

October Health Awareness

- Breast Cancer Awareness 
- Healthy Lung
- Dental Hygiene
- Down's Syndrome
- Domestic Violence
- Lupus
- Sudden infant Death Syndrome (SIDS)

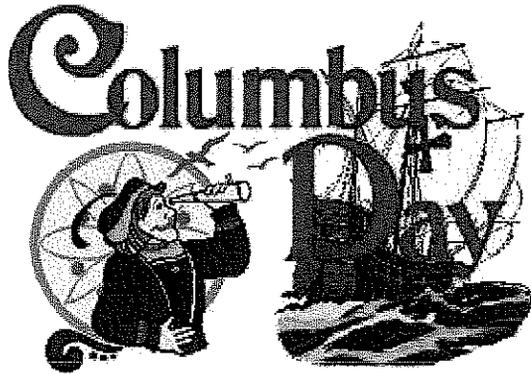
October Fruit & Veges

- Pears
- Apples
- Persimmons
- Ginger
- Galangal (part of the Ginger family)
- Turmeric

Apple Crisp

Ingredients

- 6 cups sliced and cored baking apples (for example, Granny Smith)
 - 1/2 cup (100 g) all-purpose flour
 - 1/2 cup (100 g) rolled oats
 - 3/4 teaspoon (3 g) cinnamon
 - 1/3 cup (75 g) cold butter or cold margarine
 - 2/3 to 3/4 cup (120-150 g) brown sugar
1. In a medium bowl stir together flour, brown sugar, and oatmeal. If the room temperature is a bit warm, you should cool this mixture.
 2. Prepare the apples. This should be completed before mixing butter into the topping. It is helpful to choose apples that do not brown quickly; Granny Smith apples are a good choice. Do not use Red Delicious apples; they turn to mush. Place the apples into a 9-inch square baking dish; glass is best.
 3. Add the butter or margarine to the topping. Mix it via a slicing action, so that the butter or margarine forms tiny little chunks and does not melt or smear. A pair of butter knives, used like scissors, is good for this. You must work quickly once you start this step.
 4. Sprinkle the filling onto the apples. You may pat it down just a bit.
 5. Bake for about 30 minutes in a 375 °F oven. Do not remove the crisp before the top is dark brown. Black spots indicate burning. It is better to burn a few small spots, which you can then remove, than to risk undercooking the topping.



Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the New World on October 12, 1492. The explorer Christopher Columbus made four trips across the Atlantic Ocean from Spain: in 1492, 1493, 1498 and 1502. He was determined to find a direct water route west from Europe to Asia, but he never did. Instead, he accidentally stumbled upon the Americas. Though he did not really “discover” the New World--millions of people already lived there--his journeys marked the beginning of centuries of trans-Atlantic conquest and colonization.

National Boss' Day

Boss's Day or National Boss' Day is a secular holiday celebrated on October 16 in the United States and Canada. It has traditionally been a day for employees to thank their bosses for being kind and fair throughout the year.

Patricia Bays Haroski registered "National Boss' Day" with the U.S. Chamber of Commerce in 1958. She was working as a secretary for State Farm Insurance Company in Deerfield, Illinois at the time and chose October 8 because she forgot that the birthday of her boss, who was her father, was actually on the 16th. Four years later in 1962, Illinois Governor Otto Kerner backed Haroski's registration and officially proclaimed the day.

National Boss' Day has become an international celebration in recent years and now is observed in countries such as Australia, India and South Africa and very recently Ireland ,UK and Egypt(10 Dec every year only in Egypt).



6 servings, 2 filled tacos each

Active Time: 15 minutes

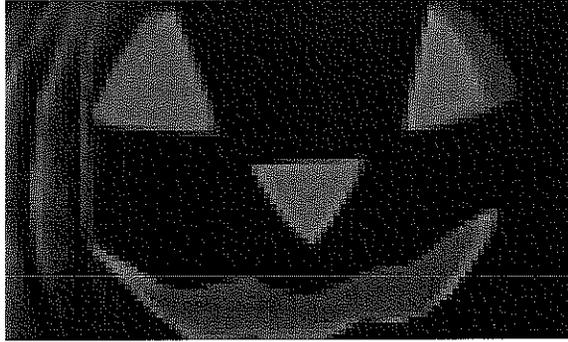
Total Time: 15 minutes

Ingredients

- 12 Eating Well Crispy Taco Shells, (recipe follows)
- Lean & Spicy Taco Meat (recipe follows)
- 3 cups shredded romaine lettuce
- 3/4 cup shredded reduced-fat Cheddar cheese, (3 ounces)
- 3/4 cup diced tomatoes
- 3/4 cup prepared salsa
- 1/4 cup diced red onion

Preparation

To assemble, fill each taco shell with (in any order):
a generous 3 tablespoons taco meat, 1/4 cup lettuce,
1 tablespoon cheese, 1 tablespoon tomato, 1 tablespoon salsa,
1 teaspoon of onions.



HALLOWEEN

Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints' Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows' Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating. In a number of countries around the world, as the days grow shorter and the nights get colder, people continue to usher in the winter season with gatherings, costumes and sweet treats.

Every October, carved pumpkins peer out from porches and doorsteps in the United States and other parts of the world. Gourd-like orange fruits inscribed with ghoulish faces and illuminated by candles are a sure sign of the Halloween season. The practice of decorating "jack-o'-lanterns"—the name comes from an Irish folktale about a man named Stingy Jack—originated in Ireland, where large turnips and potatoes served as an early canvas. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities.



Breast Cancer Awareness is an effort to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment. Supporters hope that greater knowledge will lead to earlier detection of breast cancer, which is associated with higher long-term survival rates, and that money raised for breast cancer will produce a reliable, permanent cure.

