



Autumn 2019



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Fall foliage burns bright in psyche



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L-R: Joseph Flanagan, M.D., Elliot Rubinstein, M.D., Stella Castro, M.D., Julie McNairn, M.D., Mariah Pieretti, M.D., Rizwan Khan, M.D.

By **KEVIN CONLON**
City Editor

kconlon@cortlandstandard.net

The hillsides and valleys will ignite in a blaze of deep red, orange and yellow in the coming weeks as summer's green canopy of trees gives way to the arrival of fall foliage.

Scientists can explain how precipitation, sunlight, temperature and other factors contribute to the spread of the leaf change annually in our part of the country. They can predict which variety of trees will change color first, the progression across the state and how vivid the colors will likely be.

But the personal effect of this scientific process has a much deeper meaning as we press our consciousness upon the world around us. There are spiritual and psychological aspects of the annual tapestry of colors. They inspire art, poetry and music.

"A lot of people would say that fall is a reminder of how fast life goes by and how beautiful life is," said the Rev. Peter Williams, pastor of Grace and Holy Spirit Church on Court Street in Cortland. "I have been reminding people of that in my sermons lately."

It is a metaphor for life, death and rebirth, for both nature as a whole and man in particular.

"The fall leaves remind us that summer is gone, and winter is coming," Williams said. "It's a beautiful thing."

Dr. Charles Capanzano, a psychologist and co-director the Counseling

Services of Cortland, said research has shown that colors can stimulate various responses in humans.

"Color in general has some vital emotional stimulation," Capanzano said.

"Autumn is a second spring where each leaf is a flower," he said, quoting French philosopher Albert Camus, a winner of the Nobel Prize in Literature.

"Vibrant colors create a general emotional stimulation and some positivity," Capanzano said.

The feelings associated with foliage can run deep and last long.

"A lot of people respond to personal memories and aspects in their own life in a certain season and a certain time," Capanzano said.

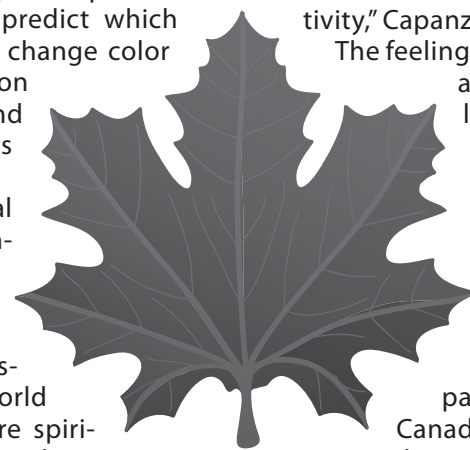
He recalls that his parents took a trip to Canada in the fall after their marriage and symbols of those great memories remained in their home for decades to come.

"There are individual memories and they can go in all sorts of directions, depending on the memory milestone," he said.

Holidays at harvest time also hold a lot of meaning, Capanzano said.

"There is a sense of gratitude for harvest and what we have, prudence and savings for leaner times," he said.

"Fall is part of the tapestry of all of the changes that man has," Capanzano said. "Orange and red (leaves) give us a sense of awe and beauty and majesty, and an appreciation for life and our world."



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AUTUMN

What to do with your late summer tomatoes

By **ROBIN MATHER**
Chicago Tribune (TNS)

If anything says “the end of summer,” it’s school buses and tomatoes. The bright yellow of the buses and the vivid colors of tomatoes — especially heirloom tomatoes — presage autumn’s changing leaves with almost the same palette.

Now’s the time to stock up if you want tomatoes to use year-round in your kitchen. Whether you can them, freeze them or dehydrate them, a little bit of work now guarantees good eating in the year to come.

Here’s what you need to know for each method of preserving.

To can tomatoes: Whether you’re canning diced tomatoes or whole tomatoes, you can use either the boiling water bath method or pressure can them. To make sure they can safely, add bottled lemon juice before filling the jars. Hand-squeezed lemon juice isn’t a good idea because fresh lemons vary wildly in acidity, while bottled juice is always the same. Add 2 tablespoons of bottled lemon juice to a quart jar, or 1 tablespoon per pint. Add salt if you wish — a teaspoon per quart or 1/2 teaspoon per pint. Process both pints and quarts for 85 minutes in a boiling water bath, 25 minutes in a pressure canner.

To freeze tomatoes: A handy tip for freezing tomatoes is to wash, core and then just put them in zip-close bags and freeze them whole. When you need one in the kitchen, its skin will slip off as you wash it under warm or cold running water. Chopped tomatoes can also be frozen in plastic containers to use in soups or stews.

To dehydrate tomatoes: I like to halve cherry tomatoes and dehydrate them for use in salads and savory baked goods like cornmeal muffins and savory scones. Bigger tomatoes can be thickly sliced or halved for dehydrating. It’s easiest to do this in a dehydrator — check your dehydrator’s instruction manual for time and tem-



Brian Cassella/Chicago Tribune/TNS

Chicken, tomatoes and tortellini make up this salad

perature guidelines — but you can also dehydrate in the oven. To do so, lay the slices or halves on a rimmed baking sheet lined with parchment paper and put them into your oven on its lowest setting. Prop the door open by closing it on a long-handled wooden spoon. Depending on their size, it may take 12 to 24 hours for the tomatoes to reach the leathery-but-pliable stage. Let them cool completely before you tumble them into glass jars for storage.

