

# OCTOBER RUNNER

*“I remember it as October days are always remembered, cloudless, maple-flavored, the air gold and so clean it quivers.”*

~ Leif Enger



## Dog of the Month – Pembroke Welsh Corgi

The adorable Pembroke Welsh corgi was originally bred in Wales as a cattle herding dog in the 10th century or earlier. Commonly called the corgi, this active, chipper dog has become a popular family pet. This sweet, loving breed is known for intelligence, strength, agility, and loyalty.



Corgis are small, friendly dogs with short coats in a range of colors: black and tan, fawn, red, and sable, with or without white markings. Pembrokes often compete in dog sporting competitions in activities like herding, obedience, and conformation. They also make

excellent companions and watchdogs. Pembroke Welsh corgis were once thought to be enchanted by fairies and elves. You can't help but smile along with these cheerful dogs who are affectionate, highly trainable, and love to run in circles—a practice called “frapping,” “zooming,” and “frantic random acts of play.”

## Special Days

**Yom Kippur**  
October 4

**World Smile Day**  
October 7

**Columbus Day (U.S.),  
Indigenous Peoples’  
Day, Thanksgiving  
(Canada)**  
October 10

**National Chocolate  
Cupcake Day**  
October 18

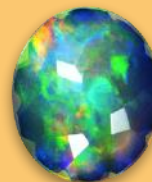
**Halloween**  
October 31

## Flower – Calendula



The calendula is a member of the marigold family. It is sometimes called the “pot marigold.” They are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout summer and into the fall. Calendula petals are edible and have been used for medicinal purposes since at least the 12th century. The Romans used them mixed with vinegar to season meat and salad. The petals were used in ointments that cured skin irritations, jaundice, sore eyes, and toothaches.

## Birthstone – Opal



Opals are praised for the way they shine and change color. These gems diffract light, and depending on where they were formed, they can be any number of different hues—from red and yellow to blue, green, purple, and black. The most common color is a milky, opaque white. Opals were considered to be very lucky in the Middle Ages and were believed to hold all the virtues of each gemstone whose colors could be found in the opal's impressive play of hues.

## Birthday Critters

### October 1–7: Monkey

Your social nature ensures that you are always the center of attention. You like to live life to the fullest and tend to have very strong intuition; whatever your gut is telling you, it's probably right.

### October 8–15: Giraffe

You are a beacon of strength and wisdom. Your graceful, loving nature draws friends your way. You also happily enjoy moments of solitude. You are someone friends and family look to for fun, advice, and comfort.

### October 16–26: Turtle

People around you are frequently blown away by your kindness. You are generous and like to give your loved ones surprise gifts to remind them how much you care. You are introverted, but your friends bring you out of your shell.

### October 27–31: Panther

You tend to be calm and unfazed by stressful situations. In fact, you work better when you are under pressure. You strive to be the best person you can be, and your friends and family know they can count on you to help.



## Sing Me a Song

October is National Country Music month. Put on some Dolly Parton, Garth Brooks, Johnny Cash, Willie Nelson, Patsy Cline, or another country crooner to celebrate the sounds of country-and-western music.



### October Zodiacs

Libra (The Scales)  
October 1–22

Scorpio (The Scorpion)  
October 23–31

**October** is the tenth month of the year on the Gregorian calendar, though its name stems from the Latin *octo*, meaning “eight.” In early Roman times, October was the eighth month on the calendar. Old England referred to it as *Winmonth*, meaning “wine month,” as October’s temperatures were ideal for making wine and cider. The Anglo-Saxons called October *Winterfylleth* because it marked and celebrated the beginning of winter.

## October Fun Fact

October is a strange month, weather-wise. The first frost usually occurs in October, but days of warm, summer-like weather can reappear. Farmers rushing to harvest the last of their crops are grateful for these Indian summer days. October, with its beautifully changing foliage, is one of the most colorful months of the year.

## What’s Lucky in October?

Lucky Color: Yellow  
Lucky Animal: Zebra  
Lucky Letters: *W* and *L*  
Lucky Day: Saturday  
Lucky Plant: Canna Lily



## October Birthdays

Gwen Stefani (singer) – October 3, 1969  
Kate Winslet (actress) – October 5, 1975  
Thor Heyerdahl (explorer) – October 6, 1914  
Michelle Wie (golfer) – October 11, 1989  
Ralph Lauren (designer) – October 14, 1939  
Emeril Lagasse (chef) – October 15, 1959  
Carrie Fisher (actress) – October 21, 1956  
Annette Funicello (actress) – October 22, 1942  
Michael Crichton (writer) – October 23, 1942  
Delmira Agustini (poet) – October 24, 1886  
Pablo Picasso (artist) – October 25, 1881  
Walt Kuhn (painter) – October 27, 1877  
Geraldine Brooks (actress) – October 29, 1925  
John Keats (poet) – October 31, 1795



In the blink of any eye, we are in a new month and another season.

