



A Room with a View.

OCTOBER 2022



NOTES & NEWS

Have a Cozy Night In

Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.

A Full Schedule of Sports

October is prime time for sports fans. It's the only time of the year when there is action in all of the Big Four professional sports leagues—the MLB, NFL, NBA and NHL.

Sink Your Teeth Into Garlic

Adding robust flavor to a variety of cuisines, garlic boasts a wide range of health benefits. Multiple studies have shown that eating garlic on a regular basis can potentially help ward off the common cold, certain cancers and dementia. These onion cousins also promote heart health by lowering cholesterol and blood pressure.

HIGHLIGHTS

Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woody or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.

Pedaling Protects Your Joints

Exercise is extremely beneficial, but it can also be hard on your joints, especially for people who are overweight, older than 60, or have experienced injuries in the past. Try gentle cardio activities, such as cycling, which places less pressure on the spine and joints.

Popcorn and Movies

Whether watching a movie at home or at the theater, popcorn is the go-to snack. The partnership between popcorn and cinema began when the first talkies were released in the late 1920s. Movie attendance exploded, and theaters welcomed popcorn vendors as a way to draw in customers. When sugar was rationed during World War II, the salty snack popped to the top of concession stand options, and film fans have been craving popcorn ever since.

Valuing Mental Health

Recognizing the role that mental health plays in our physical health and overall well-being, World Mental Health Day is observed every year on Oct. 10.

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TRIVIA WHIZ



Dino-mite Details

On movie screens, in museums and textbooks, and as children's toys, dinosaurs are captivating creatures. Unearth these incredible facts about the prehistoric animals:

- Dinosaurs lived during the Mesozoic Era, also called the Age of Reptiles, which began over 250 million years ago and ended 66 million years ago. The Mesozoic Era is divided into three periods: Triassic, Jurassic and Cretaceous.
- In comparison, humans have only been around for 200,000 years.
- Scientists have identified around 700 different dinosaur species. The first discovery was made in 1676 of a fossilized femur bone that probably belonged to *Megalosaurus*, which later became the first dinosaur genus to be described and given a name. Its meaning? "Great lizard."
- Dinosaur fossils have been found on every continent.
- Though they're known for their enormous size, the average dinosaur was about the size of a car.
- The first skeleton of a *Tyrannosaurus rex*, one of the most famous dinosaurs, was discovered in 1902 by American paleontologist Barnum Brown.
- Likely a meteor, volcanic eruptions, or a combination of both wiped out the last dinosaurs from Earth.
- Today's birds descended from dinosaurs; scientifically, they're called avian dinosaurs. Some non-avian dinosaurs, however, were warm-blooded like birds and had feathers in addition to scaly skin.

A Forest of Fall Beauty

For many folks, nature's changing colors are the highlights of the season. But color is only the tip of the festive fall show. While familiar stunners like maple, oak and aspen trees offer brilliant hues, the beauties below add interesting shapes and textures to their pretty palettes:

Bald cypress. This tree's needle-like leaves may have you expecting an evergreen—it even produces round cones—but come fall, the needles turn bronze and drop to the ground, leaving behind bald, ridged trunks that are a striking sight on landscapes.

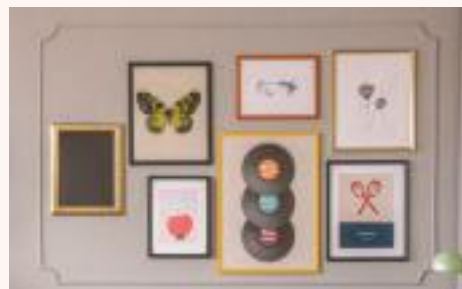
Ginkgo. Fan-shaped leaves give ginkgo trees a unique elegance, transforming from light green to glowing yellow. It's common for a ginkgo to lose all its leaves overnight, paving the ground below with a golden carpet.

Oakleaf hydrangea. A summertime stunner with its pretty flowers, this

shrub changes its leaves in autumn to rich jewel tones of burgundy, bronze and purple.

Sumac. The drooping fronds of this small tree transition to vivid shades of orange and red in the fall. Clumps of scarlet berries stay on the branches throughout the fall and winter, providing a pop of color as well as food for wildlife.

Turpentine bush. The deserts of the American Southwest see fall colors, too, such as the puffy yellow flowers that burst from this shrub's dark green stems as temperatures dip.



