Co-President  
Caroline O'Connor - Co-President  
Lana Mogan - Vice-President  
Mary Irene Dickenson - Treasurer  
Margaret Silva - Secretary

**Nahant Senior Center is located at:**  
334 Nahant Road  
Nahant, MA 01908  
(Lower Level of Town Hall)

**Tel.# 781-581-7557**

**Follow us on Facebook:**  
[www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter)

### The "Friends of the Council of Aging"

is hosting this fundraiser to raise funds for new kitchen facilities for the Tiffany Room.

**Mark your calendar—FRIDAY, OCTOBER 24TH**

### "DANCING FOR THE STARS"

Fun filled Evening of Delicious Food, Music, Dancing, Prizes & Fun!

**Friday, October 24, 2014**

**6:30 p.m. to 10:00 p.m.**

At K of C in Nahant, Dance to the Dave Conlin Band

Dinner Catered by Brett Henry and Cash Bar

**\$25.00 per person**

**COME ONE, COME ALL!**

RSVP to Tiffany Room 781-581-7557 or Caroline @ 617-240-76788

## “ON THE GO TRIPS & EVENTS”

Monday October 6th	<b>Annual Topsfield Fair</b> -This fair is nearly 200 years old. It began in 1818 to Promote & improve agricultural interests of farmers & others in Essex Co. The Grandstand show on the 6th will be “North Sea Gas” winners of The Celtic Radio Music Award for Album of the year, voted “The Best of Scotland. Leaving Tiffany Rm. @ 11:00 a.m., lunch will be anything you want at the food vendors.
Wednesday October 8th	<b>Lunch and a Movie</b> -Wednesdays is Senior Discount Day, movie, “TRACKS,” about a young women who goes 1,700 miles across a desert in W. Australia with her dogs & 4 camels. Lunch will be at Tigers Den at the Lynn location.
Thursday October 9th	<b>Guest Chef</b> day at K of C with Live entertainment by Victor Dalpozzal and the North Shore Songsters. Price will be \$5.00pp. Menu to be posted in Tiffany Rm.
Wednesday October 15th	<b>Trip to Gloucester</b> to visit the Compass Rose and other historical sites. Stop for lunch at the Causeway Restaurant, and a stop at Connor’s farm in Danvers. Pay lunch separately.
Wednesday October 22nd	<b>Assembly Square Mall &amp; Lunch at Mt. Vernon Restaurant</b> So much to explore. So easy to get to. Just minutes from downtown Boston, Assembly Row is simple to visit, no matter how you arrive. Some of the stores in the Mall are as follows: Sak’s Fifth Ave., Chico’s, TJ Max Home Goods, Pendleton outlet, When Pig’s Fly Bread, Banana Republic, Loft and more.
Thursday October 23rd	<b>Paint a pumpkin</b> for Halloween-Heather Goodwin, the artist who organized the painting of our bus, and her Girl Scout troop will come to paint pumpkins at 2:30 in the Tiffany Room. The supplies will be provided.
Friday October 31st	<b>Halloween Party</b> at the Tiffany Room, start planning and be creative with your Costume. We will have a contest so begin planning now! Lunch will be prepared By Guest Chef Kathie Hatfield.

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at [lpeterson@nahant.org](mailto:lpeterson@nahant.org) for updates on other programs, trips & events.

## COMING ATTRACTIONS

Thursday November 6th	<b>Antiques Appraisal Extravaganza</b> , What treasures are hiding in your attic? Well known antiques & collectibles appraisal expert Mary Westcott will clue you in on the background and value of your hidden treasures! Bring up to 3 items for appraisal. We cannot appraise jewelry, coins, stamp or sports card collections. From 12:30 p.m. to 2:00 p.m. at the Tiffany Room.
Saturday November 15th	<b>Health Fair</b> featuring various organizations...nutritionists, healthcare providers, Elder care and more notable specialists assisting all with any additional Information. From; 10:00 a.m. to 1:00 p.m.
Wednesday November 19th	<b>Christmas Tree Shops &amp; Lunch @ The Ship</b> . This will be our first trip to the Christmas Tree Shop for Christmas. Leaving Tiffany Room @ 11:30 a.m.



