



# WEOMA CLUB NEWS

Carmen Vacanti - Editor - X3549

Oct. 24, 1996



## SPORTS

### SOCCER

Great news for soccer fans! We want to add, for the first time ever, "indoor soccer" into the Weoma Club programs. We know people have been waiting for this, so sign up, and we can determine how many teams we can sign into the new indoor facility at 6950 So. 110th St. La Vista.

There could be a teams for:  
19 and over  
30 and over  
40 and over and.....

Co-ed

The season will start in January, 97 but we need to sign up now to be able to have a spot on the league roster.

The fee p/person averages around \$40-45 per session.

For more information contact Gil Romero X-3883

NAME:

AGE:

Male or Female

Address:

Home Phone

Ext.

Fill out and return to the Weoma Club as quickly as possible.

### OCTOBER FUN FACTS

Daylight Savings Time Ends, October 27, 1996. Remember to set your clocks back one hour on this date, as we revert back to Standard Time.

Halloween, October 31, 1996. Nationwide, little ghosts and goblins will take to the streets in search of treats.

Halloween, October 31, 1996

Halloween, or the eve of All Saints' Day, can be traced back to ancient Celtic celebrations surrounding November 1, the Celtic New Year. It was believed that evil spirits,

demons and witches would wander the countryside on the

eve of the new year causing trouble for the mortal population. To ward off the evil spirits, people would light bonfires, make offerings of tasty treats and even dress up as demons themselves to fool the prankish.

The Haunting Halloween Puzzler

1. These cackling hags love to stir up trouble on Halloween. \_\_\_\_\_

2. These guys may look like bedsheets, but they won't be getting any sleep on Halloween. \_\_\_\_\_

3. These furry creatures of the night leave their belfries in search of Halloween fun. \_\_\_\_\_

4. Any self-respecting witch would gladly trade in her airline ticket for a Halloween ride on one of these. \_\_\_\_\_

5. A tasty Halloween batch of "eye of newt" can only be prepared in this. \_\_\_\_\_

6. This smiling Halloween trademark emits a haunting glow. \_\_\_\_\_

7. This furry creature is a witch's favorite Halloween companion.

8. This phrase will be on the lips of every "goblin" who ventures out on Halloween. \_\_\_\_\_

9. This is the one domicile where you don't want to ask for candy on Halloween. \_\_\_\_\_

10. This Halloween regular has a thirst that proves unhealthy for those he encounters. \_\_\_\_\_

Answers:

1. Witches
2. Ghosts
3. Bats
4. Broomstick
5. Witch's Pot
6. Jack-O-Lantern
7. Black Cat
8. Trick or Treat
9. Haunted House
10. Vampire

### English Language Trivia

Here is some little-known trivia about the English language:

- In order of popularity, the most frequently used letters of the alphabet are e, t, o, a and n.

- The word shyster did not come from Shakespeare's "Shylock", but rather from an unprincipled criminal lawyer named Mr.



Scheuster, who practiced in the U.S. circa 1840.

- The term "best man" can be traced to a time when the bridegroom would simply kidnap his bride with the assistance of his groomsmen, the toughest of which was given the auspicious title.

- The term "stark naked" comes from the Anglo-Saxon "steort", which meant "tail" or "rump", so the literal translation is "naked to the tail."

### Medieval Maryland

Maryland is the only state in the country that has an official sport. And that official sport happens to be...jousting. That's right, lances, horses, the medieval sport of kings.

Jousting is still practiced in Maryland, primarily at Renaissance Festivals, where enthusiasts

### National Mole Day?

No, October 23rd is not a celebration of small rodents, but rather of the world of chemistry. A "mole" is the number of molecules that will fill a given space under given conditions and is a way of counting in chemistry. It was created by an Italian physics professor named Amadeo Avogadro in the early 19th

century. Teachers view this day as an opportunity to get students excited about chemistry.

### HEALTH

#### The Dastardly Dust Mite

Are dust mites making your life miserable? Allergy sufferers dread pollen seasons, but your allergies may extend to other sources, such as dust, making your home a perpetual source of discomfort.

Dust mites, not much larger than a speck of dust themselves, are members of the spider family. They are found in most homes and can really irritate some allergy sufferers. Their favorite food is the dead skin that all of us shed every day. They tend to concentrate in bedding, furniture and carpeting, where most of their food is deposited. Once the dust mites move in, it is tough to get rid of them. But there are things you can do to keep them from setting up shop in your home:

- Keep the humidity in your home below 40 percent. Dust mites like a more humid environment.

