



*A Room with a View.*

## SEPTEMBER 2023



## NOTES & NEWS

### Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

### Travel's Economic Effect

World Tourism Day is celebrated on Sept. 27. Read through these quick facts to learn how the travel, tourism and hospitality industry affects the world. (1) This industry contributed \$9.6 trillion to the global gross domestic product in 2019. That revenue dropped in 2020, but it is coming back up: It reached \$5.8 trillion in 2021. (2) Around 300 million people work in the travel and tourism industry worldwide. (3) The U.S., China and Germany contribute the most travel-related revenue to the global GDP.

### Take a Breath

"Nature does not hurry, yet everything is accomplished." —Lao Tzu

## HIGHLIGHTS

### Self-Care Corner: A Better Brew

Chock-full of antioxidants, coffee can be a healthy beverage, but "too much of a good thing" is a saying for a reason! National Coffee Day arrives on Sept. 29, so use this month to make your regular brew healthier in some way. Crave a sweet beverage? You can use less sugar by adding ground cinnamon, vanilla extract or unsweetened cocoa for a flavor boost. If coffee upsets your stomach—but you love it anyway!—check out a low-acid blend. Struggling with sleep? Avoid drinking coffee after 2 p.m.

### Got Dusty Blinds?

Clean blinds more efficiently by wrapping a dish towel or rag around each side of a pair of tongs, securing with rubber bands. Now you can use your DIY duster to clean both sides of each slat at the same time.

### It's Good To Ask Questions

We can sometimes feel embarrassed when we don't know an answer or are confused about something. But don't be afraid to ask questions! It's the only way we can learn. Asking questions is a foundation of clear communication, preventing us from making incorrect assumptions and helping us solve conflict. Inquisitive people also tend to have higher emotional intelligence. So ask away!

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# TRIVIA WHIZ



## Ooey-Goey and Delicious

With melty chocolate, a perfectly toasted marshmallow and graham cracker crunch, s'mores are a beloved autumn tradition. Get a taste of the season with these fun facts:

- The famous dessert has cycled through many names, starting with "Graham Cracker Sandwich" in the 1920s, followed by "Some More" in a 1927 Girl Scouts cookbook, and finally settling on "s'more" in the '30s.
- The residents of Grand Rapids, Mich., eat the most s'mores.
- The world's largest s'more, made in Vermont in 2019, was 342 pounds!
- The marsh mallow plant, otherwise known as *Althaea officinalis*, was used in early marshmallow recipes. The sap of the plant soothes sore throats, so the confection was used as medicine.
- Nowadays, gelatin is used to give marshmallows their squishy texture.
- 87% of Americans have eaten a s'more.
- The s'more's flavor is so adored that you can find it in many other products—such as Pop-Tarts, cereal, ice cream, beverages and trail mix, to name a few.
- When roasting marshmallows outdoors, use a metal skewer instead of wood to cook them faster. Turning the treat over the coals, rather than an open flame, results in a more uniform toast.
- S'mores are also a great indoor treat! Toast your marshmallow in an oven, microwave or air fryer. Make sure to keep an eye on the sticky stuff to prevent scorching.

## Don't 'Weight' for Good Rest

Chances are you've heard someone talk about how much they love their weighted blanket. For many, these specialty blankets are the key to a good night's rest. But how do they work?

These blankets provide high-quality sleep through a technique called deep pressure stimulation, or DPS, which is used by occupational therapists to improve emotional and physical well-being. Weighted blankets give the impression of a hug or swaddle, and they increase serotonin, dopamine and oxytocin—all "feel-good" hormones—while lowering stress hormones.

Often, a weighted blanket has compartments full of materials that provide extra weight—such as beans, grains, sand, or beads made of plastic, glass or metal. A blanket made of a bulky yarn or fabric can also serve as a weighted blanket.

Ideally, a weighted blanket should be about 10% of your body weight.

By helping reduce movement while sleeping, weighted blankets can ease chronic pain, and their ability to slow heart rate and regulate breathing can lower anxiety. The blankets are often recommended for dementia, ADHD and autism, among other conditions.

Weighted blankets may not be the right choice for those with asthma, low blood pressure or type 2 diabetes. Talk with a health care provider to see if a weighted blanket would be beneficial for you.



## Home Field Advantage

Some major sporting events are played at a neutral location to make sure no team has an upper hand. Statistics prove that home field advantage is real: In both the NFL and MLB, home games are won more than 50% of the time. In the NBA and MLS, the odds are even better—63% and 69%, respectively. So, what factors are in play?

**Fans.** At a home game, the stands are packed with adoring fans. Fan support goes a long way to enliven a team, but the crowd also enjoys distracting the visiting team with movements or shouts. These cheers

may not affect seasoned players, but fans can still influence a referee's judgment. Many statistics show that officials tend to favor the home team when plays are questioned or penalties are called.

**Travel.** The visiting team sometimes has to travel quite a distance to appear at a game—even occasionally crossing time zones. This can take a toll on an athlete's mental and physical focus. Not only that, but visiting players often have to sleep in uncomfortable hotel rooms and may be away from the personal support of family, friends and fans.

