Happy Halloween!

Many of us know that Halloween colors are orange and black, and kids wear costumes and go trick-or-treating. But how much do you really know? Test your knowledge!

1. What country brought the tradition of pumpkin carving to America?
   - Ireland

2. What does the name “Dracula” mean?
   - "Devil’s Son"

3. What is the most popular Halloween candy?
   - Snickers

4. Why are Halloween colors black and orange?
   - Orange - represents harvest & Black - represents death

5. If you suffer from an intense fear of Halloween, you likely have a phobia called ____________.
   - Samhainophobia

6. What Halloween movie features the characters Max, Dani, and Allison?
   - Hocus Pocus

7. How many people were hung during the Salem witch trials?
   - Nineteen

8. If you see a spider on Halloween, it means ____________.
   - the spirit of a dead loved one is watching over you

9. What percentage of parents admit to sneaking candy out of their kids’ goodie bags?
   - 90%

October 10 is...

World Mental Health Day raises public awareness about mental health issues. The day promotes open discussion of mental disorders, and investments in prevention, promotion and treatment services. This year the theme for the day is “Depression: A Global Crisis”. Depression affects more than 350 million people of all ages, in all communities, and is a significant contributor to the global burden of disease. Although there are known effective treatments for depression, access to treatment is a problem in most countries and in some countries fewer than 10% of those who need it receive such treatment.

(Taken from World Health Organization’s website).

October 11 is...

National Coming Out Day

Celebrate who you are:

Lesbian  Gay
Bisexual  Transgender
Queer  Questioning
Intersex  Ally

National Coming Out Day (NCOD) was founded on October 11, 1988 by Robert Eichsberg and Jean O'Leary marking the anniversary of the 1987 march on Washington for Lesbian and Gay Rights. Since then, on or near every October 11, thousands of gay, lesbian, bisexual and transgender people and allies celebrate NCOD, with workshops, speak-outs, rallies and other kinds of events all aimed at showing the public that LGBT people are everywhere. (Source: George Mason University Coming Out Day Program).