



A Room with a View.

SEPTEMBER 2024



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.

A Bright Football First

Friday night lights. Monday Night Football. The Super Bowl. These prime-time staples of modern American football owe their existence to a bright spot in sports history: the first night football game, played on Sept. 28, 1892, in Pennsylvania. Powered by a 4,300-pound generator, the field’s electric lights were no match for the foggy evening, and the game was called after 20 minutes. But the town of Mansfield has continued to celebrate their contribution to the sport with reenactments of the game between Wyoming Seminary and Mansfield State Normal School (now called Mansfield University).

HIGHLIGHTS

Fill Your Own Cup

September is Self-Care Awareness Month.

Fall in Love With Fall

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.” —Joe L. Wheeler

Build Back Your Budget

When you finish paying off a debt, such as a monthly car payment, consider putting the same amount as your regular payment into a savings fund. It’s an easier way to increase your savings, since you’re already used to spending that amount every month.

Leveling Up a Long Weekend

The key to a successful long weekend is to have a plan. Need ideas? Consider pampering yourself by sleeping in or scheduling a nap. Or plan to tackle that organization project you’ve been putting off. Shake up your routine by volunteering for a charity. Just take the time to set your priorities before that extra day slips away!



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TRIVIA WHIZ



Classic TV Trivia

Along with changing leaves and football games, fall brings to mind another beloved tradition—TV premieres! Rewind to a simpler time with these fun facts about some classic TV shows.

- All the dogs who played the lead on “Lassie” were male, despite the character being female. Male collies often shed less than females, so they look larger and fluffier on screen.
- Despite the outlandish premise and the existence of a laugh track, “Gilligan’s Island” was believed to be real by multiple viewers, who sent telegrams to the Coast Guard out of concern for the castaways.
- The equine star of “Mister Ed,” Bamboo Harvester, was a bit of a diva. He often stalled filming by walking off set and refusing to return, as well as demanding 20 pounds of hay and a gallon of sweet tea every day.
- “The Addams Family” is based on a cartoon from The New Yorker, but neither the comic nor the characters were named. Those were created for the TV show, with input from the original artist, Charles Addams.
- On “The Love Boat,” many of the background actors were passengers on vacation, since filming was done on an operating cruise ship. Due to the show’s popularity, spots on the cruises tended to sell out quickly.
- “Knight Rider” actors David Hasselhoff and William Daniels—who voiced KITT, the Pontiac partner of Hoff’s character, Michael Knight—had charming on-screen chemistry, but they didn’t meet in person until months after the series debuted.



Get Back on Track With Healthy Snacks

We’ve all hit that afternoon slump, when we’re likely to reach for a sugary treat to power through the rest of the day. But the best choices to keep your energy up are foods high in protein, fiber and complex carbohydrates. Try these ideas!

Nuts and nut butters. Full of protein and healthy fats, nuts are the ideal snack. Eat them plain, in a trail mix or as a creamy nut butter—which makes a tasty partner for raw veggies and fruits.

Hummus. Chickpeas, the main ingredient of this classic dip, contain

loads of fiber and protein that keep you full until dinnertime. Enjoy hummus with pita chips or raw vegetables, or try “dessert” hummus with fruit or graham crackers.

Yogurt. A cup of protein-rich yogurt can tide you over until your next meal, as well as provide additional nutrients like probiotics and calcium.

Eggs. Hard-boiled eggs are popular snacks for a reason—you can easily make them ahead, they’re portable and they contain high amounts of protein and other vitamins.

Cottage cheese. Most types of cheese will give you some protein, but cottage cheese is especially rich in this nutrient while still being low in calories and fat.

Canned seafood. Available in cans, pouches or tins, fish such as tuna, salmon, sardines and kippers are a convenient and hearty snack. Enjoy them on their own or scoop them up with crackers or toast.

Make Your Online Reviews Count

Online research is a first step for many consumers when weighing the pros and cons of a purchase. In fact, surveys report that more than 90% of shoppers read reviews. If you’re considering adding your voice to the conversation, follow this guide to write the most helpful online reviews.