CHICKEN-TORTELLINI-TOMATO SALAD

Prep: 45 minutes

Marinate: 8 hours

Cook: 20 minutes

Makes: 6 to 8 servings

Marinating the chicken in a tahini-olive oil marinade helps it stay juicy as it cooks. For extra insurance, we’ve chosen boneless, skinless thighs but boneless, skinless chicken breasts will work too. Or shave a cooking step and use about 2 cups of diced leftover cooked chicken. This salad holds

well but save the parsley garnish until just before serving.

1/4 cup tahini

3 tablespoons olive oil

3 tablespoons water

3 cloves garlic, smashed, peeled

1 1/2 pounds boneless, skinless chicken thighs

1 package (7 to 12 ounces) dried tricolor or regular cheese tortellini, cooked according to package directions, drained

4 green onions, green and white parts, thinly sliced

2 ribs celery, diced

1 cup diced tomatoes or halved cherry tomatoes

1 cup chopped walnuts, optional

Dressing:

4 large Roma-type tomatoes, seeded, coarsely chopped

1/2 cup olive oil

1/4 cup balsamic vinegar

Juice of 1 lemon

2 green onions, white and green parts, coarsely chopped

2 cloves garlic, smashed, peeled

Salt and pepper

1/2 cup parsley, finely chopped

1. Make the marinade by stirring together the tahini, olive oil, water and garlic in a bowl, or blend in a zip-close bag. Add the chicken, turning to coat all sides; refrigerate, 8 to 12 hours.

2. At cooking time, remove the chicken from the marinade and pat dry. On an oiled grill grate or in a heavy nonstick grill pan, cook the chicken over medium-high heat until it’s cooked through, turning to avoid burning, about 20 minutes. Remove the chicken to a clean plate; set aside until cool enough to handle. When cool, cut the chicken into 1/2-inch dice; place in a large bowl.

3. Add the tortellini, green onions, celery, tomatoes and walnuts, if using.

4. Make the dressing: Place tomatoes, olive oil, balsamic, lemon juice, green onions and garlic in a blender or food processor. Whiz until the mixture is smooth. Makes: 2 1/4 cups.

5. Pour 1/2 to 3/4 cup dressing over the chicken mixture. (Save the remainder for other salads or as a marinade.) Stir to combine, then season to taste with salt and pepper.

6. Transfer the salad to a serving bowl; garnish with chopped parsley before serving.

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Spice up your Fall!

How to pick apples like a pro: tips for visiting the orchard

Are you ready for apple-picking season? Make the most of your next visit to the orchard with these tips.

- Do some investigating. Conduct a bit of research to find the orchard that can provide you with the experience you're looking for. Do you prefer to pick organically grown apples? Are your kids eager to try a hay maze and tractor ride? Or perhaps you'd like to have a nice lunch first? Each orchard offers different activities, so find the one that best meets your needs.
- Decide how you'll use your apples. Determine ahead of time what you'd like to do with your apples and choose the right type for your purposes. For example,

Granny Smith and Cortland are best for making pie, McIntosh and Golden Delicious are ideal for cooking apple sauce and Honeycrisp and Gala are perfect for snacking on.

- Choose your fruit wisely. Always opt for shiny, blemish-free apples, and remember to be gentle when picking fruit off the branch. Simply point the apple towards the sky and twist. Never shake the tree and definitely avoid collecting fruit that's fallen on the ground.
- Bring a little extra spending money. Apples aren't the only thing for sale at the orchard. Bring some extra cash for buying apple cider doughnuts, fresh-pressed apple juice, apple butter and any other apple infused goodies.

Back at home, it's important to store your apples properly. Keep those that will be eaten right away in a bowl and store the rest in their own drawer in the fridge. Apples produce ethylene gas, which is harmless but makes other fruits and vegetables ripen faster.



Apple crumble

Maple syrup makes this subtle twist on a fall classic an instant crowd pleaser.

Start to finish: 1 hour and 15 minutes
(30 minutes active)
Servings: 10

INGREDIENTS

FILLING

- 7 Cortland apples, peeled and diced
- 1/3 cup brown sugar
- 1/3 cup maple syrup
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon

CRUMBLE

- 2 cups quick-cook rolled oats
- 1-1/2 cups all-purpose flour
- 1 cup brown sugar
- 1 cup softened butter

DIRECTIONS

1. Preheat the oven to 350 °F (175 °C) and butter a 9x13-inch baking dish.
2. In a bowl, mix all the ingredients for the filling and transfer to the baking dish.
3. In another bowl, combine all the ingredients for the crumble topping.
4. Cover the apple mixture with the crumble topping, taking care to cover completely.
5. Bake for 45 minutes or until the apples are tender and the topping is golden brown. Let cool, then serve and enjoy.



For a dessert that's ultra-decadent, serve hot with a scoop of vanilla ice cream.



AUTUMN GUIDE

Fall gardening: best bulbs to plant

With the arrival of fall, gardeners should start preparing their yards for winter and spring. For most, an important task is to plant their spring-blooming bulbs. Here are some of the hardiest types.

- **Crocuses.** This will be one of the first to bloom in your spring garden. Choose from a variety of species in different colours and sizes, and plant them in a spot that gets partial or full sun.
- **Daffodils.** These spring flowers will grow back year after year with little help from you. Plant them in partial shade or full sun for best growing results.

- **Alliums.** This ornamental variety of the onion family produces big purple balls of blooms. They love the sun and will return every spring.

- **Tulips.** These blooms come in a variety of shapes, colours and sizes. They do best when planted in areas with partial shade or full sun. They're perennials, so you won't need to plant new bulbs every year.

To ensure they take, bulbs should be planted before the ground freezes but only after the weather is reliably cool. For a spring garden that's continuously in bloom, be sure to plant bulbs that flower at different times during the season.



