



A Room with a View.

OCTOBER 2021



NOTES & NEWS

Not Your Usual Pumpkins

While the classic round, orange pumpkin is an iconic seasonal sight, chances are you've noticed the unusual heirloom varieties that have cropped up. And the trend is the weirder the better, say plant breeders. From the eerie to the whimsical, pumpkins in peculiar shapes, colors and textures are popular picks.

Avoid Energy Vampires

Beware of energy vampires. These are people who zap your energy and leave you emotionally drained after talking to or hanging out with them. If you're getting caught up in their negative vibes, take action. As much as possible, limit interactions with them, and connect with pals who generate positive feelings.

The Fall Classic

It was 100 years ago this month that baseball fans first heard the World Series broadcast on the radio. Technology now lets us watch and stream the action and post and tweet about it. The 2021 World Series is scheduled to begin Oct. 26.

HIGHLIGHTS

Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October.

Clothing Care Tip

To help clothes last longer, apply personal care products such as deodorant, hair products, aftershave and perfume before getting dressed. This lessens residue on fabric, which can lead to staining.

Wonders of the Night Sky

Take time to look up and appreciate the marvels of the night sky. That's the mission behind Astronomy Day on Oct. 9. The biannual event, celebrated each fall and spring, invites people to get into stargazing, whether it's from their backyard, an observatory or planetarium, or a virtual event that streams telescopic views.

Self-Care Corner: Kitchen Cleanup

Walking into a messy kitchen first thing in the morning can put a damper on your day before it's even begun. Wouldn't it be better to be greeted with tidy countertops and an empty sink? Get into the habit of "closing the kitchen" after dinner by immediately putting away leftovers, washing dirty dishes, and wiping down surfaces. A nightly kitchen cleanup routine ensures you'll wake up to a clean, calming space in your home.

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TRIVIA WHIZ



A Classic Candy

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

- In surveys and sales, those orange wrappers filled with chocolate-covered cups of peanut butter rank as one of the most popular candies in America.
- Harry B. Reese created his version of the treat in his home in Hershey, Pa. Decades later, the Hershey Co. bought the brand.
- First sold in 1928, they were simply called penny cups in their early days, since they cost 1 cent each.
- Both fans and food scientists say the candy's appeal comes from its contrasting textures and tastes: the smooth, sweet chocolate paired with the slightly crunchy, salty peanut butter.
- Reese's recipe now makes about \$2 billion in sales each year.
- There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.
- You can get that Reese's flavor in other foods, including ice cream, cereal, cupcakes and snack mix.
- Peanut butter pumpkins, trees, hearts, and eggs are among the brand's annual holiday shapes.
- In 2020, Reese's debuted its first peanut butter cup featuring a color. Franken-Cups, named after the famous monster, have a two-toned coating of milk chocolate and green crème.



Your Fall Fun To-Do List

Get excited for fall with these fun activities that all ages can enjoy.

Revel in nature. Fall is a popular season to get outdoors. Savor the sights of nature by hiking a local trail, taking a scenic drive, or visiting an apple orchard, pumpkin patch or corn maze.

Play outside and in. Take advantage of a sunny afternoon with a game of soccer or touch football with friends. Chilly or rainy

weather? Organize a board game get-together or pull out a jigsaw puzzle for some old-fashioned fun.

Go to market. It's the month of fall festivals and craft shows, where you can get a head start on holiday gifts, or simply browse local, homemade products. And even though gardening season is winding down, many farmers' markets still have plenty of produce and other goodies to admire.

Make something. Carve pumpkins and roast the seeds. Create a fall wreath or decorate your space with leaves, acorns and pinecones you collect. Make indoor s'mores and get creative with the ingredients. Brew apple cider in a slow cooker or on the stovetop—as a bonus, your home will smell amazing!

Cozy up. Pop some popcorn, grab some blankets, get comfy on the couch and watch a spooky movie marathon. Or curl up with a book and chill out to music.

Little Seeds, Big Flavor

You may have seen them on a salad bar or in the snack aisle, or perhaps you've cooked with them. Pepitas, a type of pumpkin seed, are a food trend showing up year-round.

From the shortened Spanish phrase meaning "little seed of squash," pepita refers to a pumpkin seed without a hull. When you carve a common field pumpkin, the seeds you scoop out of it have white shells. Inside the shells are small, green seeds, which technically are pepitas.