Nahant’s Annual Flu Clinic for seniors and adults will be held on Wednesday October 29th from 3p.m.—7p.m. at the town hall, and for kids on Thursday October 30th. Please bring your insurance cards.

## MEMA STRESSES THE IMPORTANCE OF 'BEING INFORMED'

FRAMINGHAM, MA – The first concept of Massachusetts Emergency Preparedness Month being promoted by the Massachusetts Emergency Management Agency (MEMA) is the importance of 'Being Informed'.

It is important to learn of about the hazards that could potentially impact our communities. Massachusetts is susceptible to many natural hazards including floods, hurricanes and tropical storms, winter weather and blizzards, tornadoes, coastal storms, thunderstorms, lightning, severe weather, and many others. In addition, man-made disasters can also occur including; hazardous materials incidents, nuclear power plant incidents, power outages, transportation accidents, water supply problems, terrorism and others. Being aware of the different types of incidents that can occur is a critical part of being prepared for emergencies. When you know what to do, you can plan with your household and prepare in advance to be ready before the emergency. In addition to preparedness tips before the storm, these links also provide tips on how to stay safe during and after the emergencies. To learn more go to: [www.mass.gov/ready](http://www.mass.gov/ready)

MEMA's "Know Your Zone" hurricane awareness program provides an opportunity for people who live or work in coastal communities to learn whether they are in an evacuation zone. These zones may be used by public safety officials to communicate who needs to evacuate as a result of a hurricane or tropical storm.

It is also important to stay informed before or during an emergency. Some hazards such as hurricanes and blizzards have some advance notice, while others such as tornados have little or no notice. It is critical to be aware of, and understand the difference between, severe weather watches and warnings. These watches and warnings can be obtained from media sources, the National Weather Service, All Hazards National Oceanic and Atmospheric Administration (NOAA) Weather Radios, and you can also receive emergency information on your cellphone from Wireless Emergency Alerts, or by utilizing the Massachusetts Alerts smartphone app. By being alerted of these severe weather warnings, you can take necessary protective actions to keep you and your family safe.

During emergencies information may be available from a number of sources. It is important to proactively identify, and when necessary, subscribe to several information sources. This will ensure you will receive timely information, especially since not all methods are used for all emergencies, for example power outages and other effects of the disaster may cause disruptions in how people get information. Some of the primary ways to get information during an emergency include:

Local notification systems such as "Reverse 9-1-1 type" systems. These systems usually require opt-in/registration in advance, so check with your local public safety officials about which system they use and how to register.

- Commercial media (TV and radio).
- **MEMA's** Massachusetts Alerts smartphone app.
- **MEMA's Twitter or Facebook** accounts or the social media accounts of a public safety agency in your community.
- **MEMA's website:** [www.mass.gov/mema](http://www.mass.gov/mema) or your local community government website.
- **The Emergency Alert System (EAS)** via radio and television.
- **Wireless Emergency Alerts.**
- All Hazards National Oceanic and Atmospheric Administration (NOAA) Weather Radio.
- U.S. Coast Guard Marine Broadcast.
- Outdoor Electronic Billboards.
- Outdoor Sirens.
- Local notifications from public safety vehicles, public address announcements, or door to door notifications.
- A message on Teletypewriters (TTY).
- **Call 2-1-1 for Non-Emergency Assistance.** 2-1-1 is the Commonwealth's primary telephone call center during times of emergency and is able to provide information on emergency resources such as shelter locations.

MEMA is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures.

## FOOD FOR THOUGHT

### TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

All meals served with 1% milk, bread, crackers & soup  
Requested Donation - \$2.00

Friday 31th

Celebrating October Birthdays

### FOOD SHOPPING PROGRAM

Tuesday 7th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 14th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 21th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 28th	Market Basket and Vinnin Square	12:30 P.M.