A brief introduction to canning



Do you have more produce on hand than you know what to do with? If so, canning is a great way to make sure your food keeps all winter long.

PREPARING FOOD FOR CANNING

Here are some ways of preparing produce before it goes bad.

- **Cooking.** Turn your fruit into jam, make tomato sauce or blanch your vegetables before canning them.
- **Pickling.** Vinegar helps produce become acidic enough to be canned in a water bath. Try cucumbers, carrots, green beans or even peaches in a brine of vinegar and water.

METHODS OF CANNING

Home canning involves using sealed glass jars to conserve your food. There are a couple of ways to do this.

- **Water bath canning.** This method uses boiling water to heat jars and seal them. Only foods with high acidity like berries, pickles and tomatoes can be safely canned this way.
- **Pressure canning.** This technique involves using high temperatures to can meat and vegetables that aren't acidic enough to be safely water canned. You'll need a pressure canner, which is similar to a pressure cooker.

No matter what canning method you use, make sure to sterilize your jars and always use rings that are free of rust and lids that are brand new.

Top runway styles for fall

With the arrival of fall, fashionistas everywhere are scoping out the sweaters, coats and scarves that are now in stores. Here are the top must-have items for autumn.

WOMEN

These are the fall fashion trends you'll want to live in this season.

- **Long wool coats.** Sleek wool coats that reach past your calves are an essential item this autumn. Choose one in a neutral tone (think classic colours like beige, black and grey) or opt for impact with a checked or plaid pattern.
- **Monochrome.** Drape yourself in the same colour from head to toe. Those looking to make a major statement should wear purple. From pale lavender to dark aubergine, shades of violet are the in thing for fall.
- **Dark florals.** You don't have to stop wearing floral prints just because the temperature is a little cooler outside. Fall florals, however, should be more sombre than their springtime counterparts with dark backgrounds that will match the weather outside.



MEN

Here are some high fashion looks to incorporate into your fall wardrobe.

- **Black leather.** Stay warm this season in a black leather trench, blazer or bomber. If a leather jacket isn't your style, choose accessories such as a belt or shoes instead.
- **Knit scarves.** Long wool scarves that look like they could have been knitted by your grandmother are everywhere this season. Opt for one with contrasting stripes or a single dark tone.
- **Combat boots.** Dust off your old Doc Martens, because you'll want to wear these army-inspired boots all season. This type of footwear goes with everything, from weekend looks to formal apparel.



When it comes to accessorizing this year's fall looks, both men's and women's fashions favour bold and chunky pieces (such as belts, rings and watches) and statement socks in flamboyant colours.

How to pick the best pumpkin in the patch

With Halloween just around the corner, visiting the pumpkin patch at your nearest u-pick farm may be in order. You can take a hayride, wander through a corn maze, eat your fill of apple cider donuts and, most importantly, choose the perfect pumpkin. Here's how to find it.

- **Look at the colour.** Find one that's a deep and even orange tone, with no yellow or green patches.
- **Knock on it.** Pumpkins should sound hollow when tapped.
- **Check the stem.** It shouldn't be soft or feel loose in any way.
- **Inspect it.** The bottom should be flat enough to provide a stable base, and the entire pumpkin should be firm.

If you're planning to carve or paint your pumpkin, make sure the one you choose has a pleasing shape with no strange bumps or spots. If they're available, consider coming home with a blue, white or green pumpkin instead of an orange one. They're just as tasty and make a striking fall display.



USE EVERY PART OF YOUR PUMPKIN

You might already know you can roast and then eat the seeds of your pumpkin and use the sweet flesh in all sorts of recipes, but did you know that you can eat the skin too?

Make pumpkin skin chips by peeling long strips of skin with a potato peeler, seasoning with salt, pepper and olive oil, and baking in the oven at 350 °F (175 °C) for 25 minutes or until crispy. They make a great topping for soup and are delicious on their own as a snack.





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AUTUMN

FALL CAR CARE Month

*Being safe on the road
is a choice*



Regular car maintenance: a road safety essential

October is Fall Car Care Month and a good time for drivers to think about how they can stay safe on the road. While practicing good driving habits is key, taking care of your car is just as important. Here's what you should know.

MECHANICAL BREAKDOWNS CAUSE ACCIDENTS

Vehicle malfunctions are the cause of countless car accidents every year. Faulty engines, defective brakes and blown transmissions are common culprits. These types of breakdowns are often caused by hidden issues that can be identified by a mechanic during a routine maintenance check.

DEGRADATION OF PARTS IS INEVITABLE

All moving parts on a car degrade over time. Individual components, however, have distinct lifespans, that require servicing at various intervals. For example, brake pads last three to five years, serpentine belts about six years and timing belts about eight years.

It's dangerous to drive your car if mechanical parts become excessively worn.

TIRES AND WHEELS REQUIRE ONGOING CARE

Wheels and tires need to be carefully maintained. Your tires grip

THE MILLION MILE CLUB

Did you know that some motorists have racked up more than a million miles on their odometers? That's the equivalent of driving around the world 40 times! It's no surprise that the Million Mile Club is pretty exclusive. You can be sure that each of these drivers took exceptionally good care of their vehicle.



the road and allow you to turn safely. As they start to wear down, it becomes increasingly difficult to reliably control your car.

As for the wheels, they need to be aligned. The tires of misaligned wheels drag and deter the car from rolling freely, causing problems with vehicle handling.

Wheels and tires should be inspected several times a year.

THERE ARE OTHER BENEFITS OF REGULAR MAINTENANCE

Safety may be the best motive for staying on top of your car's maintenance needs, but there are other reasons. Regular car care can save you money by keeping your warranty valid, improving your gas mileage and remedying small issues before they result in costly breakdowns.