Again this month I am sharing stories of new residents at Paul's Run.

Here are two residents' stories:

## **Beverly Flaxman ( B107)**

Beverly has been at Paul's Run over a year. Beverly was raised in Mt. Airy (West Oak Lane ) where as a homemaker and part time office worker she and her husband raised 2 children: Linda, an attorney and Mitchell, a gastroenterologist.

Beverly stated raising her children in Mt. Airy was wonderful as the children made lifelong friends.

Later Beverly moved to Valley Glen Condos in Elkins park where she lived for 36 years before moving to Paul's Run.

Although it's been over a year since moving, Beverly is still getting acclimated to all the programming offered here at Paul's Run yet enjoys time in her apartment doing cryptograms and dabbling on her computer.

Beverly enjoys dining with her tablemates each evening and she is so very impressed with how friendly the staff is and amazed they all know her name!

## **Adele Polen (A117)**

Adele Polen came to Paul's Run after living at Terraces at Welsh Walk for 29 years.

Adele was employed at the Jewish Federation for 35 years as Assistant to the Director of Finances.

Adele recalls some advice her wonderful boss relayed to her:

#1 If you think others will do what you do – you will always be disappointed.

#2 I hope you never leave me and get married!

Adele never married, but has a wonderful circle of friends. She met one dear friend she worked with at Provident National Bank where she was employed for over 7 years until retiring at age 62.

Adele soon grew bored of retirement and landed a job in sales at Strawbridge's Neshaminy Mall. After working at Strawbridge's, Adele's final job was at Off Saks 5<sup>th</sup> Ave in Franklin Mills Mall where she worked until retiring (again) at age 87.

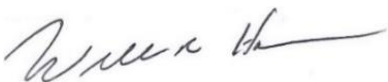
Adele is enjoying the movies and utilizing the gym a few days a week at Paul's Run.

Look for Adele soon at the General Store counter as she's looking forward to working another sales job.

Adele admitted moving was a big adjustment, but the time was right and she now feels good about the move.

Adele's really enjoying her beautiful apartment along with her 8 ½ year old Bijon dog named "Tommy"!

Sincerely,



Executive Director





Check out the many different volunteer opportunities at Paul's Run!

## **Community Service Club**

Spend one morning a month working on community service projects to better the Philadelphia community

## **Garden Club**

Use your gardening skills/knowledge to beautify and grow produce to share with the Paul's Run community

## **General Store**

Assist customers in the General Store. Volunteer hours are flexible to suit your schedule

## **Faith-Based Service**

Assist with religious services

## **Floor Representatives**

Responsible for helping new residents become acclimated to Paul's Run and represent neighbors at monthly Resident Council meetings

## **Friends of Paul's Run**

Serve on a charitable organization that directly contributes to community life at Paul's Run. Friends of Paul's Run donates funds to the library, helped with the new Friendship Garden, and purchased a new van and bus.

## **Library Committee**

Maintain the Paul's Run community library

## **Resident Council**

Represent your fellow community members at monthly Resident Council meetings

## **Resident Ambassadors**

Work with Marketing to support and help integrate new resident into the community

Independent Living October Community



## Thursday

October 6 – Bristol Amish Market

October 13 – Jenkintown Trip

October 20 – Parx Casino

October 27 – Willow Grove Mall

## Friday

October 7 – Regal Movie Theatre

October 14 – Jewish History Museum\*

October 21 – Taste King- Chinese Lunch

October 28 – Holy Redeemer Thrift Store

Please sign up in advance for trips in yellow trip binder in Library

Meet in A & B Lobbies at 12:30pm to join.

Bus will pick up in B lobby beginning at 12:30pm.

\*Will depart at 11:00am from Main Lobby



In Memory of



Donald Kolessar  
By Mr. & Mrs. Greg S. Orner

Caroline Willms  
Ms. Camille M. Coccozza

In Honor of

John Meiszner  
By Mr. John Meiszner

Thank You

A heartfelt Thank You from Sy and Sharan Ehrlich to everyone who attended Sy's Presentation of his Bar Mitzvah on Friday, September 16. They will remember it forever.

## GENERAL STORE

Friendly Residents Needed

- To meet new people
- Greet and help customers

Volunteers needed to help the Friends of Paul's Run operate the General Store.

Work when you want, no prior experience necessary.