However, most packaged pepitas sold in stores come from pumpkins that are bred to produce seeds without a shell. Easier to harvest, these pepitas are also larger and have a more robust color and flavor.

Pepitas and all varieties of pumpkin seeds are edible, and they're good for you. They provide nutrients such as protein, iron, fiber and healthy fats. They also contain

vitamin E, an antioxidant, as well as magnesium, which is needed to support muscles, bones and immunity.

Pumpkin seeds in the shell are usually roasted and eaten as a snack, but pepitas are more versatile and can be used in sweet and savory recipes. Raw or roasted, they add crunch to salads, stir-fries, cereals and breads. They can be subbed in for nuts in desserts and other dishes. Popular in Mexican cooking, pepitas are often blended into sauces and salsas.





WIT & WISDOM



Easy on the Ears

Wearing headphones or earbuds is a popular way to listen to music and other content on personal devices. Pause for some sound advice about using these go-to accessories safely.

How long and how loud you're piping your favorite tunes into your ears are the two listening habits you need to balance. To prevent damage to your hearing down the road, experts recommend what's called the 60/60 rule as a guide: Listen for no more than 60 minutes at a time at no more than 60% of your device's maximum volume.

Take a break at least once every hour to give your ears a rest. Set your device's volume just high enough so that you hear your music or movie at a comfortable level.

If you have ringing or buzzing in your ears or dulled hearing after using headphones, you've got the volume cranked up too high.

Consider noise-canceling or noise-isolating headphones. These block background noise without you having to dial up the volume to drown it out.

It's best to skip using headphones when walking, cycling or exercising outdoors. For safety, you need to hear what's happening around you in order to be alert and able to react.

Headphones shouldn't be shared, and be sure to clean them regularly. At least once a week, wipe down the tips on earbuds and the ear cushions on headphones.

Featured Recipe

Pizza Burgers With Mushrooms

Beef up the taste of burgers by adding a few mushrooms to the mix!

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium portobello mushroom, finely chopped
- 2–3 white button mushrooms, finely chopped
- 1/2 small onion, chopped
- 1/2 clove garlic, minced
- 2 teaspoons Italian herb seasoning blend
- 1 pound ground beef
- Salt, to taste
- 1 cup pizza or marinara sauce
- 1 cup shredded mozzarella cheese
- 4 hamburger buns

Directions:

Add olive oil to a skillet over medium-high heat. Sauté mushrooms, onions, garlic and herb seasoning for about 5 minutes, or until the vegetables are soft. Let the mix cool.

Transfer the mushroom mixture to a large bowl and blend with ground beef. Season with salt.

Form 4 patties. Reheat the pan and cook the burgers to your desired doneness. Top each patty with a dollop of sauce and a sprinkle of cheese, then cover the pan to melt the cheese. Serve on buns.

Find more recipes at MushroomCouncil.com.



“A smile is like an instant face-lift and an instant mood lift.”

—**Christie Brinkley**

“Use your smile to change the world; don't let the world change your smile.”

—**Chinese proverb**

“Just smiling at someone walking down the street can make the person's day. It's all about paying it forward.”

—**Mariska Hargitay**

“Everyone smiles in the same language.”

—**George Carlin**

“Let us always meet each other with a smile, for the smile is the beginning of love.”

—**Mother Teresa**

“As long as you live, keep smiling because it brightens everybody's day.”

—**Vin Scully**

“Nothing is more beautiful than a smile that has struggled through tears.”

—**Demi Lovato**

“Smiling is definitely one of the best beauty remedies. If you have a good sense of humor and a good approach to life, that's beautiful.”

—**Rashida Jones**

“Nothing you wear is more important than your smile.”

—**Connie Stevens**

“A smile is a curve that sets everything straight.”

—**Phyllis Diller**



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>October</i>					1	2
3	4	5	6	7	 8	9
10	Columbus Day 11	12	13	14	15	16
17	18	 19	20	21	22	23
24/31	25	26	27	28	29	30

“This Month In History” OCTOBER

1901: The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.

1940: Considered America’s first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.

1956: In a match known as “game of the century,” 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

1962: “Dr. No,” the first in the movie franchise about fictional British spy James Bond, premieres in London.

1974: Former MVP Frank Robinson is named the MLB’s first Black manager when he’s chosen to lead the league’s Cleveland team.

1984: During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

2008: The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

2019: After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition’s history.