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A loose timeline for key car maintenance tasks

Taking care of your car pays off. In fact, regularly maintaining your vehicle results in it having a longer lifespan, providing better gas mileage, requiring fewer repairs and having a higher resale value.

Though the precise schedule for your vehicle's maintenance tasks depends on its make and model (check your owner's manual for specifics), here's a rough guideline indicating approximately when to perform them.

Every 3,000 miles or
monthly.

Inspect the air pressure in
and overall condition of your
tires, including the spare.



Every 6,000
to 8,000 miles.

Rotate and balance your tires.
This ensures that they won't
wear unevenly or prematurely.
You should also inspect your
brake discs and pads at this time.



Every 60,000
to 100,000 miles.

Replace your timing belt.
This engine component is
made of rubber and can
dry up, crack and break,
causing your engine to fail.



Every 3,000
to 10,000 miles.

Replace the motor oil
and oil filter.



Every 15,000 to 30,000 miles.

Change the air filters to improve air flow
and engine performance. City drivers
and those with seasonal allergies should
replace them more frequently.

AUTUMN

Harvesting grapes for wine: the ins and outs of crush season

Winemaking is both a science and an art, with many factors influencing each vintage that gets produced. While advances in technology have impacted the practices used by some modern vintners, the principles of winemaking have largely remained unchanged.

THE HARVEST

How a particular wine tastes is hugely influenced by when the fruit gets picked. On many vineyards, grapes are tested for the appropriate balance of acidity and sweetness with devices that measure sugar levels. However, some growers still use a simple taste-test. When the grapes are determined to be ready, the harvest begins.

Grapes can be picked either by hand or with mechanical harvesters. While faster, the machines tend to be harder on the fruit, and many winemakers prefer to collect their harvest manually. In order to



pick the fruit in its prime, a number of vineyards rely on volunteers.

CRUSHING AND PRESSING

Once the grapes have been sorted to remove any rotten or under-ripe fruit, they're crushed and pressed. This is no longer done with the winemaker's feet, however. Nowadays, it's almost always completed with mechanical crushers that press the grapes into must (juice from the grapes that includes the skin and pulp).

When making white wine, the must gets filtered prior to fermentation. But to make red wine, the must is left unfiltered so that it can acquire the ideal flavouring and colouring from the skin and pulp. Once the must is prepared, the winemakers leave it to ferment for up to a month. It's then "racked" or filtered and transferred to another vessel to age.

VOLUNTEERING AND VISITING

Are you interested in experiencing crush season first-hand? If so, many small wineries need help picking grapes during the harvest. In return for a day's efforts, they often provide a hearty meal and a glass of wine.

Even if you're not interested in volunteering, you can still visit a vineyard during the crush. In fact, it's such an important event that many wine-growing areas host festivals to celebrate.

Fun fall activities for outdoor enthusiasts

Cool weather and bright foliage make fall the perfect season for outdoor fun. Here are some autumn activities suitable for anyone.

IF YOU FEEL LIKE RELAXING

Enjoying a picnic at the local park is a great way to unwind. If you prefer to get away from it all, take an easy hike to a beautiful spot where no one will disturb you. Or, find an outdoor yoga, tai chi or meditation class in your area.

IF YOU WANT TO BE ON THE WATER

Kayaking is a great way to take in the fall fo-

liage, as are canoeing and stand-up paddleboarding. If you're near the coast, or will be visiting, this is also a great time for whale watching.

IF YOU'RE AN ADRENALINE JUNKIE

Ready for an adventure? Then an autumn ATV tour through the woods may be just what you're looking for. Alternatively, you could visit a local adventure park and enjoy ziplining and aerial courses through the trees.

Remember that temperatures can change quickly in the fall. Check the weather forecast before heading out and dress appropriately.



Where to see birds this fall

Fall is the perfect time to go bird watching. The air is crisp, the foliage is stunning and a variety of fascinating species are on the move. Here are several types of places where you're likely to spot birds this fall.

- Migration flyways. Birds reliably use the same pathways to migrate every year. Visit a wildlife refuge or a nature centre that's located along one of these corridors to see them.
- Agricultural fields. When grain gets harvested from farms, birds typically arrive to feast on the leftovers. You'll have a better chance of seeing them when the fields are near forests, which offer shelter.
- Parks and orchards. Fall fruits and flowers attract birds when other food sources are scarce. Migratory birds will often make a stopover in these places to load up on calories before ma-

king the long trip south.

- Your backyard. If you take the right steps, you can bird watch from the comfort of your own home. Offer nutrient-dense foods like black sunflower seeds, millet and suet, and plant evergreens that provide shelter year-round.

Fall is a great time to spot unique birds if you know where to look. Contact your local birding club or organization for more information about the best places to find them.



3 tips for taking frame-worthy fall photos

Is autumn the most photogenic season? The answer according to many photography enthusiasts is yes. Here are three tips for capturing the colours and textures of fall, whether you're using high-end equipment or the camera on your smartphone.

1. **Use indirect light.** Avoid bright sunny days and try to shoot either early in the morning or late in the afternoon. Don't be afraid to take photos on rainy

days; rain makes colours pop in a way that the sun can't.

2. **Take close-up shots.** You might be captivated by the vistas around you but look at what's close at hand too. The image of a single leaf or pinecone can be just as striking.

3. **Consider composition.** Think about the different components in your photographs and how they look together. Don't be afraid to set up what's in the frame before snapping your photos. Add some bright-coloured leaves or remove a piece of litter to ensure the shot is just right.