- Wash bed sheets in hot water, at least 140 degrees F., to kill the little pests.

- Treat your carpets with a special shampoo that kills dust



mites, found at most hardware stores.

- Damp mop floors often to remove the bugs' food source.

### Beauty Mark or Health Hazard?

A small mole on your eyelid could be a warning sign of skin cancer. The dangers of sun exposure to the eyes and the skin are well-documented, but not much has been said about skin cancers around the eye, according to the American Optometric Association. In fact, among all cancers in the last 10 years, this is the only one that's shown an increase in incidence. And 90 percent of basal cell carcinomas are found around the eye, mostly in the lower lid.

As with other moles, eye moles should be checked for signs of possible malignancy: irregular shape (not circular), changes in color or size or occasional bleeding. If any of these signs are present, see your doctor immediately.

### NUTRITION

#### October Is Dessert Month

How do you celebrate Dessert Month and Halloween at the same time? How about baking a spooky pumpkin cake, complete with little ghosts inside.

#### Ingredients:

3 cups sugar  
3-1/2 cups flour  
1-1/2 tsp salt

2 tsp soda  
1/2 tsp baking powder  
1 tsp cinnamon  
1 tsp cloves  
1 tsp nutmeg  
1/4 cup raisins  
1/4 cup chopped pecans  
1 cup mini marshmallows

Sift flour and stir together with other dry ingredients in a large bowl.

1 cup unsweetened applesauce  
1/2 cup water 1 cup egg substitute  
1 large can pumpkin

In a small bowl, mix wet ingredients to a creamy consistency. Add ingredients of the small bowl to the large bowl until well blended. Grease two loaf pans and pour mix into pans. Bake one hour at 350 degrees F., until toothpick comes out clean. Cool and spread with your favorite cake frosting.

#### A Healthy Pick-Me-Up

If you're trying to ward off drowsiness, forget coffee. Grab some fruits or vegetables instead. In your body, a substance called serotonin controls alertness and mood. Your brain generates these chemicals, but it needs various B vitamins to allow it to do so. And some of the best sources of vitamin B are fruits and vegetables. So toss out that java

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and fill your mug with fresh fruit.

### October Is National Seafood Month

In honor of National Seafood Month, stop by the market, pick up your favorite fish or shellfish and treat your family to a delicious and nutritious dinner. Despite some cases of contamination, seafood is usually safe to eat, so long as you follow good sanitation practices when preparing it.

Keep equipment clean -- cutting boards and knives, for example. Wash your hands thoroughly after handling raw fish. Cook seafood at least until it is no longer translucent, when it flakes with a fork and has been taken to an internal temperature of at least 145 degrees F.

Oysters and clams should be cooked for minutes after four to six minutes after the water begins to boil.

### FAMILIES

#### Halloween Craft Projects

Why not make your kids' Halloween costumes from scratch this year? With our busy schedules, it's so often easier to buy their costumes. But with a little imagination, you can come up with terrific outfits and have a great time making them with your children.



First, ask your kids what they want to be for Halloween. Steer them away from the trite characters they see on television. When you have come up with a creative idea, raid the basement or attic for raw materials. Old clothes can be transformed into great costumes for your little hobos, witches, mummies or vampires. With some paint and elbow grease, cardboard cartons can house robots or even your child's favorite food item. The sky's the limit. The bottom line is to have fun sharing these holiday moments with your kids.

## SAFETY

### A Deer in the Headlights

Fall and winter are peak seasons for deer-related car accidents. According to the Insurance Information Institute, more than half a million drivers are involved in accidents caused by a collision with a deer -- and not just on country roads, these days. But there are steps you can take to minimize your risk.

Deer are most active during early morning and evening hours. Be particularly careful at these times, and drive with your high-beam headlights on when traffic and the law permit.

If a deer crosses in front of you, brake firmly but do not swerve;

you might hit another car. Blow your horn to frighten off the deer, and stay alert for other

deer; they usually travel in groups.

Finally, always wear your seat belt. Most people injured in deer-related car crashes were not strapped in.

## ETOP

There will be another CLEP/DANTES workshop on Nov. 19, 20 and 21 for those interested in testing for college credit. Contact Mary X3330 in the ETOP learning center for more information.

