

Save the Date:

**October 17th**

**Annual Chili  
Cook-Off**

Support our United  
Way Campaign

10 –2 pm

**October 31st**

**Staff /Resident  
Costume Contest**

Judging at 2:30 pm

**Trick or Treat**

For resident and staff  
families only

6-7:30 pm

**8TH ANNUAL CHILI  
COOK-OFF  
TO BENEFIT UNITED WAY  
OF LOGAN COUNTY**

**Thursday, October 17, 2019**

10:30 – 2:00 in Main Lobby

Visitors, volunteers, residents  
and staff are invited to taste,  
and cast their ballots.

**All staff members are invited to enter the contest**



**Tasting is free!**

**\$1 = 1 vote    \$5 = 6 votes**

**A great cause, so feel free to vote early and often!**

Logan Acres Senior Community is once again looking forward to sharing Beggars' Night with the families of residents, and staff.



***This event is not open to the public.***

Our residents enjoy passing out candy to their grandchildren and the children of staff members. The residents of the Care Center will line the corridors and the Homestead residents will gather in the grand circular entryway to welcome children as they collect treats from 6–7:30 pm.

Many Logan Acres Employees will be in costume.

**Come Share in the Fun!**

Candy donations are welcome in the Life Enrichment Office at the Care Center.

## HOT MULLED CIDER

### Ingredients:

2 quarts apple cider  
2 sticks cinnamon  
2 whole allspice berries  
2 whole cloves  
1 orange thinly sliced

Optional: raisins, sliced apple

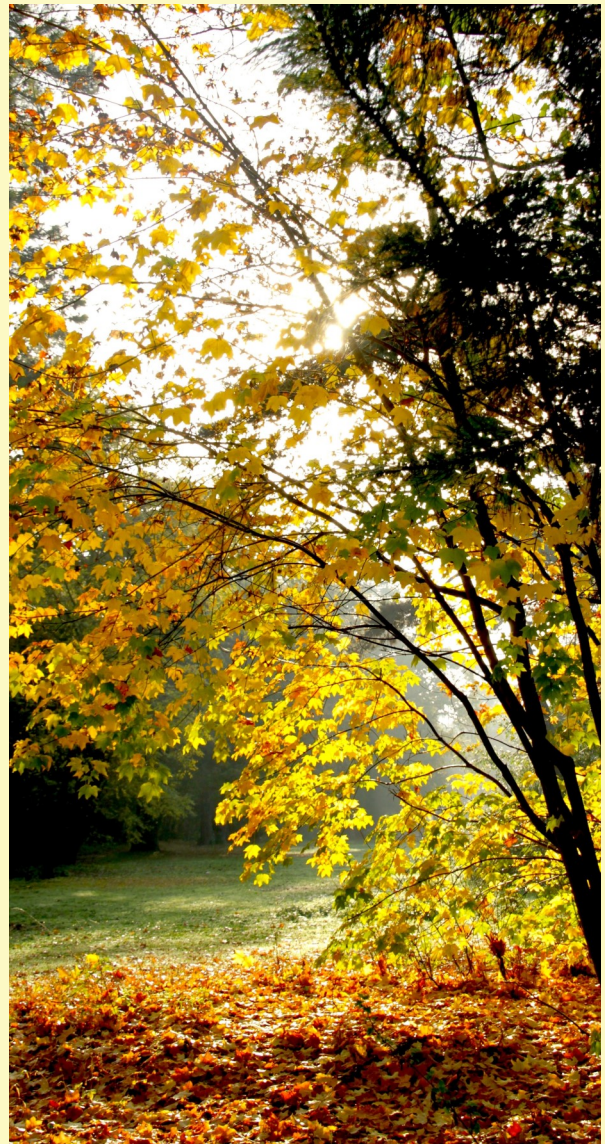


### Directions:

Place all ingredients in a large saucepan and bring to a simmer. Serve hot.

What are mulling spices?

The combination of spices varies, but it usually consists of cinnamon, cloves, allspice, and nutmeg; and less frequently star anise, peppercorn or cardamom. It also usually includes dried fruit (such as raisins, apples or orange rind). Mulling spices can also be bought prepackaged.



## Why Do Leaves Change Color ?

THE OLD  
FARMER'S ALMANAC  
FOUNDED IN 1792

First of all, not all leaves turn vivid colors in the fall. Only a few of our many species of deciduous trees—notably maple, aspen, oak, and gum—produce stellar performances for our annual autumn spectacular in North America.

Several factors contribute to fall color (temperature, precipitation, soil moisture), but the main agent is **light**, or actually the lack of it. The amount of daylight relates to the timing of the autumnal equinox. As the autumn days grow shorter, the reduced light triggers chemical changes in deciduous plants causing a corky wall to form between the twig and the leaf stalk. This corky wall eventually causes the leaf to drop off in the breeze. As the corky cells multiply, they seal off the vessels that supply the leaf with nutrients and water and also block the exit vessels, trapping simple sugars in the leaves. The combination of reduced light, lack of nutrients, and no water add up to the death of the pigment chlorophyll, the “green” in leaves. Once the green is gone, two other pigments show their bright faces. These pigments, carotene (yellow) and anthocyanin (red), exist in the leaf all summer but are masked by the chlorophyll which helps plants absorb sunlight. (The browns in autumn leaves are the result of tannin, a chemical that exists in many leaves, especially oaks.)