In fall, there are picture-perfect moments everywhere you turn. A pumpkin patch, a local football field and your own backyard can all be great places to take autumn-inspired photos.



AUTUMN

5 renovations that are better to do in the fall

Thanks to its typically temperate weather, fall is the ideal time to complete a number of renovations. Here are some types of projects that are best to undertake in autumn.

1. Update the siding. Nothing boosts your home's curb appeal like a fresh coat of paint or brand new siding.

2. Repave the driveway. A freshly paved driveway will stand up to the harsh winter weather that's approaching.

3. Repair or replace the roof. Your roof protects your home against rain, snow and wind. If yours is due for a renovation, fall is the best season to complete the task.

4. Change the windows and doors. Much like your roof, your windows and doors play a big role in keeping your home comfortable and dry.

5. Remodel the kitchen. If you schedule it right, you could complete your kitchen renovation in time to do your holiday baking in the updated space.

Most of these projects will increase your home's value. They'll also protect your home from the elements and, in some cases, help to lower your monthly energy bills.



How to remove old wallpaper

Removing wallpaper is a home improvement project that seems challenging. However, with the right tools and a little know-how, it's a task that almost anybody can complete. Here's everything you need to know about removing old wallpaper using either water, solvents or steam.

WHAT YOU'LL NEED

No matter which method you use to remove your wallpaper, you'll need a few tools. These include:

- **A wallpaper scorer** to perforate the paper and allow the solvent, water or steam through.
- **A scraper** to separate the wallpaper from the wall.
- **A spray bottle** to apply solvents and water.
- **A steamer**, which can be rented or purchased. You can also use a clothes steamer.

HOW TO DO IT

Gather your supplies and get to work. You'll need to do the following:

- **Prep the area.** Cover anything you don't want damaged by moisture, like your floors, baseboards, light fixtures and plugs.
- **Peel off the facing.** If the wallpaper is coated in vinyl or plastic, start by peeling it off, if possible.
- **Perforate the wallpaper.** Using your wallpaper scorer, make holes all over the surface of the paper.

If you're using a commercial solvent (wallpaper stripper) or water, do this next:

- **Moisten a section.** Spray the surface liberally with the liquid. Allow it to sit for 15 to 20 minutes.
- **Scrape the wallpaper.** Using your scraper, carefully separate the wallpaper from the wall.

If you're using a steamer, you'll need to do this:

- **Turn on the machine.** Wait for the water to boil.
- **Apply the steam.** Start with a corner close to the ceiling.
- **Peel off the wallpaper.** As you apply the steam, use your other hand to pull the paper away from the wall.

No matter what method you use, you're bound to be left with a few stubborn patches that won't come off. Using solvent, scrub any remaining bits of glue or backing from the wall. Once it's dry, prepare it for a fresh coat of paint or new wallpaper.



What to consider when shopping for a new washing machine

Are you thinking about updating your laundry room? Before you start shopping for a washing machine, it's best to evaluate your needs and options. Here are some considerations.

YOUR LAUNDRY HABITS

A large family will use their washer more often than someone who lives alone. If you do a lot of laundry every week, choose a machine with a big drum that can accommodate larger loads.

THE FEATURES AVAILABLE

These days, washers often come with features like integrated sinks and Wi-Fi connectivity, among others. Do you prefer a simple top-loading model or a front-loading one with all the bells and whistles? Keep in mind that the more feature-laden models come with higher price tags.

THE SIZE YOU NEED

If you live in a home with a large laundry room, you may not have to worry about the size of your machine. However, apartment dwellers and those with just a small nook for their laundry area should carefully think about size.



No matter what washing machine you choose, opt for one with an Energy Star rating. This guarantees that your new washer will use less electricity and water than their non-certified counterparts.

Fall cleaning checklist

Are you ready to winterize your home? Then here's a room-by-room checklist of the fall cleaning you'll want to do this season.

BEDROOMS

- Clean out all drawers
- Get rid of clothes that don't fit or you don't wear anymore
- Clean and put away summer clothes and prepare your winter wardrobe
- Wash duvets, comforters and pillows
- Vacuum and flip the mattress

KITCHEN AND BATHROOM

- Clean and organize all cabinets
- Wash the shower curtain and liner
- Check the caulking around the sink, tub and shower and reapply if necessary
- Scrub the grout between tiles

- Clean all appliances
- Seal and polish natural stone countertops

THE WHOLE HOUSE

- Hire a carpet cleaner or steam clean the rugs and carpets yourself
- Spot clean furniture upholstery
- Wash all windows and windowsills
- Clear cobwebs from ceilings and walls
- Clean baseboards
- Disinfect light switches and doorknobs

It may seem like a lot of work, but by tackling one room at a time over the course of a few weekends, your fall cleaning will feel manageable.



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AUTUMN

Halloween

The most boo-tiful night of the year



Scary mummies with devilish dipping sauce



This spooky twist on pigs in a blanket is fun to eat and even easier to make. Kids of all ages will be delighted.

Start to finish: 30 minutes
Servings: 20

INGREDIENTS

MUMMIES

- 12-ounce (340-gram) package of crescent roll dough
- 10 hot dogs

DIPPING SAUCE

- 1/2 cup mayonnaise
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- Red food colouring (optional)

DIRECTIONS

1. Preheat the oven to 350° F (175° C).
2. Cover a baking sheet with parchment paper.
3. Cut the hot dogs in half to make two shorter pieces (or you can keep them whole and make ten bigger mummies).
4. Unroll crescent roll dough and cut it into strips that are about one centimetre wide.
5. Wrap the strips around each hot dog, leaving a portion unwrapped near the end to make the "face." Place the dough covered hot dogs on the baking sheet.
6. Bake for 15 minutes or until the dough is golden brown.
7. While the hot dogs are baking, in a bowl combine all the dipping sauce ingredients.
8. Let the mummies cool for 5 to 10 minutes and then serve with the sauce. Enjoy!