For details, see Molly Bybee or Elise Baranak



## **A Gift That Pays You Income**

Did you know that a Charitable Gift Annuity (CGA) pays you back in return for your charitable contribution? To consider whether or not a CGA could be the right thing for you, ask yourself the following questions:

Are you looking for additional income or a way to provide income to someone else? Would you like to lock in a higher yield on a security or asset, but want to avoid the immediate capital-gains tax you would incur on the sale or transaction?

Do fluctuations in CD rates, interest earnings or dividend income worry you? Are you apprehensive that the value of securities or investments in your portfolio may be declining?

If any of these concern you, then a well-planned CGA could be the solution. By naming Paul's Run as your designated charity, you'll also ensure the future well-being of our residents.

Here's how a CGA works:

You donate \$10,000 or more with a charitable investment fund (like a community foundation or financial institution) that offers CGA gift options. With your donation, you enter into a contract whereby they pay you and/or somebody else (such as your spouse, other family member or friend) a fixed amount annually – for life.

The payout rates on a CGA are based on your age (or the age of your designated recipient) at the time that you make the gift or the date payouts begin if you elect for them to be delayed. When you or your designee dies, the remaining value in the account goes to your designated charity.

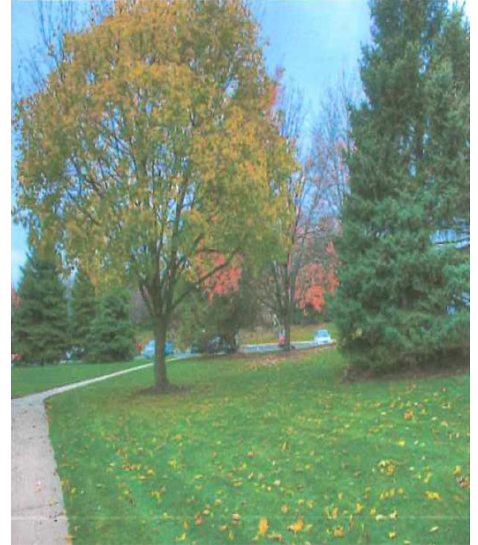
When you name Paul's Run as your charity, you make certain that residents remain home at Paul's Run, even if their finances change and they can no longer pay.

To learn more about how a CGA could support your goals while also helping others at Paul's Run, call Patty Cline at 267-464-7720 or email at [pcline@libertylutheran.org](mailto:pcline@libertylutheran.org).



## The Third Floor Balcony By Arnie Escourt

It was relatively quiet on that Sunday Morning  
I sat with Sam on one of the beach chairs and  
closed my eyes  
We relaxed and my mind was clear and empty  
The gentle breezes carried the various, outdoor  
sounds  
That flew by us with its murmuring mystery



The hum of the air conditioners  
Blended with chirping of unseen birds  
The rumbling of the busy, swift moving buses and trucks  
Mixed in with the very low buzz of the insects and bees  
As a gentle breeze rustled through the leaves of the trees

The misty white clouds had moved slowly away  
Leaving the clear blue sky ready to view  
With the soft droning of a small airplane flying by  
There was a large puddle of water on the roof below  
And removing my sunglasses made everything look brighter

I relaxed when Sam left to answer his phone  
The murmuring, rumbling, tones and sounds continued to drift along  
Carried by the gentle breeze that merged all of them  
I took a deep breath and enjoyed being witness  
To all those stimuli the balcony provided



## Our First Kiss By Arnie Escourt

On our first date, I took my wife down the shore to Atlantic City. We stopped at my grandmother's place, changed and went to the beach. We swam and sunbathed and talked on the blanket. I really liked her, she was fun. Then I went for a swim.

She had been out late the night before and was tired and she fell asleep. She was beautiful. When I came back to our blanket, I imagined she was Sleeping Beauty and I was her handsome knight sent to save her. I leaned over and kissed her. In her sleep, she kissed me back. I had found the girl of my dreams and we were married nine months later.

We had three wonderful daughters and six grandchildren. We had 58 wonderful years together until she got very sick.

## The Angry Lady By Arnie Escourt

My wife and I received a phone call from a nurse who had seen our advertisement in the local paper in which we invited people to sell us their old or unwanted items. She called one evening and told us she was moving to more modest quarters and wanted to sell some furniture and other items she and mother had in their home. My wife and I agreed to look at her things and made an appointment.

We arrived at their modes home about seven in the evening. The aroma of a freshly cooked fish dinner and baked potatoes mixed with the smell of urine, talcum powder and Lysol greeted us as we walked into the living room.

She looked at us and said that we looked honest. She then began to tell us about several dealers that took advantage of her situation and got her to sell things she wanted to keep. She told us her situation was desperate and she needed to sell things for the money. Then her mother started screaming at us, “You rotten S-O-Bs, you came to steal my things, get out of my house, you crooks, you rotten thieves.