## COTTAGE PIE RECIPE FOR THE WHOLE FAMILY



### Ingredients

- 1 1/2lbs lean ground beef or ground turkey
- 1 onion, chopped
- 1/3 cup chopped carrots
- 1/2 cup corn
- 1/3 cup peas
- 1 1/2lbs to 2lbs potatoes.
- 8 tablespoons butter
- 1/2 cup beef broth
- 2 teaspoons Worcestershire sauce
- 2 sprigs fresh thyme
- 1 teaspoon dried rosemary
- 2 teaspoons cornstarch
- 1 clove garlic, minced
- 1/2 cup shredded cheddar cheese

### Directions

1. Preheat the oven to 400F
2. Peel and quarter the potatoes. Boil in lightly salted water for about 20 minutes (or until tender).
3. Meanwhile, melt 4 tablespoons butter in a large frying pan.
4. Sauté the onions and carrots in the butter until tender (about 10 minutes).
5. Add the ground beef and sauté until well browned.
6. Add salt and pepper to taste with Worcestershire sauce, beef broth, thyme, rosemary, and cornstarch.
7. Cook uncovered over low heat for 10 minutes, stirring occasionally to make sure it's well mixed.
8. In a bowl, mash the potatoes with the remaining butter, minced garlic, and salt to taste.
9. Place beef and vegetable mixture in the bottom of a baking dish. Distribute the mashed potatoes on top. Feel free to use a fork to make interesting patterns in the mashed potatoes.
10. Distribute the shredded cheese on top.
11. Bake in the oven until bubbling and brown on top (about 30 minutes). For a slightly more crusty top, broil for the last few minutes.
12. Enjoy!

## WATERMELON GRANITA



The **EASIEST** frozen dessert you will ever make with only 3 ingredients!

### Ingredients

- 4 cups watermelon, deseeded and cubed
- 2 Tbsp. Truvia sweetener (or ¼ cup sugar)
- juice from ½ lime+

### Instructions

1. Blend all ingredients in a blender and pour into a shallow dish. Freeze for at least an hour.
2. When hardened, scrape top with a fork a place shavings into dishes to serve. Enjoy!

## CROSSWORD SOLUTION

S	E	C	T	O	R	N	E	I	G	H	B	O	R
Y	A	U	T	S	Y	I	U						
M	O	M	E	N	T	O	U	S	M	A	D	A	M
P	I	C	U	E	N	I	O						
A	I	S	L	E	C	O	N	T	A	I	N	E	R
T	O		A	C	S	G	S						
H	A	L	C	Y	O	N	E	D	I	T			
Y	E	O					U	S	F				
		C	U	T	E		C	O	M	I	C	A	L
A	S	N	L	A			I	A					
D	O	W	N	G	R	A	D	E	V	I	S	I	T
A	E	S	S	S			S	I	S				
G	R	A	F	T		T	R	A	N	S	P	O	S
I	R	E	I	R		O	R						
O	B	S	T	R	U	C	T		T	R	U	S	T