Give your mummies eyes by using cream cheese and black peppercorns — or any other ingredients you have on hand. Happy Halloween!

4 family activities to get you primed for Halloween

There's no shortage of fun and spooky things to do with your kids in the weeks and days leading up to Halloween. Here are four fun activities the whole family will enjoy.

1. Decorate pumpkins. Carving jack-o'-lanterns is an annual tradition in many families. If your kids aren't old enough to wield a knife, decorate your pumpkins with paint, stickers and other craft supplies you have on hand.



2. Host a Halloween party. Invite some friends to a haunted Halloween bash. You can bob for apples, play games and have a costume contest. Don't forget to provide an assortment of spine-chilling snacks and drinks.

3. Have a movie marathon. Pop some corn and settle in for a fright night in front of the small screen. Choose kid-friendly Halloween movies for the younger ones and save the gory horror flicks for after the kids have gone to bed.

4. Bake spooky treats. Make some cookies or cupcakes and let your kids decorate them. Use orange and black icing to top the fresh goodies and incorporate assorted scary touches such as gummy worms and black licorice.

These fun family activities are the perfect way to build up to trick-or-treating on Halloween night.

Halloween reads: a brief all-ages guide

October is the perfect month to read something spooky that weaves together supernatural elements to entertain or scare you. Here are some suggestions for readers of all ages.

KIDS

There are many books written about witches, monsters and pumpkins aimed at preschoolers and their parents. School-age kids may like *The Witches* by Roald Dahl. Preteens are likely to be intrigued by the mysteries of Nancy Drew or thrilled by volumes from the long-lived *Goosebumps* series. You can also try *Coraline* or *The Graveyard Book*, both written for kids by author Neil Gaiman.



TEENS

If your younger teens haven't yet been introduced to the wizarding world of Harry Potter, this is the per-

fect time for them to be initiated. Older teens may prefer something a little different like *Miss Peregrine's Home for Peculiar Children* by Ransom Riggs. Or try some classic horror stories like Bram Stoker's *Dracula* or Mary Shelley's *Frankenstein*.

ADULTS

If you haven't read the Gothic classic, *Rebecca* by Daphne du Maurier, October is the perfect month. Or, discover why H.P. Lovecraft and Edgar Allan Poe are considered masters of their craft. Stephen King has countless scary stories to choose from and Anne Rice's *The Vampire Chronicles* are among the best in the genre. If you prefer whodunnits, you can't go wrong with an Agatha Christie mystery.



If you're looking for a way to make your Halloween reading a family affair, choose a story that everyone will appreciate and listen to the audiobook together. It's the perfect activity to enjoy while munching on Halloween candy.

AUTUMN



A time of togetherness. A time of gratitude.

Three ways to keep Thanksgiving conversations civil

Thanksgiving provides a wonderful opportunity for families to come together, but a large holiday gathering can quickly become tense if your relatives hold different political or ideological views. While it may be impossible to avoid controversial topics at the dinner table, the holiday doesn't have to end in a fight. If you enter discussions with an open mind and a cool head, your exchanges might even be productive. Here are three ways to ensure conversations stay civil.

1. Agree to certain ground rules. Establish a few rules about what's acceptable in conversation this Thanksgiving. Saying, "let's not talk about politics" may not be very effective and could even lead to an argument. Ins-

tead, ask everyone to agree not to disparage each other's opinions, nor fixate on trying to change people's minds.

2. Be a good listener. Rather than focusing on what you want to put across, try to really listen to what other people are saying, especially those you disagree with. Not only will this help you defend your own points, it'll also give you a better sense of where they're coming from and why they hold these opinions.

3. Use "I" statements. Instead of relying on facts and figures to support your arguments, try speaking from personal experience to explain how you've come to hold your opinions. Taking this approach will make others more likely to sympathize with what you have to say and less likely to get defensive.



Thanksgiving gratitude: four ways to express thanks

Between putting together the meal, finalizing the guest list and preparing the decorations, it can be easy to forget the real meaning of Thanksgiving. At its core, the holiday is all about expressing gratitude and showing loved ones how thankful we are to have them in our lives. Here are four ways that you and your family can stay true to the spirit of Thanksgiving this year.

1. Gratitude go around. Before beginning the Thanksgiving meal, go around the table and ask each guest to share what they're grateful for. Consider encouraging guests to think about what they're going to say before sitting down to eat. This way, they can have time to put more thought into what they'd like to share.

2. Letters of thanks. Take the time to write messages to the people in your life that you value the most, especially those who you don't see often. Additionally, as an activity during your Thanksgiving get-together, you can ask dinner guests to write notes expressing their appreciation for each other.

3. Volunteer or donate. This Thanksgiving, consider volunteering at a local charity or donating to a good cause. Helping others is one of the best ways to express gratitude for all the blessings in your life.

4. Include new guests. If you know people in your community who don't have anywhere to go on Thanksgiving, think about inviting them to join your celebration. The holidays can be a particularly difficult time for those who don't have family nearby and including new guests can make the festivities even more meaningful.



AUTUMN

Sarah Josepha Hale: the Godmother of Thanksgiving

Most of us know the tale of the first Thanksgiving in which pilgrims and Native Americans shared a sumptuous feast to celebrate the harvest. But have you ever heard of Sarah Josepha Hale, sometimes called the Godmother of Thanksgiving? Without this remarkable 19th-century American, Thanksgiving may not have ever become a national holiday.