The old lady’s daughter started to cry and pleaded with us to stay and buy their things because she needed the money. She wiped her eyes, excused herself and put her mother back into the bed as my wife and I looked at each other in bewilderment. The old lady refused to be quiet as requested by her daughter and continued to revile us from the other room.

We bought a few things and tried to be generous with our price offers. However, the cursing and offensive language removed any excitement or interest I had and we quickly left as soon as our negotiations were completed. The cool winter air felt good on my face and hands as we carried out and packed the few items we purchased into the van. This was the first and only incident of this kind we ever had.

October 2022 by Ed Scully

While visiting the Piedras Blancas Elephant Seal colony on the Pacific Ocean coast near San Simeon, I saw something you would never see on Bustleton Avenue: thousands of seals relaxing in the care of “Friends of the Elephant Seal” (FES), a non-profit, 501(c) 3 corporation. Its purpose is the preservation of the colony for ecological, scientific, historic, and scenic opportunities. Another purpose was for my enjoyment and the acquaintance of you Paul's Run residents with a creature that most of you never even knew existed. Elephant seals began coming from some islands off Baja Mexico in the 19<sup>th</sup> century but were hunted extensively for their blubber. During our lifetime, they have recovered from near extinction and have repopulated their then traditional pre-destroy-free locations to which FES is happily joined. Were it not for FES the following descriptions would not be here at all as follows:

Males can grow to 16 feet and weigh as much as 5,000 pounds. During their two four-month trips to sea, they dive continuously without touching land at any time whatsoever. Average dives for males and females are 20 to 30 minutes. Only males grow long noses and only when reaching puberty at age five.

Females grow to be as much as 1,700 pounds and 12 feet long. Though pregnant when leaving the beach in February, the fertilized egg does not start to develop until after molting in May before she returns to land to give birth. She then spends seven months at sea before returning to land to give birth--the longest uninterrupted time at sea of any elephant seals. (The Supreme Court decision overturning Roe vs. Wade has no effect upon Elephant seals.)

Pups, the baby seals, at birth are 60 to 80 pounds and are 3 to 4 feet long. At 3 months these pups dive deeper and can stay down longer than adult seals. At that age, one by one, they travel north as far as the Gulf of Alaska and do not land until they return to their starting point in the fall.

October 2022 by Ed Scully continued

My son Mark and I visited the rookery (That is what the site is called.) where docents greet over 200,000 visitors annually including over 2,000 students from dozens of schools. Elephant seal gifts and souvenirs, books, shirts, sweatshirts, caps, jewelry, and even elephant seal socks are sold there. When you first see Elephant seals, you will certainly be amazed. They appear to be so innocent but while I was there, I heard a story that a European visitor was killed by a seal when he got too close to him when attempting to take his picture.

You may have noticed, because of the possible nearness of COVID just about anywhere and your resultant splendid isolation, you are spending more time looking out windows and less time walking out doors. It may have resulted in your not seeing your family members and close friends too often and your not being able to do too much about it. Also, the U.S. Census Bureau reported a significant increase in the occasions of depression and anxiety quite probably because of COVID.

Another alarmful happening is that prolonged loneliness often raises the risk of type 2 diabetes .The absence of many meaningful connections with other people, as opposed to simply existing, can be part of the cause. Intentionally concentrating on the quality and quantity of your close, social and neighborly relationships should help reduce your probability of dire results. Anyway, you should be already doing this. Be active with everyone as much as possible

I've noticed that there are quite a few elderly people living here at Paul's Run. Also, the steady portrait portrays of deceased residents is testimony that all of us are aging to a point in our lives that we may sometime expire. Unofficially, I have discovered that there may be 10 or so residents close to or just about 100 years old. While we are growing old rather pleasantly, Queen Elizabeth recently died at age 96 and the news about her has been very constant.

It is somewhat appropriate to at least mention something about Prince Charles who has waited about 70 years to succeed his mother, Queen Elizabeth II, as reigning monarch of the United Kingdom; an empire or over 50 countries. It is felt that to be a little kinder to her son, she could have relinquished her rule just a little sooner. During this period, Charles became involved in many different undertakings, ranging in the military and even being a military pilot.



October 2022 by Ed Scully continued

Our strengths here at Paul's Run in Life Expectancy is emphasized by what we are doing here, including our attention to the shots that we have taken to create and almost immunity to COVID. A persistent struggle exists to ramp down illness and death in just about three years since the pandemic dawned. However, while we here are maintaining rather good lifestyles, the progress that we are experiencing in life expectancy here at Paul's Run, the progress that the United States was experiencing has come to a halt. People's lives have been cut short by suicide, overdose of drugs and alcohol-related liver disease. Life expectancy dropped in 2021 as reported by the Centers for Disease Control and Prevention. Also, something rather startling; a child born today has a life expectancy as low as one born almost 20 years ago.