## FOR RENT

Furnished 1 bedroom apartment, with garage. All utilities paid. Available immediately \$300 per month call 1-234-7865 evenings Louisville - please leave message.

## WANTED

Family to adopt an international student for approximately 6 months 24 year old female from Thailand. Call 758-0381.

## FREE

Clean dirt you haul call 593-7181.

## FOR SALE

'93 Eagle Talon DL hunter green 30000 miles CD player, alarm system \$11000 call 493-8908 or 271-5908.

3 sofas (1 orange and brown, 1 green and yellow, 1 blue stripe)  
4 chairs (2 brown recliners and 2 blue) make offer call 496-1635.

4 Escort wheels with new 165x80R 14" radial tires, \$125. Or best offer call after 5 402-625-2154.

'87 Nissan Sentra 2 dr, 5 speed, 37k miles, air excellent condition \$3650 or best offer call 733-6627.

Two aluminum storm doors 36 x 80 one each left and right hinge including mtg frames, handles, closers, etc \$15 to \$20 ea call 391-6159.

Storage Sheds 100' x 35' boats cars, trailers motor homes inside and outside call 1-712-545-3935.



# TURKEYFEST

## 1996

Do your heart some good this Thanksgiving by participating in the Heartland Chapter's award winning Turkeyfest project.

We're cooking 50 turkeys to feed over 1200 needy and homeless individuals this Thanksgiving.

Cook a turkey, bake some cookies, help in the kitchen, or help deliver food on Thursday Nov. 28, 1996

The supplies can be picked up in the east office parking lot on Monday, Nov. 25, 1996 3-4:30 P.M.



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### We'll be happy to help out!

- Cook a turkey & deliver to Salvation Army between 6 - 8:00 P.M. on Wednesday
- Bake cookies & deliver to Salvation Army by 6:30 P.M. on Wednesday
- Help in Salvation Army Kitchen -- 6:00-8:00 P.M. on Wednesday
- Help in kitchen from 10:00 A.M. to noon Thanksgiving Day
- Deliver meals on Thanksgiving Day -- 10:30 to Noon

Name \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Shift Day \_\_\_\_\_ Eve \_\_\_\_\_  
Night \_\_\_\_\_ Retired \_\_\_\_\_

Please return this form to the Pioneer Office by November 19th. A Pioneer will contact you about making 1996's Turkeyfest the best ever!!!

Additional details are on the back

## TURKEYFEST 1996

This year the Heartland Chapter of the Pioneers is planning on cooking 50 turkeys and feeding approximately 1200 persons.

I. **COOKING OF TURKEYS:** We need turkeys cooked by you and/or your partner at your home. We will furnish the following:

- 1 turkey (18 to 20 pounds)
- 1 cooking bag
- 1 aluminum cooking tray
- 1 gallon size zip-lock bag
- 1 small zip-lock bag for giblets

The above supplies can be picked up in the EAST OFFICE PARKING LOT on Monday, November 25, between 3:00 and 4:30 P.M.

### **DIRECTIONS FOR PREPARING TURKEYS:**

1. Remove giblets before cooking turkey. Cook turkey in the cooking bag as per instructions.
2. Boil the giblets and neck separately. Put cut-up giblets and neck (remove meat from bone) in small plastic bag.
3. Leave turkey breast whole... Slice rest of turkey into smaller pieces.
4. Return turkey meat to the aluminum roaster tray.
5. Put juice from turkey in gallon size zip-lock bag (for gravy).

This is to be delivered to the rear door of the Salvation Army Building, 4032 Harrison St. - **PREFERABLY WEDNESDAY EVENING, NOVEMBER 27**, between 6:00 and 8:00 P.M. If necessary, delivery can be made Thursday morning, November 28 -- between 8:00 and 9:00 A.M.

II. **COOKIES:** This year we are again adding cookies to our meal and need donations of 4 DOZEN (or more) to be delivered to the rear door of the Salvation Army Building, 4032 Harrison St. on Wednesday by 6:30 P.M.

III. **DELIVERY OF MEALS:** We will be looking for 30 parties (families welcome) to assist in the delivery of meals to the O.H.A. High Rise Apartments and shut-ins. We will meet at the Salvation Army Building, 4032 Harrison St., Thursday morning, between 10:30 and 11:15 A.M. You should be finished by noon.