



Autumn Outdoor Maintenance Time

Time for tree and shrub maintenance

Some advice from Better Homes and Gardens for fall gardening tasks:

- * Mulch and regularly water newly planted conifers.
- * Plant trees such as oak, holly, and beautyberry.
- * Clean up rotten, fallen crops and leaves from fruit trees.
- * Rake and compost leaves.
- * Cut back perennials to 6 inches above the soil.
- * Dig up and store non-hardy bulbs.
- * Divide and replant overcrowded perennials.
- * Plant cool-season annuals.
- * Plant spring-flowering bulbs.

Autumn is the best time to plant grass

If the wear and tear of summer has left bare spots in your lawn, now is the time to take action.

Shorter days, cooler nights, and the improved rainfall patterns of late summer and fall are just what new seedlings need to get started. What's more, there are fewer natural weed seeds to compete with new grass planted in fall. For best results:

- * Break up the top inch of soil so seeds have a place to take root.
- * Use a spreader so the seeds are not spread too thickly.
- * Keep the seeds moist by light watering several times a day.

Continue when new seedlings come up.

* When the new grass becomes well established, water less frequently and for longer periods.

* Follow up about six weeks after seeding with a late-fall fertilizer. It thickens new turf and prepares it for winter.



I hope you enjoy this month's newsletter!

Mari and Staff

Where will the robins go this winter?

Every April someone will say breathlessly that they saw their first robin: A hopeful sign that winter is ending and soon (but never soon enough) spring will be here.

But, now, in September when the leaves are beginning to fall and winter is knocking on the door, you might wonder, "Where will the American Robin go and what will they do in the deep freeze of winter?"

The answer might surprise you. The robins in your yard might join together and flock to the south. Or they might stay right where they are.

According to journeynorth.org, robins don't so much migrate as they wander. They tend to go south in search of food, but not necessarily. In the winter, when robins can't get insects and worms, they eat fruits, but not seeds. If your neighborhood has lots of crabapple, Hawthorne or late blooming fruit trees, the robins might stay, as long as there is food.

They don't really have to worry about the cold because their feathers keep them warm. When the thermometer drops below zero, robins puff up their feathers. On the outside they might feel cold, but inside they are a toasty 104 degrees. Even the robin's feet stay warm with their fast circulation that spreads warm blood quickly down to the tendons that control the feet.

When temperatures reach about 36 degrees, male robins begin flying toward their breeding territories. That's when the robins actually herald spring because once they are in their breeding areas, they start to sing.

So if you see a robin in winter, don't worry!

Researchers say depression is not a life sentence

Once depressed, always depressed?

Two researchers say, while that might be the message of the mental health discipline, it isn't really true.

Jonathan Rottenberg, Professor of Psychology, University of South Florida, and Todd Kashdan Professor of Psychology, George Mason University, reviewed outcome studies of people who were once depressed. They found that 40 to 60 percent never again had depression.

The researchers have proposed that professionals adopt a more precise definition of well-being so that they understand how and when people recover from depression.

This information can help professionals guide patients out of what might be a temporary depression. It could also give patients hope, the researchers say.

The research will appear in the Perspectives on Psychological Science, according to The Conversation.



... someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church?

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call!

Thanks in advance for your help!

Coffee pick-me-up: What amount is perfect?

Suppose you are a soldier. You've gone days without much sleep, but you must stay as sharp as possible because lives could be at risk.

That's just the scenario the U.S. Army considered when they developed an algorithm for the perfect amount of coffee for maximum alertness.

Senior research scientist Jacques Reifman, U.S. Army Medical Research and Material Command, helped develop the algorithm that predicts caffeine dose based on sleep patterns, according to The Wall Street Journal.

An 8-ounce cup of weak coffee has about 100 milligrams of caffeine. A strong cup has 175 milligrams.

About 40 percent of soldiers sleep no more than five hours a night, less than the seven or more hours recommended by the Centers for Disease Control.

Meanwhile, the average civilian sleeps about 6.8 hours a night.

The algorithm finds that a generally well-rested person, in this case a soldier, who gets five hours of sleep one night could drink eight ounces of weak coffee upon waking at 7 a.m. and the same at 9 a.m. The soldier then would be just as alert as a person who slept eight hours.