Life expectancy was declining even before COVID and we may have an enemy similar to what other countries are experiencing. We didn't have good data from the influenza epidemic, so we may be going through what took place in the 1920s. As a result, we may find us continuing to receive booster shots for many more years. Accordingly, companies engaged in developing vaccines and upgrading existing ones will certainly stay in business, even though there are currently millions of them now already available.

Updated boosters are in existence for people like us who have had primary vaccinations with primary products considered to be original formulations can receive updated boosters as long as it has been at least two months since the last shot.

## N.Y. CITY IN REVOLUTION

by Jack Birnbaum

New York city was considered a Tory town with a strong undercurrent of rebellion making it a target for both sides during any struggle such as the war of independence when British troops marched into Manhattan after a Long Island victory over George Washington's Continentals, they took up position and began to pitch their tents. Washington recognized some time ago that a force in Manhattan would be difficult to remove and asked the Continental Congress secretly, to avoid such a test

The Congress viewing New York as a city with a population of 25,000 and consisting of more than 500 structures, the second largest city said a retreat would be best

Six nights after the British troops entry a fire broke out near the southern wharves starting near the Fighting Cocks Tavern, a near blacksmiths shop, or nearby shed.

"This great fire of 76" with strong winds, destroyed the Lutheran and Trinity Churches among the more than 500 structures sans alarms, to chase residents from bed

No fire bells tolled a warning as Washington's troops carried Volunteer firemen with them as well as the bells, to convert into cannon along with the rations to be fed

British troops did their utmost to fight the conflagration but found many of the city's pumps and fire engines to be out of order, then not to be able to fight a blaze

Desperate to stop it the troops arrested or executed any who it abetted, as a man who cut off handles off buckets, and a woman with matches in hand amidst this craze

In the fires aftermath patriot and loyalist newspapers each looked to assign blame, Patriot newspapers blamed accident, divine providence or plundering British troops

N.Y. City in Revolution by Jack Birnbaum continued

Loyalist papers saw treasonous “New Englanders” and other “patriots” to seize an opportunity to advance the revolution to any yet uncommitted colonial groups

This led General Howe leader of British forces to investigate the “villainous design” of the fire and his queries into this issue found no further flavoring to these soups

As an addendum in a letter of oct.6, 1776 to a distant relative who managed Mount Vernon plantation for General Washington a Mr. Lund, included the following passage:

“Had I been left to the dictates of my own judgements New York should have been laid in ashes before I quitted it- To this end I applied to Congress but was absolutely forbid-that they will have cause to repent the order. I have not a moments doubt of, nor never had, as it was obvious to me [covered as it may be by their ships} that it will next to impossible for us to disposes of it again as all their supplies come by water whilst ours were derived by land: besides this by leaving it standing, the enemy are furnished by warm and comfortable barracks in which their whole force may be concentrated-the place may be secured by a small garrison{if they choose it] having their ships round it& only a narrow neck of land to defend- and their principal force left at large to act against us, or to move to any other place for the purpose of harassing us. This in my judgement may be set down as one of the capital errors of Congress”.

2022 Honeybee Collapse  
By Sr. Franceline Malone



The Natural Resource Defense Council sent me a frightening bulletin this month. "Forty-five percent of the nation's honeybee colonies collapsed over the past year the second highest losses ever recorded. The world's most widely used class of insecticides - called *neonics* - is a key factor in this devastating die-off of bee colonies."

Some neonics are way more toxic to bees than DDT! Bees weakened and exposed for long periods find it hard to find food or their way back to their hives. Can they survive the winter? A full-blown crisis threatens our food supply.

Seventy to 100 major crops are pollinated by bees. Right now "there are barely enough bees to pollinate key food crops each year." That there are some pollinators at all is due to the frantic efforts of some beekeepers to replace lost hives. With worse losses the entire system could collapse.

We love stopping at a farm stand along the highway in the summer and buying tasty blueberries, watermelon, zucchini and in the fall apples. How many of us realize we depend on little bees to pollinate fruit flowers. We work in the garden. Bees buzz nearby. We're scared we'll get stung.

In all my years and I've got 89 of them, I've only been stung once while walking on a sidewalk next to a fence. When we were kids, my little brother Buddy sat down on the grass in a friend's back yard. He leaped up and cried out and ran home to mom. He became a pilot, to make it to 86 and is still going strong.

So yes, we don't want to get stung! We're still a bit scared of bees, but found keeping our distance usually avoids pain for us and maybe death for a bee, one of humanity's best friends.

Honeybee Collapse by Sr. Franceline Malone continued

Lose too many bees and we have less access to healthier foods. Food price rise causing struggling low-income families to be hit hard with less access to healthier foods.