**Environment.** Weather varies drastically across the U.S. and the world; a team that has trained to play in the heat may not perform as well in a snowy game, or vice versa. Additionally, changes in altitude can cause headaches or dizziness and can even affect the way a ball flies through the air.



### Streaming the Smart Way

Streaming entertainment is easier and more extensive than ever: You can find movies and TV, music, podcasts, books and video games on popular platforms. But subscribing to all the latest and greatest services can take a large chunk out of your budget. Here are some tips to help you save:

**Audit your entertainment.** List all of the streaming platforms that you pay for, pick the one you use the least and cancel it.

**Set a streaming schedule.** There's no need to subscribe to everything all at once. Activate subscriptions to certain platforms when a show's new season releases or a hot album drops. Traveling soon? Download a premium app for podcasts or audiobooks.

**Bundle up.** Some platforms are offered in package deals or as add-ons to existing memberships. Also, your mobile phone carrier, credit cards or library may offer complimentary or discounted streaming services.

**Look for free options.** Many streaming platforms offer free trials to new subscribers. Set a reminder to cancel before you are billed, and use the app as much as you can during the trial period. Additionally, seek out platforms that are always free.

**Keep the commercials.** Save a few bucks by using ad-supported versions.

**Watch for sales.** Just like physical products, streaming services go on sale, especially at certain times of the year like Black Friday. You may have to commit to a whole year, but each month's payment will be significantly reduced.

### Sweet Potato Taquitos

This twist on the classic PB&J is nutritious and filling.

#### Ingredients:

- 1 large sweet potato, peeled and cubed (about 1 cup)
- 1 tablespoon olive oil
- 1/2 cup nut butter
- 8 small flour tortillas
- 1 cup blueberries
- 1 cup raspberries
- Cooking spray

#### Directions:

Preheat oven to 400° F.

Toss sweet potato cubes in olive oil. Arrange potatoes in a single layer on a baking sheet and roast for 25 to 30 minutes, flipping halfway through.

Place cooked potatoes and nut butter in a medium bowl. Stir to combine.

Add a large spoonful or two of the potato mixture to each tortilla, followed by some blueberries and raspberries. Roll each tortilla tightly.

Spray a large skillet with cooking spray and heat on medium. Place rolled tortillas seam-side down in the skillet and spray more oil over the tops—keep spray contained to inside the pan. Cook taquitos until lightly browned, about 2 minutes per side.

#### Tips:

- Leave the skin on the sweet potatoes for added nutrition.
- Switch up the berries for a personalized flavor.
- Use an air fryer to save time: Roast the potatoes for 10 minutes and cook the assembled taquitos for 6 minutes!

Find more recipes at [HealthyFamilyProject.com](http://HealthyFamilyProject.com).



## WIT & WISDOM

“The larger the island of knowledge, the longer the shoreline of wonder.”

—**Ralph W. Sockman**

“Without knowledge action is useless, and knowledge without action is futile.”

—**Abu Bakr**

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”

—**Marilyn vos Savant**

“What is research but a blind date with knowledge?”

—**Will Harvey**

“Some people drink from the fountain of knowledge, others just gargle.”

—**Robert Anthony**

“Be curious always!

For knowledge will not acquire you; you must acquire it.”

—**Sudie Back**

“They say a little knowledge is a dangerous thing, but it's not one half so bad as a lot of ignorance.”

—**Terry Pratchett**

“Knowledge comes, but wisdom lingers.”

—**Alfred Lord Tennyson**

“Pull and Push are inscribed on the doors of the Temple of Knowledge.”

—**James Lendall Basford**

“In your thirst for knowledge, be sure not to drown in all the information.”


—**Anthony J. D'Angelo**

“Any increase in knowledge anywhere helps pave the way for an increase in knowledge everywhere.”

—**Isaac Asimov**



## September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>					1	2
3	<b>Labor Day</b>	4	5	6	7	8 
10	11	12	13	14	15	16
17	18 	19	20	21	22	23
24	25	26	27	28	29	30

# "This Month In History"

## SEPTEMBER

**1916:** The British Army uses the offensive tank in battle for the first time amidst World War I. Ushering in a new era of mechanical warfare, the tanks were unrefined and unreliable during their first battles.

**1931:** The weekly broadcast "15 Minutes With Bing Crosby" debuts, launching the iconic career of the multimedia superstar.

**1947:** The U.S. Air Force becomes an official branch of the Armed Forces. The Air Force is the second-youngest branch, just ahead of the Space Force, which was established in 2019.

**1956:** Play-Doh is marketed and sold as a child's toy for the first time! Originally, it was used to remove soot marks from wallpaper.

**1960:** The first televised debate between two presidential candidates occurs, with John F. Kennedy and Richard Nixon discussing domestic concerns.

**1979:** ESPN airs their first broadcast, "SportsCenter." The sports news show remains the network's flagship program, with segments playing multiple times a day.

**1986:** The House of Representatives votes "aye" on the rose resolution. By the end of the year, President Ronald Reagan would declare the rose the national flower of America.

**2020:** Norman Lear is the oldest person to ever win an Emmy. First setting the record in 2019, the TV writer and producer surpassed himself the next year, when he won an Emmy for outstanding variety special at age 98.