## Tiffany Café Menu

OCTOBER 2014

*"One should eat to live not live to eat"*  
~Moliere~

\*\*= HIGH SODIUM ITEM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>"A clear conscience is usually the sign of a bad memory."</p>		<p><sup>1</sup></p> <p>Lemon and garlic Chicken, Candied yams, Cauliflower WW bread &amp; Brownie ALTERNATIVE Ham &amp; Cheese Sand- wich Chicken Noodle</p>	<p><sup>2</sup></p> <p>Southern baked fish Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Tuna Salad on Bulkie Veg. Soup</p>	<p><sup>3</sup></p> <p>Hamburger/roll Baked beans Green beans, Fresh fruit ALTERNATIVE Turkey &amp; Cheese on Bulkie, Clam Chowder Fruit</p>
<p><sup>6</sup></p> <p>Roast turkey Flor- entine, Sour cream dill potatoes California blend veg. Bread, Choco- late pudding ALTERNATIVE Ham &amp; Cheese Minestrone Soup Pudding</p>	<p><sup>7</sup></p> <p>Cheese tortellini/ meat sauce, Garden salad/dressing Italian bread, Cookie ALTERNATIVE Chicken Salad Sand- wich Cream of Broccoli Soup</p>	<p><sup>8</sup></p> <p>Latin style pork/ gravy, Mashed sweet potatoes Capri blend veg. Rye bread, Fresh fruit ALTERNATIVE Turkey &amp; Cheese Sandwich Navy Bean Soup</p>	<p><sup>9</sup></p> <p>Chicken cacciatore Pasta Garden salad dressing WW bread, Fresh fruit ALTERNATIVE Egg salad Sandwich on bulkie Corn Chowder</p>	<p><sup>10</sup></p> <p>Salmon/dill sauce Yellow rice, Green peas WW bread Fresh fruit ALTERNATIVE Turkey &amp; Cheese Sand. on Bulkie Pasta Fagioli Soup</p>
<p><sup>13</sup></p> <p><b>HOLIDAY</b> <b>COLUMBUS DAY</b></p>	<p><sup>14</sup></p> <p>Turkey/mushroom sauce Mashed sweet pota- toes Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Egg Salad Sandwich On Hamburger bun Lentil Rice Stew</p>	<p><sup>15</sup></p> <p>Stuffed shells/sauce Broccoli, WW bread Fresh fruit ALTERNATIVE Ham &amp; Cheese Sandwich Tomato Soup</p>	<p><sup>16</sup></p> <p>Lemon pepper pork Red potatoes Garden salad/ dressing WW bread Cookie ALTERNATIVE Tuna Salad on Bulkie</p>	<p><sup>17</sup></p> <p>Thai sweet chili Chicken, White rice Stir fry veg. Rye bread Fresh fruit ALTERNATIVE Turkey &amp; Cheese Sandwich on Bulkie Vegetable Soup</p>
<p><sup>20</sup></p> <p>Crispy baked fish Sweet potatoe wedges Italian blend veg. WW bread Va- nilla pudding ALTERNATIVE Ham &amp; Cheese Sand. Clam Chowder</p>	<p><sup>21</sup></p> <p>Shepherd's pie Garden salad dressing WW bread Fresh fruit ALTERNATIVE Chicken Salad Sand- wich Minestrone Soup</p>	<p><sup>22</sup></p> <p>Roast turkey/gravy Veg. rice pilaf California blend veg. WW bread, Cake ALTERNATIVE Turkey &amp; Cheese Sandwich Cream of Broccoli</p>	<p><sup>23</sup></p> <p>Roast turkey/ gravy Veg. rice pilaf California blend veg. WW bread, Cake ALTERNATIVE Egg Salad Sand- wich</p>	<p><sup>24</sup></p> <p>BBQ pulled pork Rice and beans Spinach WW bread Fresh fruit ALTERNATIVE Roast Bf. Sandwich Corn Chowder</p>
<p><sup>27</sup></p> <p>Chicken and broc- coli Alfredo Pasta Capri blend vegetables Italian bread Pineapple ALTERNATIVE Tuna salad Sand- wich Tomato Soup</p>	<p><sup>28</sup></p> <p>Roast beef/gravy Rice and beans Garden salad/dressing bread Fresh fruit ALTERNATIVE Ham &amp; Cheese Sand- wich Chicken Noodle Soup</p>	<p><sup>29</sup></p> <p>Meatballs/pasta/ marinara sauce Cauliflower/red Pepper, WW bread Chocolate pudding ALTERNATIVE Egg Salad Sandwich</p>	<p><sup>30</sup></p> <p>Turkey chili Chipotle sweet potatoes Garden salad/ dressing, WW bread Fresh fruit ALTERNATIVE Egg salad Clam Chowder</p>	<p><b>HAPPY HALLOWEEN<sup>31</sup></b></p> <p>American chop suey Broccoli Rye bread Halloween Cookie ALTERNATIVE Turkey &amp; Ch. Sand- wich Minestrone Soup</p>

## HEALTH AND WELLNESS

Tuesday 14th	9:30 a.m.	Manicurist (sign up required) \$10.00
Thursday 16th	8:45 a.m.	Dr. Sanphy - podiatrist (sign up required)
Thursday 16th	11:30 a.m.	Blood Pressure
Tuesday 28th	9:30 a.m.	Manicurist (sign up required) \$10.00

### EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Monday	5:00 p.m.	Zumba (\$5.00)	Community Center
Tuesday	9:00 a.m.	Quilting	Community Center
Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Tuesday	1:00 p.m.	Cribbage	Community Center
Tuesday	5:00 p.m.	Total Body Exercise	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Mat & Stretch Class	Community Center

## MATTER OF BALANCE



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

The first Matter of Balance class was a success! The workshop began on Tuesday September 23rd at the Community Center and will end November 11, 2014. Because of the great turnout we will be adding another class beginning on **TUESDAY October 21st from 1:00 p.m. to 3:00 p.m.** through December 9, 2014.