That is why **NRDC** "is taking our fight for bee survival directly to Bayer - the German chemical giant." Myself, I associate Bayer with aspirin - a safe medicine I've been taking when needed since I was a child. I just learned it also makes Aleve, One A Day and Alka-Seltzer - also at home in our medicine cabinet.

**"But Bayer is also one of the world's leading manufacturers of bee-toxic neonics.** The neonic chemicals Bayer invented - imidacloprid and clothian - topped as much as **\$1.5 Billion**" in annual sales."

"The European Union has restricted the use of these toxic chemicals due to the high risk they pose to bees." Bayer still sells a torrent of these bee-killers in the U.S.A. Bayer and Monssanto merged recently into one global chemical company.with more power over farmers.

**"Bee's Can't Bayer It - and neither should we!"** NRDC is sounding the alarm mobilizing American consumers. They have spent four years in court to restrict the use of bee-toxic chemicals. Consider the effect on bees, butterflies and birds a clear violation of the Endangered Species Act. We can't outspend Bayer, but we together can the turn up the heat. Bayer does care about consumer opinions.

If you are concerned, drop Bayer a line.



## **Life in Iowa, More Farms than Towns**

Financially Iowa is one of our top five farm states. Nebraska's income last year was \$4.1 billion, Iowa's \$3.2 billion, and Washington's \$3 billion, \$2 billion on apples alone! Texas, with the largest number of farms: 247,000 occupying 126 million acres, earned a bit over \$5.5 billion. California farms brought in \$10.9 billion, about \$158,000 per farm. Farming in Alaska, sad to say, caused the state to lose \$5.5 million.

It's kind of cold up there, wouldn't you say!

Two crops, corn and soybeans, dominated Iowan agriculture. Raising the same crops year after year creates a problem - the soil sucks up but doesn't replace nutrients. Meanwhile, towns and cities struggle to keep farm pollution out of their tap water.

The three branches of the Raccoon River (first mentioned by Louis and Clark) travel north through an intensely farmed region. Iowa's economy depends heavily on agriculture, but farm run off pollutes its tap water with nitrates. The river stretches through 1.7 million of acres of corn, soybeans and other crops, each using lots and lots of fertilizer. Not enough to exacerbate a water pollution problem? Sixteen million chickens plus 2.3 million hogs are also raised in rural Iowa.

Des Moines is located at the base of the Raccoon's one hundred million acre watershed. Its Water Works supplies water to over a half million people. Rain run-off from the fields washes fertilizer and manure carrying nitrates into the river. Babies ingesting the uncleaned tap water have died and cancer threatened the adults. From the spring of 2014 until the fall of 2015 untreated Raccoon River water showed 11.12 parts/million (ppm) over the Environmental Protection Agency's legal 10 ppm. Blue Baby Syndrome and cancers plagued families living within the watershed.

Life In Iowa, More Farms than Towns by Sr. Franceline Malone continued

Between 2014 and 2015 scientists and water personnel using an ion exchange added sodium chloride to untreated water. The treated water tested at 5.16 ppm, not always at that exact limit. Utilities, obviously, cannot control how much rain God sends, so voluntary practices by farmers help to control the needed purification.

In the 1980's farmers reduced phosphorus losses from the fields to 22%. Between when the soybeans are harvested and the new crop is planted, they use cover crops as a grassy buffer strips to protect streams from runoff. Cover crops also reduce erosion. Planted late in the fall and enduring the winter well, cereal rye became a popular cover crop. Iowa now claims 90,000 miles of cover crops protecting fields and waterways!

Before farming took over, the state, cities, towns and villages had their own small schools. As agriculture became dominant, farm children began leaving the small schools which then had a hard time raising enough state funds to continue. Meanwhile, the state set up school districts to serve mostly rural communities and provided a bussing system to pick up and return the children in the afternoon. Rural school districts consolidated with other rural communities to get state funds. One district covering four counties recently had 1550 students enrolled.

Many large farm families raise goats and chickens. Children help out with the chores. Often nearby farms are owned by relatives.

Until covid-19 struck this past year, the school system worked smoothly. The question now became how can students be bussed safely without spreading germs?

