



A Room with a View.

OCTOBER 2020



NOTES & NEWS

Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin. Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.

Sound Advice About Earbuds

Whether you're working out to a pumped-up playlist or making video calls for meetings or meetups, earbuds and headphones have become vital accessories, so it's important to maintain them. Wipe them down and clean them at least once a week.

Positive Thought

"When you lead with your nice foot forward, you will win, every time. It might not be today, it might not be tomorrow, but it comes back to you when you need it."
—Kristen Bell

HIGHLIGHTS

The Colors Around You

Along with comfort and space, consider the colors you're surrounded by when working or studying at home. Adding blue furnishings or décor to a room can help clear the mind so you can focus and concentrate. Shades of yellow can brighten your mood and boost self-confidence. For balance and calm, look to green tones.

Pocket the Savings on Jeans

Here's a money-saving tip: October is the month to spend your green on a new pair of blue jeans. Fall clothes, including jeans, usually hit stores and online sites in late summer for back-to-school sales, but many retailers will wait to mark down their inventories in October.

Pass the Parm

A classic topper for pizza and pasta, Parmesan cheese is one of the healthiest cheeses. It's the most protein-dense of all cheeses and an excellent source of calcium and phosphorous. Because true Parmesan is aged, it contains very little lactose and can be easier to digest.

Moon Over October

This year, October's night skies will light up with two full moons. The first day of the month brings the full harvest moon, and on the 31st, the full hunter's moon will rise. The second of two full moons in one month is called a blue moon.

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TRIVIA WHIZ



Get Wise About Owls

Mysterious and a little spooky, owls have captured our imaginations since ancient times. These birds have features that may make your head spin!

- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls have such sensitive hearing, they can detect a mouse under snow.
- Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.
- Most owls are active at night, giving us the expression "night owl."
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.
- At about 5 inches, the elf owl is the tiniest owl species. Compare that to the great gray owl, which can be over 30 inches tall.
- In Japan, there are owl cafes, where you can hang out with the birds while drinking tea.



Craft Some Fall Flair

Welcome autumn into your home with these quick and easy crafts:

Door décor. Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

Pumpkin planter. Cut the top off a real or artificial pumpkin and fill it with

a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Glam gourd. Use gold or silver glitter glue to decorate a white pumpkin with a design of swirls, zigzags or polka dots. Add a greeting such as "Welcome" or "Happy Fall."

Festive foliage. Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns. Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

Spilling the Beans: Secrets to Cooking Beans

Whether dried or canned, beans are a hearty, healthy and budget-friendly food. These tips will help you bring out their best flavor.

Soak. You'll usually want to soak dry beans beforehand. This reduces their cooking time, especially for larger varieties such as kidney or pinto beans. You can simply soak them in cold water overnight. A quicker method is to bring the beans to a boil, cook for 2 to 3 minutes, then turn off the heat and let them sit for 1 to 4 hours.

Rinse. After soaking, drain the beans and rinse them with fresh, cool water. Rinsing also helps improve the flavor and reduce the salt content of canned beans.

Heat. Cover soaked beans with water and bring to a simmer, but not a boil, which can cause beans to split and fall apart. As they cook, stir the beans and add water to keep them

covered. Canned beans are ready to eat, but simmering them in olive oil will take them to the next level.

Season. Periodically add salt while beans are cooking. Punch up their flavor by adding aromatic ingredients such as onions and garlic, along with herbs and spices. When the beans are tender, turn off the heat. For the best-tasting beans, let them sit for a half hour before serving or adding them to a recipe.





WIT & WISDOM



Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your home, workplace or community. Put a note in your mailbox saluting the letter carrier.

Your actions speak volumes. Do a chore without being asked to or offer to cook a meal. Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

Tap into technology and upload some feel-good vibes. In a few minutes and with a few clicks, help a friend begin their day on a happy note by sending them a good morning text. Post a recommendation on a local business's social media site or reply to a post that brought you a smile.

Sweet and Salty Popcorn Party Mix

Pop up a tasty treat, perfect for movie night or a take-along snack. Adapt the recipe to include your favorite munchies or to use what you have in your cupboards.

Ingredients:

- 10 cups popped popcorn
- 2 cups miniature pretzel twists
- 1 cup peanuts
- 1 cup pecans
- 2 cups rice, wheat or corn cereal squares
- 1/2 cup butter (1 stick)
- 1/2 cup packed brown sugar
- 1/4 cup corn syrup
- 1/2 teaspoon baking soda

Directions:

Preheat oven to 300° F.

In a large bowl, combine popcorn, pretzels, peanuts, pecans and cereal; set aside.

In a saucepan over medium heat, melt butter, brown sugar and corn syrup. Stir mixture until it begins to boil. Let boil for 3 minutes without stirring. Remove from heat and stir in baking soda. The mixture will foam.

Pour syrup over popcorn mixture and stir until pieces are evenly coated.

Spread mixture onto a large, rimmed baking sheet. Bake for 30 minutes, stirring twice during baking.

Let mixture cool on baking sheet and stir several times. Store leftovers in an airtight container.

Find more recipes at
Popcorn.org.



"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

—*Lauren DeStefano*

"Autumn's the mellow time."

—*William Allingham*

"It was one of those perfect fall days when the air is cool enough to wake you up but the sun is also kissing your face."

—*Anita Diamant*

"Life starts all over again when it gets crisp in the fall."

—*F. Scott Fitzgerald*

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."

—*Hal Borland*

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

—*Ann Drake*

"It was a beautiful bright autumn day, with air like cider and a sky so blue you could drown in it."

—*Diana Gabaldon*

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

—*Joe L. Wheeler*

"I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around. ... We're all 8 years old again and anything is possible."

—*Sue Grafton*



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 World Smile Day	3
4 National Taco Day	5 World Teachers' Day	6 Rent Is Now Late	7 Pest Control (by Appointment Only)	8	9 	10
11	12 Columbus Day	13	14 Pest Control (by Appointment Only)	15	16 National Boss's Day	17
18 National Chocolate Cupcake Day	19	20 	21 Pest Control (by Appointment Only)	22	23	24
25	26 National Pumpkin Day	27	28 Pest Control (by Appointment Only)	29	30	31 HAPPY HALLOWEEN

"This Month In History"

OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: "Spectre," the 24th film in the James Bond series, premieres in London.