A MATTER OF BALANCE is an award-winning program/workshop designed to manage falls and increase activity levels. The Nahant COA in collaboration with GLSS is presenting a Matter of Balance workshops. These classes are held once a week for 8 weeks for 2 hours each. The first class began on September 23, 2014 at 9:30 a.m. to 11:30 a.m. The next class will begin as noted above. Materials and classes are free. For more information call:

Mary Carideo GLSS 781-586-8527 mcarideo@glss.net or Linda Peterson at 781-581-7557.

## ZUMBA

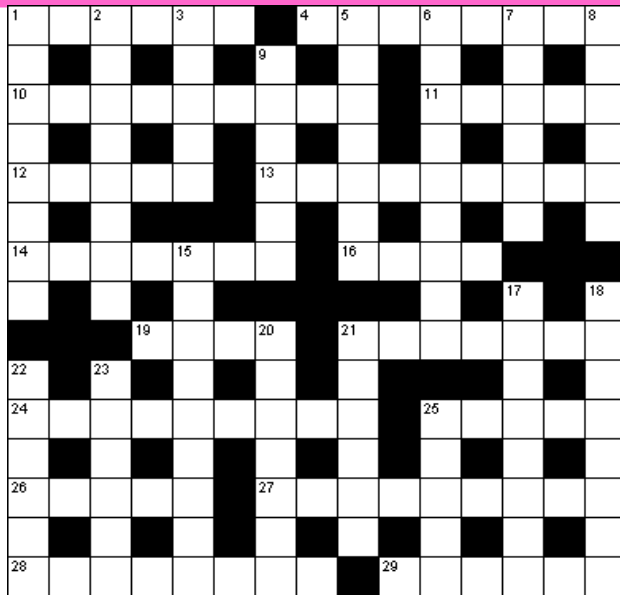


Don't forget ZUMBA classes on Monday evening at 5:00 p.m. to 5:45 p.m. at the Valley Road School in Nahant. \$5.00 donation.

The first month was well attended, so let's spread the word and keep this class going beyond the trial period.

For additional information call: 781-581-7557

## CROSSWORD PUZZLE



### Across

1. Area (6)
4. One who lives nearby (8)
10. Significant (9)
11. Gentlewoman (5)
12. A long narrow passage (5)
13. A box or can (9)
14. Happy (7)
16. Modify (4)
19. Adorable (4)
21. Funny (7)
24. Rate lower (9)
25. Call in (5)
26. Bribery (5)
27. Switch (9)
28. Block (8)
29. Worthy of belief (6)

### Down

1. Affinity (8)
2. A short negligee (8)
3. 1/16th of a pound (5)
5. Gist (7)
6. Athletic facility (9)
7. Staying (6)
8. Gossips (6)
9. Brilliantly colored bird (6)
15. Child (9)
17. Shears (8)
18. Insincere praise (8)
20. Rubber band (7)
21. Conqueror of Gaul (6)
22. Slowly (musical term) (6)
23. Affirms (6)
25. Eyeshade (5)

**MEDICARES'S OPEN ENROLLMENT IS OCTOBER 15 – DECEMBER 7.**

### Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2015.

During Medicare's Open Enrollment, you will have a chance to change your plan for next year. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor, please contact Linda Peterson, 781 581-7557 or you may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

### **Help Support Friends of Nahant Council on Aging**

Please accept my tax-deductible donation as a supporting member;

\_\_\_ Individual \$10.00    \_\_\_ Good Friend \$25.00    \_\_\_ Great Friend \$50.00  
 \_\_\_ In Honor/Memory/Appreciation of \_\_\_\_\_

OR

Please accept my tax-deductible donation of \$ \_\_\_\_\_  
 \_\_\_ In memory of    \_\_\_ In honor of    \_\_\_ In appreciation of  
 Person's name: \_\_\_\_\_  
 Donated by: \_\_\_\_\_