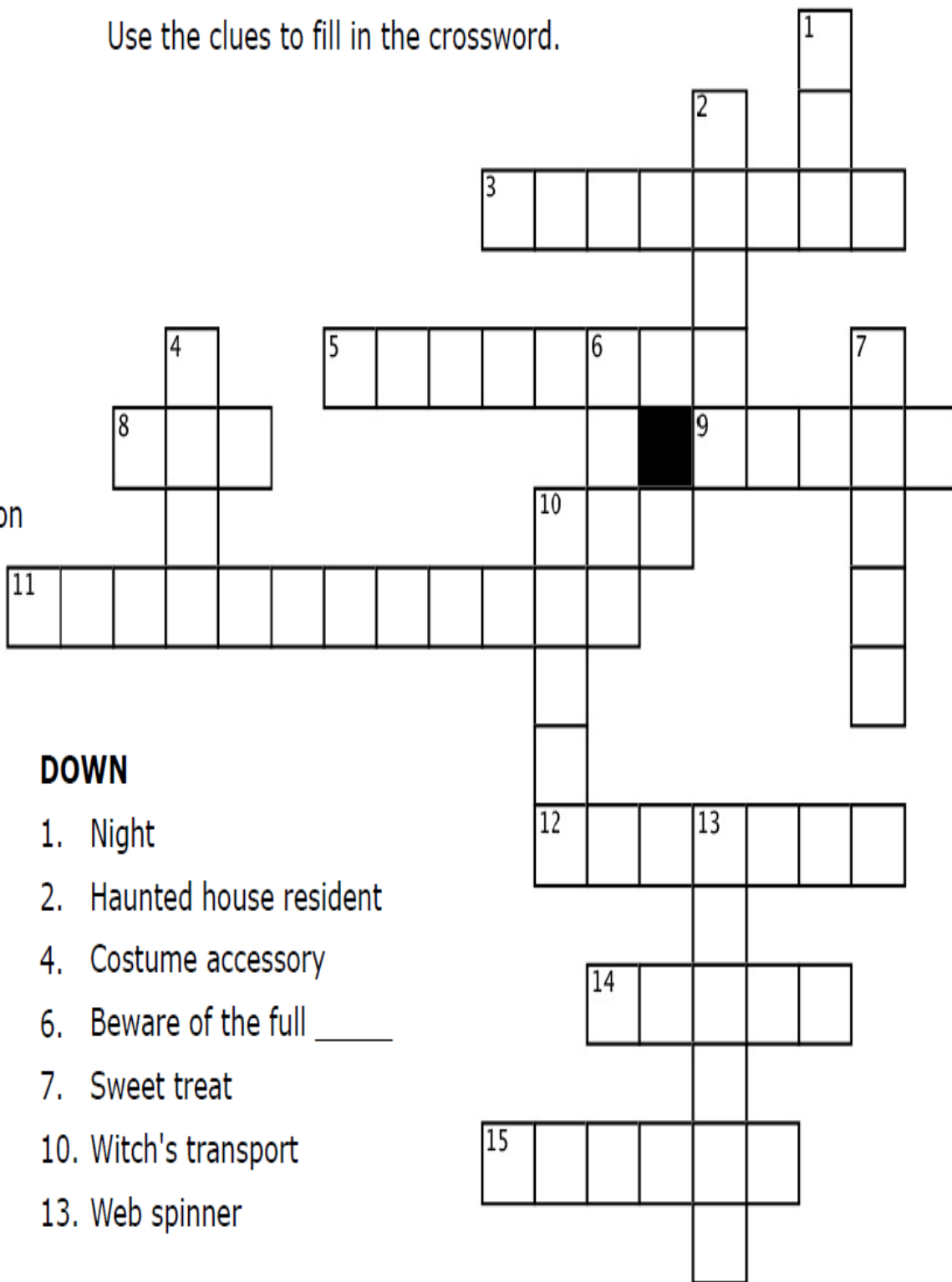
As a new school year rapidly approaches, families, teachers, supervisors and of course students are preparing for the new school year, looking forward to old and new friends, perhaps moving on to a new grade or even a higher level of education, ready for high school. Pigs still grunt, moms look for larger sized school clothes and may get a little breathing room, dads may lose some helpers, students are excited about moving upward! Probably not about homework!

## Halloween

Use the clues to fill in the crossword.

### ACROSS

- 3. Scare
- 5. Halloween outfits
- 8. Dracula, at times
- 9. Halloween delight
- 10. Ghostly sound
- 11. Halloween window feature
- 12. Frankenstein creation
- 14. Deceive
- 15. Bobbing for \_\_\_\_\_