Before you begin, ask yourself what you would want to know if you were reading reviews for the product or business. Keep this perspective in mind as you write.

Be specific and descriptive. Vague comments like “This was great” or “This was bad” don’t help anyone. Describe your experience and explain your rating—why is something good or bad? Share relevant details, such as how long an electronic device holds a charge or if clothing is true to size. When reviewing a restaurant, talk about menu items you’ve

actually ordered and what you do or don’t recommend.

Photos are extremely helpful, especially for food! Another reason to include photos is to show the scale or color of a product. In some cases, a video may also be appropriate.

In addition to the quality of an item, discuss other applicable elements, such as cost, speed of delivery or customer service.

Finally, proofread your review before posting. Remember to update your review if your experience or opinion changes.





WIT & WISDOM



A Plan To Beat Procrastination

Most people have experience with procrastination—putting off something that needs to be done. The reasons behind this tendency to delay are many, but exploring those reasons can help you figure out the best solution. Here are a few strategies to overcome common procrastination enablers:

Large or lengthy projects can be daunting, so break them into manageable pieces. Outline the steps you need to take and tackle them one at a time. You don't need to have all the information before you get started, either—do what you can now, and you'll have less to do later.

For boring or unpleasant tasks, add some fun. Listen to music or a podcast to pass the time more quickly. Or turn chores into a game: Can you put all the dishes away in five minutes?

If distractions are a problem, then you may need to find a quiet spot to work and only listen to instrumental music or ambient noise. Remove the urge to check your phone by disabling notifications or even putting your device in a drawer or another room.

Embrace the power of to-do lists. They keep you organized and help you prioritize what needs to be done first. At the end of the day, make tomorrow's list. That way, you can start the day right away and devote more energy to completing your tasks.

Finally, reward yourself after crossing an item off your list. Note how good it feels to get things done, and use those positive emotions to motivate you next time.

Flavorful Fall Coffees

Enjoy some seasonal sips with these coffee recipes!

Maple Vanilla Latte

Ingredients:

- 1 1/2 cups milk, divided
- 1/2 cup strong-brewed French vanilla coffee
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- Ground cinnamon, to taste

Directions:

Heat 1 cup of milk. Pour coffee into mug and top with warm milk.

Stir in maple syrup, vanilla extract and cinnamon. Use a milk frother to foam remaining milk. Add frothed milk to mug.

Salted Caramel Iced Coffee

Ingredients:

- 1/2 cup caramel-flavored coffee, chilled
- 1 cup milk
- 1/2 cup ice
- Caramel sauce
- 1 pinch sea salt

Directions:

Stir together chilled coffee and milk. Pour over ice in a tall glass. Drizzle caramel sauce on top of coffee and sprinkle with sea salt.

*Find more recipes at
EightOClock.com.*



“Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.”

—**Greg Anderson**

“The journey between what you once were and who you are now becoming is where the dance of life really takes place.”

—**Barbara de Angelis**

“If you're here right now in your life, your journey continues and you've lived to tell the story.”

—**Mary J. Blige**

“When you set out on a journey and night covers the road, that's when you discover the stars.”

—**Nancy Willard**

“I am no longer afraid of becoming lost, because the journey back always reveals something new.”

—**Billy Joel**

“The beautiful journey of today can only begin when we learn to let go of yesterday.”

—**Steve Maraboli**

“Peace is a journey of a thousand miles, and it must be taken one step at a time.”

—**Lyndon B. Johnson**

“When we are sure that we are on the right road, there is no need to plan our journey too far ahead.”

—**Orison Swett Marden**

“Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours.”

—**Vera Nazarian**



September 2024

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

“This Month In History” SEPTEMBER

1919: Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

1949: The Ladies Professional Golf Association is formed with 13 founding players.

1953: With 32 lanes, the world’s first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

1969: “Ruh-roh!” The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series “Scooby-Doo, Where Are You!” premieres.

1978: After years of lobbying, National Grandparents Day is officially observed for the first time.

1985: An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

1998: Internet search engine Google is founded.

2008: After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

2020: Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.