While eight hours of sleep produces high levels of alertness all day, a person who sleeps no more than 6.8 hours each day for a week would need 200 milligrams of caffeine at 7 a.m. and at 9 a.m. to achieve the same alertness.

The full mathematical model with a working name of 2B-Alert will be online in app stores in a few months.



"If medication doesn't work, we'll have to surgically remove that song that's stuck in your head."

"Charity Suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

-1 Corinthians 13:4-5

September is National Emergency Preparedness Month

When you consider what supplies you would need for three days after a natural disaster, first consider what emergencies are most likely to occur in your area. Prepare accordingly.

A supply kit sounds like something you could carry, but it isn't. When you consider a three-day supply of water and food per person (and pet), plus clothes, shoes, a sleeping bag or blanket for each one, plastic sheeting and duct tape, it's hardly moveable. You need space and a convenient location.

If the emergency could be a flood, the attic or second floor might be a good storage area. If you are more likely to be trapped by a blizzard, tornado, or earthquake, a part of the garage or basement would be better.

That's especially true since the government recommends including garbage bags and closers, toilet paper, hand tools, a bottle of bleach, moist towelettes, a first aid kit, disposable plates, cups and dinnerware, and a fire extinguisher.

Create an ID Kit of insurance policies, identification, and bank account records in a separate waterproof container.

Some emergency items don't take as much room. They include:

- * A flashlight, battery-operated radio and cell phone with extra batteries, and matches in a waterproof container.

- * A three-day supply of medications, plus traveler's checks, cash and change, pencil and paper, and a dust mask.

- * Personal hygiene items and feminine supplies should be included.

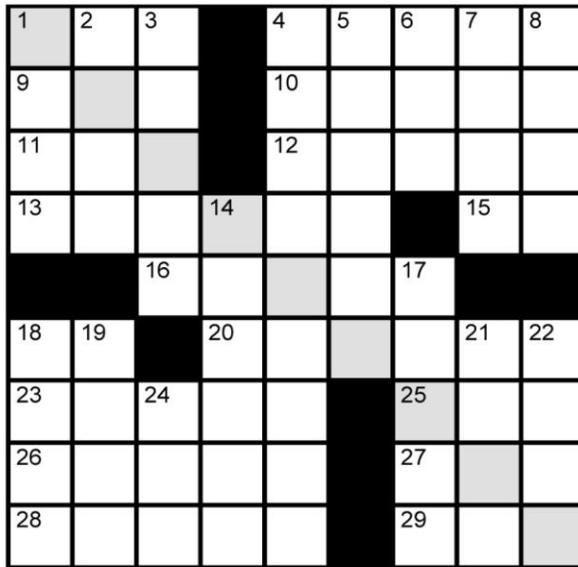
- * If you have a baby, don't forget the disposable diapers. If you have children, include books, games and puzzles.

Getting ready for an emergency or disaster sounds like a lot of work. But if one occurs, you'll be glad you put your time and money into the project.

"To my biggest fan"

Across

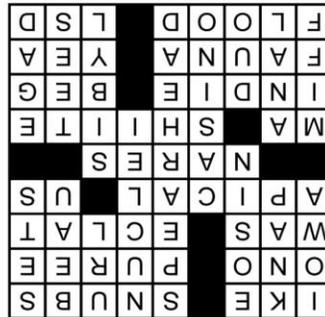
1. Mamie's man
4. Gives the cold shoulder to
9. Lennon's lady
10. Blender button
11. Took place
12. Flair
13. At the summit
15. You and I
16. Nostrils
18. Bell or Barker
20. Sunni counterpart
23. Non-studio film, briefly
25. Plead
26. Flora's partner
27. Formal vote
28. Deluge
29. What Leary tripped on



Down

1. Hawkeye State
2. Sack starter
3. Red dye
4. Lead an attack
5. Cell centers
6. WWW address
7. Boy friend
8. Hardens

14. Vegas attraction
17. Delphic diviner
18. Tick off
19. Like a control freak
21. Golfer's bagful
22. "Good grief!"
24. Batman and Robin, e.g.



The headline is a clue to the answer in the diagonal.