Born in New Hampshire in 1788, Sarah Josepha Hale grew up celebrating Thanksgiving, which at the time was a holiday only recognized in some New England states. As a widow with five children, she started supporting her family by writing articles, short stories and novels and became the first American woman to serve as a magazine editor.

After becoming a successful writer and editor, Hale began a campaign to make Thanksgiving a nation-wide holiday. She wrote countless editorials and letters to politicians arguing that a national holiday of Thanksgiving could help unify the country at a time when tensions were rising between the North and the South. She also published recipes and encouraged Americans to celebrate the holiday with foods like turkey and pumpkin pie, which eventually became traditional Thanksgiving dishes.

In 1863, in the middle of the Civil War, Hale wrote directly to President Abraham Lincoln. Lincoln liked Hale's idea of a national day of Thanksgiving designed to bring the country together, and on October 3, 1863, he declared the last Thursday of November Thanksgiving Day. (It was later changed to the fourth Thursday in November.)



Where do our Thanksgiving traditions come from?

Do you know the origins of our Thanksgiving traditions? Check out the questions and answers below to discover the truth about about one of our most beloved national holidays.

WHY DO WE EAT TURKEY ON THANKSGIVING?

Turkey probably wasn't eaten at the first Thanksgiving when the pilgrims feasted with the Wampanoag people in 1621. However, when Thanksgiving started to become a popular holiday during the 19th and 20th centuries, turkey — along with cranberries, pumpkin and sweet potato — became typical items on Thanksgiving menus because they're native to the Americas.



WHO WAS THE FIRST PRESIDENT TO PARDON A TURKEY?

Live turkeys have been presented to presidents each Thanksgiving since Harry S. Truman was president in the 1940s. John F. Kennedy was the first president to pardon the turkey by sparing it from being killed for Thanksgiving dinner. However, it was only during the presidency of George H. W. Bush that it became an annual tradition for the president to pardon the turkey.

WHEN WAS THE FIRST MACY'S THANKSGIVING DAY PARADE?

The first Macy's Thanksgiving Day Parade occurred in 1924. In 1927, large animal-shaped balloons replaced live animals in the parade and have been a staple of the event ever since. Today, it's the world's largest parade.

HOW DID THE TRADITION OF WATCHING FOOTBALL ON THANKSGIVING BEGIN?

As early as 1869, just a few years after Abraham Lincoln declared Thanksgiving a national holiday in 1863, colleges began hosting annual football matches to celebrate the holiday. After the National Football League was founded in 1920, it started hosting annual Thanksgiving games.

Four kid-friendly activities

It can be challenging to find activities to keep kids occupied during the hustle and bustle of Thanksgiving weekend. Cooking, decorating and cleaning can take twice as long if your little ones are demanding your attention. Here are four ways to keep them entertained while you're getting things done.

- 1. Holiday-themed crafts.** Keep kids occupied by giving them Thanksgiving-themed art projects to work on. One simple and fun craft for younger children to make is a hand turkey. Ask your kids to trace one of their hands on a piece of paper and then turn the outline into a turkey, with the thumb as the turkey's head and the fingers as feathers.
- 2. Thanksgiving cards.** Ask your children to design holiday-themed cards for their family members, friends and teachers. Encourage them to

write messages expressing how thankful they are to have these people in their lives and suggest they decorate the cards with fall or Thanksgiving-themed drawings.

- 3. Table decorations.** Urge your children to help you set the table. In addition to putting out the place mats, dishes and silverware, kids can make decorative place cards for all the guests or even craft a creative centerpiece.

- 4. Cooking.** Many kids love to help out in the kitchen, but it can be tough to find recipes that are easy enough for them to follow. Get them involved in the cooking by giving them simple tasks to do like measuring out ingredients, tossing the salad and carrying food to the table.



Thanksgiving menu with a twist: new takes on classic dishes

Roast turkey, mashed potatoes, cranberry sauce and pumpkin pie are all iconic Thanksgiving foods, but preparing the same dishes year after year can get a little tiresome. Whether you're looking for healthier alternatives or simply a change from your standard Thanksgiving menu, here are some ideas for twists on classic dishes that are sure to surprise and satisfy your guests.

- 1. Roast turkey.** Basting, stuffing and baking the turkey is a veritable Thanksgiving tradition, but it's time-consuming and leaves you with leftovers for days. If you don't have time to cook a whole turkey this year, consider other turkey-based dishes like turkey potpie, turkey chili or turkey meatloaf. You can also try grilling, smoking or deep-frying your turkey.
- 2. Mashed potatoes.** Spice up your mashed potatoes with caramelized onions, spinach or bacon, or replace them with another mashed vegetable like sweet potatoes or squash. Baked potatoes can also be healthier than mashed potatoes as long as you don't overload them with cream and butter.
- 3. Cranberry sauce.** You can make a basic cranberry sauce with just water, sugar and cranberries, but you can also easily incorporate other flavors into the sauce. This year, consider adding orange zest, candied pecans, apple slices or crystallized ginger.

- 4. Pumpkin pie.** You can prepare lots of desserts with pumpkin besides pie, such as pumpkin bread and pumpkin cheesecake. If you're looking for a gluten-free alternative to pumpkin pie, consider baking just the filling to make a pumpkin pudding. You can also prepare savory dishes like pumpkin soup, pumpkin pasta or roasted pumpkin. And don't forget that pumpkin seeds make an excellent, healthy snack.