Please make checks payable to and mail to: **Friends of Nahant Council on Aging**  
 334 Nahant Rd., Nahant, MA 01908

## OCTOBER BIRTHDAY CELEBRATIONS

October 1—Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O'Connor, William King, Alicia Canali  
October 2—Kenneth Taylor, Andrew Bisignani, Joseph Graul, Bruce Kutcher  
October 3—Gina Macone, Daniel Kane, MaryAnn Putnam, Sherry Smith  
October 4—John Pescaia, Donald Gavin, Jane Kirkman, Deborah Murphy, Honey Amirault  
October 5—Davida Block, Hollis Honeywell, Walter Sheppard, Charles Hansell, Joyce Libbey, Anastasia Sofronas  
October 6—Dorothy Comito, Lillian Scapicchio  
October 7—Jack Reznick, Roberta Goldberg, Paula Bennett  
October 8—Ellen Donahue, Cecile Delaney, Mark Jacober, Frederick (Jimmy) Hefler  
October 9—Nancy Smith, Gregory MacDonald, Peter Marquez  
October 10—Barry Kingsbury  
October 11—John Magro, Adriano Nannini, Gail Davis, Susan Hendrikson  
October 12—Betty Sarpi, Henry Clausen  
October 13—George Lyons, Lyudmila Gruzdeva, Tina Romano  
October 14—Edward Ustaszewski, Rosario Dagata, Joyce Haynes  
October 15—Luc Schepens, Mary Rotiroti, Michael Flynn  
October 16—John Standish, Thomas Gallery, Kenneth Smith  
October 17—Calantha Sears, Joseph Damico, David Hunter  
October 18—Maureen Ward  
October 19—Dennis Urany, Leslie Fox, Dora Nocera  
October 20—Frederick Szczechowicz, Mary Wachtel Barreda, Thomas Mitchell, John Proudian  
October 21—Theresa Hobbs, Beverly Belliveau, John Wladkowski, Cynthia Christ, Paul Robert Sanborn  
October 22—Jacqueline Proia, Joseph Riccio, Dennis Joy, Michael Cullinan  
October 23—Alice Hall, David Rumpf, Frederick Stanley, Madelyn Davis, Theresa Holdcraft  
October 24—Lucy Grimm, Athas Kourkouis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter  
October 25—Margaret Waters, Marilyn Mahoney, Henry Kettell, David Desroches  
October 26—Anita Goodman, Wayne Noonan, Jean Murphy, Lynne Berkowitz, John Sereda  
October 27—Carolyn Fowle, Nancy Whitman, Jayne McCarthy, Dianne Greenstein, Peter Famulari  
October 28—Gloria Ventura  
October 29—Gary Recchia, Mary Ellen Shumann, Louis Wallach, Mark Irvine  
October 30—Rita Wladowski, Robert Steeves, Kenneth Cormier, Richard Conigliaro, Linda Cunningham  
October 31—Victor Dalpozzal, Susan Mahoney, James Bucci, Jane Wilson

**OCTOBER QUOTE:** October gave a party; The leaves by hundreds came; The ashes, oaks, and maples, and those of every name.

- The opal and the tourmaline are the birthstones for October.
- The calendula is the flower for the month of October.

## OCTOBER HISTORICAL EVENTS

**October 3, 1789**—George Washington proclaimed the first National Thanksgiving.  
**October 10, 1959**—The first passenger service circling the globe was announced by Pan American World Airways.  
**October 16, 1829**—The Tremont Hotel in Boston, Massachusetts, the first luxurious hotel in America, opened its doors with a dollar-a-plate dinner, attended by Daniel Webster and Edward Everett. This 170-room hotel offered many first-time luxuries and conveniences such as private bedrooms with door locks, soap and a pitcher of water in each room, indoor toilets (eight water closets), menus in the dining room, room clerks, and bellboys. Many architects in the future used the Tremont as a model for other luxury hotels.  
**October 28, 1636**—Harvard College was founded.  
**October 30, 1735**—President John Adams was born at Braintree (Quincy) Massachusetts.