



A Room with a View.

SEPTEMBER 2020



NOTES & NEWS

The Arrival of Fall

The word fall comes from the phrase “fall of the leaf,” an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.

Some Buzz About Honey

Honey is finding a home in the health and beauty aisle. Brands of soap, shampoo, face cream and lip balm are infusing products with honey because it contains antioxidants that support healthy skin. Naturally antibacterial and moisturizing, honey has nutrients that can help fight blemishes, wrinkles and dry skin.

Cart Creativity

A kitchen cart with wheels is a versatile piece of furniture that can add organization throughout your home. In addition to providing extra storage in the kitchen, it can easily roll into a different role as an end table, plant stand or bedside table, as well as store items such as towels, office supplies, books and toys.

HIGHLIGHTS

Building Blocks of Success

Break through a mental block by playing with blocks! From Lego bricks to classic wooden blocks, these toys aren't just for kids. Taking a break and building structures with blocks can help grown-ups with problem-solving and creative tasks, since focusing on the hands-on activity can clear the mind and stimulate out-of-the-box thinking.

Unsubscribe From Spending

If you want to avoid the temptation of impulse buys, think about unsubscribing from store emails and texts. Although they may offer coupon codes and insider-only sales, these alerts can get you to spend money you didn't plan on spending.

Pictures of Positivity

Instead of store-bought prints, surround yourself with uplifting personal images. Looking at happy photos of family and friends and places that are meaningful to you can help you feel contented and relaxed.

A Seasoning for Everything

It was once just a popular bagel flavor, but everything seasoning is becoming a go-to for other foods. As its name says, it can spice up everything with its mix of sesame and poppy seeds, dried onion and garlic, and salt. Use it to season meat and vegetables before cooking or sprinkle it on eggs, soup, pizza and popcorn.

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TRIVIA WHIZ



Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.

"To me, the smell of fresh-made coffee is one of the greatest inventions."

—Hugh Jackman



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color,

blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Since sunflowers mirror features of the sun, they are thought to symbolize adoration, loyalty and longevity. Their sunny charm is often seen adorning home décor items and fashion designs, and they have long been a celebrated subject in artwork.

Finding Joy Through Journaling

It's an age-old activity that's proving to be the latest way to practice self-care. Keeping a journal or diary has gained a renewed appreciation in helping to create a thriving life.

Preserve your history. Journaling about historic happenings and your reactions to them may be of interest in later decades. Instead of forgotten moments, you'll have concrete memories you can pass on.

Ease stress. Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems. When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself

from mental blocks and find a clearer understanding of the situation.

Improve relationships. It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals. By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals and track your progress in reaching them.





WIT & WISDOM



Meal Planning Made Easy

“What’s for dinner?” Having a weekly meal plan can help solve that daily dilemma and save you time, money and stress. It’s easy to get started.

Make a plan. First, list the meals and snacks you’d like to have in the week ahead. Adjust your plan by browsing grocery store ads to take advantage of what’s on sale, and using foods you already have on hand. Get everyone in your home involved and let them offer ideas.

Go shopping. Once you’ve chosen the week’s meals, create a shopping list. Review recipes and check your cabinets and fridge to be sure you have all the ingredients you’ll need.

Prep in advance. To make cooking quicker and stress-free, prep and store the week’s ingredients ahead of time in one session. You can clean and chop fruits and vegetables, cook dried beans, grate cheese, and portion out servings of snacks.

Cook once, eat twice. By planning ahead, you can put leftovers to use later in the week so they won’t go to waste. For example, a pot of chili can become the filling for burritos. Preparing a slow cooker meal is helpful for this strategy, as well as a timesaver.

Tickle your taste buds. Along with tried-and-true favorites, explore other meal options. Fix breakfast for dinner, sample a foreign dish, or make that new recipe you’ve been wanting to try.

neMinute Chef

Caramel Apple Roll-Ups

September is apple season! Use your favorite variety of this fresh fruit to make a fast and flavorful dessert.

Ingredients:

- 3 large apples, any variety
- 1 tablespoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 1 cup fat-free vanilla-flavored Greek yogurt
- 1/2 cup creamy peanut butter or other nut butter
- 8-10 fajita-sized flour tortillas
- Caramel-flavored sundae syrup

Directions:

Wash apples, then cut each into bite-sized pieces.

In a medium bowl, mix sugar and cinnamon. Add diced apples, tossing to coat all pieces.

In a small bowl, combine yogurt and nut butter; stir until smooth.

Onto a flat tortilla, spread 2 tablespoons of yogurt mixture, covering evenly to edges. Next, spoon a small amount of apple mixture onto tortilla, then lightly drizzle apples with caramel syrup. Roll up tortilla.

Continue process with remaining tortillas. Serve roll-ups topped with more drizzled syrup.

Find more recipes at MilkMeansMore.org.



“Every generation is going to keep changing, and you just have to embrace the change.”
—**Wyclef Jean**

“We need to remember across generations that there is as much to learn as there is to teach.”
—**Gloria Steinem**

“I always think about the next generation and creating a different blueprint for them. ... We don’t all have to take the same coordinates to get to the same destination.”
—**Janelle Monáe**

“You can take as much as you can from the generation that has preceded you, but then it’s up to you to make something new.”
—**Jackson Browne**

“This wired generation is kind of cool.”
—**LeVar Burton**

“If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself.”
—**Charles M. Schulz**

“The thing that makes my generation the greatest is our ability to hang out. We’re spectacular at it.”
—**Lewis Black**

“Hopefully, generations after us will continue to protect, preserve, and look after this wonderful land.”
—**Wilford Brimley**

“Our generation faces many challenges, some of which were passed on to us by the past generations, but it’s up to us to find solutions today so that we don’t keep passing our problems on.”
—**Shakira**



September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2	3	4	5
6 Rent Is Late	7 HAPPY LABOR DAY!	8	9	10	11 	12
13  National Grandparents Day	14	15	16 National Guacamole Day	17	18	19 Talk Like a Pirate Day
20	21 Batman Day	22 	23	24	25 National Cooking Day	26
27	28	29 National Coffee Day	30			

“This Month In History” SEPTEMBER

1920: The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

1935: After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

1945: On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

1952: The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world’s largest fast-food chains.

1968: With her debut hit song “Harper Valley PTA,” Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

1976: “The Muppet Show” premieres, bringing a cast of puppets to prime-time TV.

1988: Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth’s tallest mountain.

1996: Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel “The Deep End of the Ocean.”

2009: NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

2019: With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.