Last Minute Travel Help

Family cruises are more affordable than you think

Families looking to travel and experience a host of unique activities will find that cruises offer a lot of value if they are willing to do their homework to find deals that include children for free or reduced fares, according to WiseBread. MSC Cruises, for example, is a European carrier with trips coming out of Miami that offers a 'kids sail free' policy on many cruises. To qualify, there must be two full-fare paying adults, and it includes up to two children on each trip. Likewise, Royal Caribbean has free kids' options on select cruises along with frequent discounts for second guests that can be used to bring a child along. Most cruise lines have activities specifically geared toward kids and some, like Carnival, even have a free, supervised kids' club to give adults more time to relax.

Purchase earlier for best plane ticket prices

Frequent travelers or those looking to book a trip will score the best fare prices when they purchase tickets about 70 days in advance of their flights, according to the most recent annual study by CheapAir. They analyzed 917 million airplane ticket prices at the time of purchase to uncover this prime purchase window, which is up from 54 days during the previous year. Although many casual flyers might guess that tickets will be the cheapest when booking as far out as possible, there could be a \$50 premium on tickets purchased 169 to 319 days in advance and a \$20 premium for those at 122 to 168 days out.

Trivia Teaser – Mad Rush

1. Madagascar declared its independence from which country in 1960? a-France, b-Italy, c-Mali, d-Spain.

2. Who created the fictional characters Felix Unger and Oscar Madison? a-Tom Stoppard, b-Neil Simon, c-Garry Marshall, d-Mel Brooks.

3. David Addison and Maddie Hayes were private detectives on which TV series?

a-"Remington Steele," b-"Baywatch Nights," c-"Moonlighting," d-"Psych."

4. Which rock performer is nicknamed "The Motor City Madman"? a-John Fogarty, b-Ted Nugent, c-Meat Loaf, d-Sammy Hagar.

5. Pitcher Greg Maddux won three consecutive Cy Young Awards as a member of which team? a-Atlanta Braves, b-Chicago Cubs, c-California Angels, d-New York Yankees.

6. "Dolores Claiborne" and "Rose Madder" are novels by which horror author? a-Stephen King, b-Peter Straub, c-John Saul, d-Dean Koontz.

7. Which day of the week is NOT mentioned in the lyrics of the Beatles song "Lady Madonna"? a-Wednesday, b-Saturday, c-Thursday, d-Sunday?

8. Who was James Madison's first vice-president? a-Aaron Burr, b-Alexander Hamilton, c-John Quincy Adams, d-George Clinton.

9. Which city of India was formerly known as Madras? a-Ahmenabad, b-Bengaluru, c-Chennai, d-New Delhi.

10. On August 2, 1964, the North Vietnamese attacked the American destroyer USS Maddox in which gulf? a-Persian Gulf, b-Gulf of Mexico, c-Gulf of Venezuela, d-Gulf of Tonkin.

11. Which king of France had mistresses named Madame du Barry and Madame de Pompadour? a-Louis XV, b-Louis XVI, c-Francis I, d-Henry IV.

- 1-a, France
- 2-b, Neil Simon
- 3-c, "Moonlighting"
- 4-b, Ted Nugent
- 5-a, Atlanta Braves
- 6-a, Stephen King
- 7-b, Saturday
- 8-d, George Clinton
- 9-c, Chennai
- 10-d, Gulf of Tonkin
- 11-a, Louis XV

Decadent Black Forrest Cherry Cake

A fast, creative twist on the famous German chocolate-cherry cake. Simply just using a simple boxed cake mix and cherry preserves. Don't skip the kirsch or brandy; it adds that signature Black Forest flavor.



Ingredients

- 1, 2-layer-size package dark chocolate fudge cake mix
- 2, 10 - ounce jars black cherry spreadable fruit or preserves
- 2 tablespoons kirsch, brandy or cherry juice
- Sweetened whipped cream
- Chocolate curls

Directions:

- Grease a 13x9x2-inch baking pan. Prepare cake mix according to package directions. Cool thoroughly on a wire rack.
- To serve, in a small bowl, stir together spreadable fruit and the kirsch. Cut cake into squares. Top with whipped cream and spreadable fruit mixture. Garnish with chocolate curls. Serve immediately or chill for no more than 1 hour.

Take the Trivia Challenge

How much caffeine is in a strong cup of coffee?

- a. 100 b. 150 c. 175 d. 200

HINT: The answer is hidden somewhere in this newsletter.