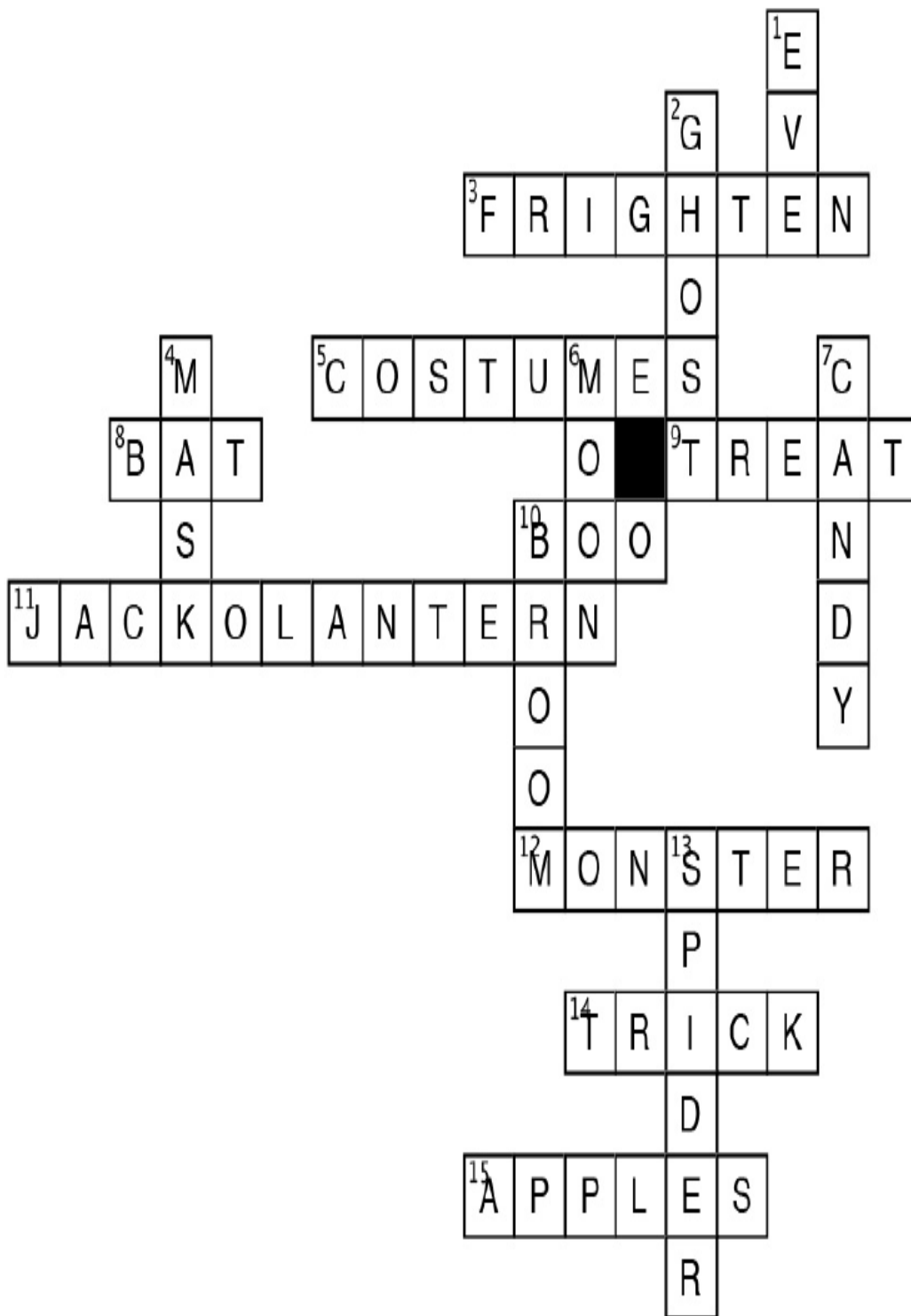
### DOWN

- 1. Night
- 2. Haunted house resident
- 4. Costume accessory
- 6. Beware of the full \_\_\_\_\_
- 7. Sweet treat
- 10. Witch's transport
- 13. Web spinner



## Halloween

(solution)



## MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



### Beauty Shop

By Appointment Only  
No Walk-Ins

Call Anne Amato  
215-934-3055



Like Us  
On Facebook



PAUL'S RUN

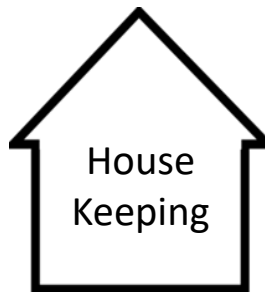


### Friends of Paul's Run

#### THE GENERAL STORE HOURS OF OPERATION

MONDAY - FRIDAY  
10:30AM-3:30PM

SATURDAY - SUNDAY  
11AM-3:30PM



House  
Keeping

THE HOUSEKEEPING  
DEPARTMENT IS ASKING FOR  
YOUR COOPERATION IN  
MAINTAINING A SANITARY  
ENVIRONMENT FOR ALL OF OUR  
RESIDENTS.

REMEMBER TO WASH YOUR  
HANDS FREQUENTLY WITH SOAP  
AND WATER OR WITH HAND  
SANITIZER WHEN AWAY FROM  
SOAP AND WATER.



A Request from  
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

## FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You