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## SEPT/OCT 2024



## NOTES & NEWS

### A Classroom Classic

Brightly colored squares of construction paper have been a staple in school settings for more than 100 years. Although dyed paper had been around for centuries already, a new manufacturing process emerged in the late 1800s that was cheaper and produced sturdier paper, making the colorful paper ideal for classroom use. Wood pulp and nontoxic dyes were stirred together in a large vat by a machine, resulting in an even color that wouldn't rub off after being folded or cut by little hands. Used to make and build various things, the "engine colored" paper soon became known as "construction paper." Professional artists, including Marc Chagall and Jackson Pollack, also embraced the creative opportunities of the paper.

## HIGHLIGHTS

### A Roald Dahl Reading List

Every Sept. 13 is Roald Dahl Day, marking the birthday of the celebrated children's author. Age 3 is a good time to introduce youngsters to Dahl's many delightful tales by reading them aloud as a family. Here's a guide to his most popular titles:

*"Charlie and the Chocolate Factory."*

The author's personal love for chocolate inspired this classic, about a boy named Charlie who wins a golden ticket to tour the candy factory of the mysterious Mr. Wonka.

*"Matilda."* The sweet heroine at the center of this story is smarter than the average 5-year-old and has special superpowers, which help her overcome the meannies in her life.

*"James and the Giant Peach."* Imagine a fruit so huge that you could sail across the ocean in it! That's the journey young James goes on in this book, accompanied by friendly talking insects.

*"The BFG."* One evening, little Sophie discovers a Big Friendly Giant, the BFG, who whisks her off in a whirlwind of adventures, including meeting the queen of England!

*"Fantastic Mr. Fox."* The fox father at the heart of this tale has lots of clever ideas to get food for his family, outwitting a trio of foolish farmers as he carries out his plans.

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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](http://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<br><b>RENT IS DUE!</b>   | 2<br><b>Labor Day</b><br>Office Closed  | 3   | 4                             | 5<br>Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! | 6<br><b>Rent Is Late</b>  | 7        |
| 8  | 9   | 10<br>Pest Control (Outside) Apts. 1-74   | 11<br><b>Eviction Begins!</b> | 12   | 13<br> | 14       |
| 15<br> | 16<br> | 17  | 18                            | 19   | 20  | 21       |
| 22   | 23  | 24<br>Pest Control (Outside) Apts. 75-150 | 25                            | 26   | 27  | 28       |
| 29   | 30  | September                                 |                               |  |   |          |

## October 2024

| Sunday                   | Monday                    | Tuesday                                  | Wednesday | Thursday                      | Friday | Saturday   |
|--------------------------|---------------------------|--|-----------|-------------------------------|--------|--|
|                          |                           | 1<br><b>RENT IS DUE!</b>                 | 2         | 3                             | 4      | 5<br>Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! |
| 6<br><b>Rent Is Late</b> | 7                         | 8<br>Pest Control (Inside) Apts. 1-74    | 9         | 10<br><b>Eviction Begins!</b> | 11     | 12   |
| 13                       | 14<br><b>Columbus Day</b> | 15                                       | 16        | 17                            | 18     | 19   |
| 20                       | 21                        | 22<br>Pest Control (Inside) Apts. 75-150 | 23        | 24                            | 25     | 26   |
| 27                       | 28                        | 29                                       | 30        | 31                            |        |  |