AUTUMN

The most anticipated movies

By **MOIRA MACDONALD**
The Seattle Times (TNS)

It's that time of year I always look forward to: leaves crunching on the sidewalk, sweater weather, shadowy evenings and — just maybe — a glut of good movies at the multiplexes. Here are some of the most anticipated titles coming up this season, sorted by categories; please note that all release dates are tentative and as changeable as Mister Rogers' cardigans.

THE BOOKS

Donna Tartt's Pulitzer Prize-winning novel "The Goldfinch," which had a textured sprawl to it that should theoretically transfer well to the movies, comes to the big screen Sept. 13, starring Ansel Elgort as the troubled young man at its center; Nicole Kidman, Luke Wilson and Jeffrey Wright co-star. Edward Norton directs and stars in "Motherless Brooklyn," an adaptation of Jonathan Lethem's novel about a private investigator in 1950s New York, opening Nov. 1.

THE TRUE STORIES

Both period drama and celebration of a heroine whose name not enough people know, "Harriet" (Nov. 1), directed by Kasi Lemmons, stars Cynthia Erivo as Harriet Tubman, who escaped slavery in the South and subsequently freed hundreds of others through the Underground Railroad. "Official Secrets" (Sept. 13) tells the story of whistleblower Katharine Gun (Keira Knightley), who leaked information to the British press about an illegal spy operation that influenced the invasion of Iraq.

Tom Hanks as Fred Rogers — that sounds about right, doesn't it? A famous nice guy disappears into another one in "A Beautiful Day in the Neighborhood" (Nov. 22), director Marielle Heller's follow-up to "Can You Ever Forgive Me?" Renee Zellweger becomes Judy Garland in "Judy" (Sept. 27), about the legendary singer in the twilight of her too-short life.

THE SEQUELS AND FRANCHISES

If you think I can get through this story without squealing a bit about the "Downton Abbey" movie (coming Sept. 20), you do not know me very well. OH MY GOD THE COSTUMES. OK, I feel better now; let's carry on. The Batman/DC Comics universe continues with "Joker" (Oct. 4), with Joaquin Phoenix slipping into the deranged clown makeup worn by the late Heath Ledger ("The Dark Knight") and Jared Leto ("Suicide Squad"); Robert De Niro co-stars. Arnold Schwarzenegger is Terminating again in "Terminator: Dark Fate" (Nov. 1), alongside Linda Hamilton, and the "Zombieland" crew — Woody Harrelson, Emma Stone, Jesse Eisenberg and Abigail Breslin — reunites, a decade later, for "Zombieland: Double Tap," which I assume isn't about tap-dancing (Oct. 18). Also returning: The "Charlie's Angels" concept, in a franchise reboot starring Kristen Stewart, Naomi Scott, Ella Balinska and Elizabeth Banks as Bosley (Nov. 15).

If the names Anna, Elsa, Kristoff, Olaf and Sven mean anything to you — or your kids — note that Disney's "Frozen II" arrives just in time for Thanksgiving break, on Nov. 22.

THE DRAMAS

In this 50th anniversary of the Apollo moon landing year, "Ad Astra" (Sept. 20) seems well timed; in it, Brad Pitt plays an astronaut who travels into space to solve the mystery of his father (Tommy Lee Jones), who vanished on a space voyage

long ago. Also in the space vein: "Lucy in the Sky" (Oct. 4), with Natalie Portman as an astronaut desperate for another space mission as she struggles with life on Earth.

Pedro Almodovar once again teams with frequent muses Antonio Banderas and Penelope Cruz for "Pain and Glory" (Oct. 25), in which an aging filmmaker looks back on key events in his life.

THE COMEDIES

What, I ask you, is the holiday season without a movie scripted by Emma Thompson and centered on a George Michael song? In "Last Christmas" (Nov. 8), a romantic comedy directed by Paul Feig ("Spy," "Bridesmaids"), a disaster-prone young woman (Emilia Clarke) who works in a Christmas shop meets a charming young man (Henry Golding, of "Crazy Rich Asians"). Or if you like your comedy saturated with murder mystery, "Knives Out" (Nov. 27) looks potentially diverting; it's sort of a game of Clue in which a patriarch of an eccentric family drops dead, and Daniel Craig has to show up and sort things out. (As I wish he would in my life.) Also on hand are Christopher Plummer, Jamie Lee Curtis and Chris Evans; Rian Johnson ("Looper," "Star Wars: The Last Jedi") directs. And for those who prefer their comedy of the animated variety, "The Addams Family" arrives in time for Halloween (Oct. 11, to be exact), featuring the voices of Charlize Theron, Oscar Isaac, Chloe Grace Moretz and Nick Kroll.

THE LOUD ONES

Need a movie with some big-screen action? The sci-fi thriller "Gemini Man," in development hell for more than two decades with a string of directors and stars attached, is finally arriving on screen Oct. 11, directed by Ang Lee and starring Will Smith as a government assassin facing off against a cloned younger version of himself. "Midway" (Nov. 8), directed by loud-movie specialist Roland Emmerich ("Independence Day," "The Day After Tomorrow," "White House Down"), depicts the Battle of Midway in 1942, with Patrick Wilson, Luke Evans, Dennis Quaid and Woody Harrelson. And "Black and Blue" (Oct. 25) is an action thriller featuring Oscar nominee Naomie Harris ("Moonlight") as a rookie cop who learns that a murder was committed by corrupt police officers.

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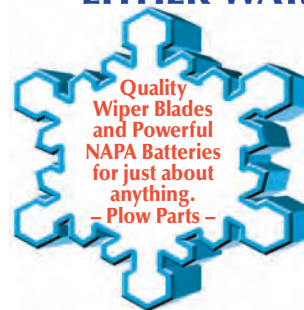
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