Make a Picturesque Display

A gallery wall of photographs and art adds personality and warmth to your home. Take on the project with this quick guide:

Assess both the space for your collection and the individual pieces you want to include. In addition to framed photographs and art, consider objects like clocks, mirrors, tapestries or baskets. Framed mementos such as tickets, playbills and old keys can help fill in small gaps. Items should be spaced apart from each other evenly; designers recommend 2 or 3 inches.

Spread your items out on the floor so you can move things around until you're happy with the design. When you like what you see, take a picture of the layout to reference later.

Use newspaper to cut out a template of each frame, then measure and mark on the template where the hanging hardware is. You'll want the center of the gallery to be about 57 inches from the floor. Begin hanging the paper templates with painter's tape, measuring carefully between them.

Choose removable adhesive hooks that are designed to handle the weight of each item. Place the hooks on the wall as indicated by each template, then remove the paper before hanging each frame. Use a level to ensure each item is straight before moving on to the next one.

Stand back and admire your work! To keep your gallery looking fresh, occasionally switch the photos or art out of some of the frames.



WIT & WISDOM



The Power of a Smile

Smiling: It's free, it takes little effort, and it can help you and others feel better. Here are just a few reasons to put on a happy face:

Melts away stress. Cracking a smile releases chemicals in your brain that boost your mood. Smiling also relieves physical symptoms of stress by lowering your heart rate and blood pressure, as well as relaxing tension in your muscles.

Solves problems. A simple smile can be the key to conflict resolution. Let's say you need to talk to a store manager or call to reschedule an appointment. Approaching with a smile starts the conversation on a positive note, even on the phone, since your smile can be heard in your voice.

Boosts your career. Research shows that smiling while working increases productivity. Your smile also makes you seem more confident and approachable, raising your chances of being promoted and building good relationships with your co-workers.

Lifts others up. When someone smiles at you, you probably smile back. Give others the same mood lift by initiating a smile with strangers and people you know. This small act can make a big difference in someone's day.

Gives you a facelift. Don't worry about laugh lines; smiling actually makes you look younger by lifting the muscles in your face. In general, people who smile are seen as more attractive and friendlier than those who don't.

Caramel Crumble Bars

Ingredients:

- 1 box yellow cake mix
- 1/2 cup plus 2 tablespoons butter, softened
- 3/4 cup apple butter, plus 3 tablespoons
- 1 egg
- 1 package (11 ounces) soft caramels, unwrapped
- 2/3 cup walnuts, chopped
- 2/3 cup sweetened coconut flakes
- 2 tablespoons butter, melted

Directions:

Heat oven to 350° F. Grease 13-by-9-inch baking pan.

With electric mixer on low, beat cake mix and 1/2 cup softened butter until mixture is crumbly. Spoon 1 cup of the mixture into medium bowl; set aside.

Add 3/4 cup apple butter and egg to remaining mixture. Beat on medium until smooth and creamy. Spread evenly into pan. Bake 20 minutes.

Place caramels, 2 tablespoons softened butter and remaining 3 tablespoons apple butter in microwave-safe bowl. Microwave in 30-second intervals, stirring every time, until smooth and melted. Pour evenly over baked crust.

Combine walnuts, coconut and 2 tablespoons melted butter with reserved cake mix. Mix until crumbly. Sprinkle over caramel in pan.

Bake 16 to 18 minutes, until topping starts to brown. Let cool; cut into bars.

Find more recipes at Musselmans.com.



"Melody is, and ever will be, the very flower of music."
—**August Wilhelm Ambros**

"Like sunshine, music is a powerful force that can instantly and almost chemically change your entire mood. Music gives us new energy and a stronger sense of purpose."
—**Michael Franti**

"Music should make you laugh, make you cry or make you think."
—**Kenny Rogers**

"How is it that music can, without words, evoke our laughter, our fears, our highest aspirations?"
—**Jane Swan**

"If music was the language of the world, imagine how beautiful a seven-billion-part harmony would be."
—**Scott Hoying**

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."
—**Sarah Dessen**

"The best music is essentially there to provide you something to face the world with."
—**Bruce Springsteen**

"There are more love songs than anything else. If songs could make you do something, we'd all love one another."
—**Frank Zappa**

"If everyone started off the day singing, just think how happy they'd be."
—**Lauren Myracle**



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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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“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.