Breast cancer advocacy and awareness efforts are a type of health advocacy. Breast cancer advocates raise funds and lobby for better care, more knowledge, and more patient empowerment. They may conduct educational campaigns or provide free or low-cost services. **Breast cancer culture**, sometimes called **pink ribbon culture**, is the cultural outgrowth of breast cancer advocacy, the social movement that supports it, and the larger women's health movement.



The pink ribbon is the most prominent symbol of breast cancer awareness, and in most countries, the month of **October is National Breast Cancer Awareness Month**.

Mammography and rates of early detection over time

As mammography screening rates have increased, more cases of breast cancer have been found at earlier stages, when they are most easily and successfully treated. During the 1980s and 1990s, diagnoses of early-stage breast cancer, including ductal carcinoma in situ (DCIS), and conditions such as lobular carcinoma in situ (LCIS) increased greatly. Since the late 1990s, these rates have remained steady. At the same time, diagnoses of advanced stage (metastatic) breast cancer have remained stable or dropped slightly.



For over three decades, **John J. DeGioia** has helped to define and strengthen Georgetown University as a premier institution for education and research. Since graduating from the University in 1979, he has served both as a senior administrator and as a faculty member. On July 1, 2001, he became Georgetown's 48th president.

Dr. DeGioia is a Professorial Lecturer in the Department of Philosophy. He earned a bachelor's degree in English from Georgetown University in 1979 and his PhD in Philosophy from the University in 1995. He has most recently taught "Interior Freedom and the Academy," "Ethics and Global Development," "Human Rights: A Culture in Crisis," and a seminar on "Ways of Knowing."

Prior to his appointment as president, Dr. DeGioia held a variety of senior administrative positions at Georgetown, including senior vice president, responsible for university-wide operations, and dean of student affairs.

In 2004, he was presented with a Lifetime Achievement Award for Excellence in Academia from the Sons of Italy. And he was named a Washingtonian of the Year by *The Washingtonian* magazine in 2008.

Dr. DeGioia was raised in Orange, Connecticut, and Hanford, California. He and his wife, Theresa Miller DeGioia, a Georgetown alumna, and their son, John Thomas, live in Washington, D.C.

Awareness Ribbons

Ribbon	Color	Meanings
	<u>Pearl, white, or clear ribbon</u>	<ul style="list-style-type: none"> • <u>Lung Cancer</u> awareness.
	<u>White ribbon</u>	<ul style="list-style-type: none"> • <u>White Ribbon Campaign</u> (what makes a man a man): Working to end violence against women • The White Ribbon Alliance for Safe <u>Motherhood</u>: to ensure that <u>pregnancy</u> and <u>childbirth</u> are safe for all women and newborns in every country around the world • The White Ribbon is used to raise awareness for Severe Combined Immune Deficiency Disease (SCID) and SCID Newborn Screening. • The White Ribbon is used as symbol of distrust to the official results of elections to the Russian State Duma, held December 4, 2011.
	<u>Yellow ribbon</u>	<ul style="list-style-type: none"> • <u>Soldier Support</u> • <u>Bone cancer / Osteosarcoma</u> • Giving prisoners a second chance at life • <u>Endometriosis</u> awareness • <u>Craniofacial</u> acceptance (CCAKids.org) • Remembering <u>Black Saturday Bushfire victims</u> • <u>Cory Aquino's Death</u>
	<u>Puzzle ribbon</u>	<ul style="list-style-type: none"> • <u>Autism</u> awareness • Child-to-Child care and development awareness
	<u>Cloud ribbon</u>	<ul style="list-style-type: none"> • <u>Congenital diaphragmatic hernia</u> awareness
	<u>Type 1 Diabetes Ribbon (half blue, half gray, red blood drop in middle)</u>	<ul style="list-style-type: none"> • <u>Type 1 Diabetes</u> awareness¹
	<u>Blue ribbon</u>	<ul style="list-style-type: none"> • <u>Child Abuse</u> awareness (Solid Light Blue ribbon- Among certain advocacy organizations, ribbon is sometimes worn as a braided bracelet by survivors of violent physical or sexual child abuse in memory of victims.) • <u>Bullying</u> Awareness • <u>Tuberous Sclerosis</u> awareness (blue) • <u>Human trafficking and sex slavery</u> awareness (navy blue) • <u>Stevens-Johnson Syndrome</u> awareness • <u>Colon cancer</u> awareness • <u>Canada's National Non Smoking Week</u> • <u>Chronic Fatigue Syndrome</u> awareness • <u>Myalgic Encephalomyelitis</u> awareness

Ribbon	Color	Meanings
	<u>Orange and black ribbon</u>	<ul style="list-style-type: none"> • <u>Ribbon of Saint George</u>. Commemoration of <u>World War II</u> in <u>Post-Soviet countries</u>
	<u>Blue and Black Ribbon</u>	<ul style="list-style-type: none"> • Concern Of Police Survivors (COPS): Support <u>Law Enforcement</u>
	<u>Red and Gold Ribbon</u>	<ul style="list-style-type: none"> • <u>Neonatal Alloimmune Thrombocytopenia (NAIT)</u> Awareness
	<u>Purple and Red Ribbon</u>	<ul style="list-style-type: none"> • Chronic <u>Migraine</u> (newly established by some migraine support groups)
	<u>Burgundy and Ivory Ribbon</u>	<ul style="list-style-type: none"> • <u>Head and Neck Cancer</u>
	<u>Two Tone Blue and Purple</u>	<ul style="list-style-type: none"> • <u>Rheumatoid Arthritis</u>