

# Fill your week with smiles!

**TUESDAY, OCTOBER 1 NATIONAL PUMPKIN SPICE DAY**

## Enjoy fall flavors!

Nothing says autumn quite like pumpkin spice! Treat yourself today with this deliciously healthy pudding created by the pros in the *Woman's World* test kitchen.

**To make Pumpkin Chia Seed Pudding:** In a large bowl, combine 2 cups of coconut milk,

¼ cup of chia seeds, 1 tsp. of vanilla extract and 1 Tbs. of pumpkin spice. Whisk until creamy. Refrigerate 5 hours. Divide evenly among 4 glasses. Keep chilled until ready to serve. If desired, top with whipped cream, crushed pumpkin cookies and cinnamon sticks. Serves 4.

**SATURDAY, OCTOBER 5 DO SOMETHING NICE DAY**

## Banish stress!



It's no secret that acts of kindness—like surprising a neighbor with goodies—feel great. But according to researchers in the journal *Social and Personality Psychology Compass*, they can be especially beneficial for your mental well-being. In their study of 193 students who were beginning college, subjects reported increased resilience, optimism and happiness, and less anxiety and loneliness in weeks during which they performed more acts of kindness. Why? The researchers theorize that since humans are so social, helping others can lead to feeling happier and more connected.

### Keep troops comfortable

Do you have unscented bar soap, lip balm or toothpaste to spare? If so, send them to Operation: Care and Comfort. This nonprofit organization will send the items to troop members stationed abroad. Mail items to Operation: Care and Comfort (OCC), 1702-L Meridian Ave, #241, San Jose, CA 95125.

**HELP A HERO!**

**OCTOBER 1-31 NATIONAL APPLE MONTH**

## Baked bliss

Baking a pie is the perfect way to celebrate! We asked Ken Haedrich, author of *Pie Academy*, how to avoid a soggy crust. His trick? Set the oven racks in two positions: one in the middle and one low, then start baking your pie on the bottom rack. "If you put your pie in the low position, where the heat is very intense, it gives the bottom crust a head start toward browning and crisping up." Midway through cooking time, move it to the higher rack. **For the best flavor:** Haedrich likes using Honeycrisp apples. "They make a good pie; they're sweet and tangy."



**FRIDAY, OCTOBER 4 WORLD SMILE DAY**

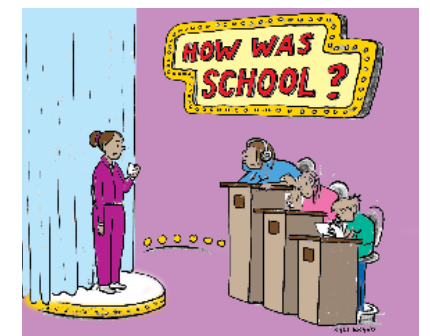
## Spread some joy!

Taking care of your smile keeps it more than just picture-perfect; it can also protect your heart. That's the word from investigators reporting in the *European Journal of Preventive Cardiology*. In their large-scale study of 161,286 people, they discovered that participants who brushed three or more times a day noticeably lowered their risk of developing an irregular heartbeat

and heart failure compared to those who weren't as diligent with their oral-care regimen. That's because brushing reduces bacteria in the pocket between your teeth and gums. This stops germs from entering the bloodstream, where they could trigger immune system swelling that impedes blood flow. And a healthy heart is definitely something to smile about!



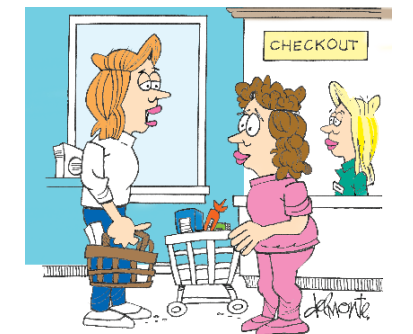
Start your week with a **Laugh!**



"I'm sorry, but 'fine' is not an acceptable answer."

**Q** What do french fries do when they meet after a long time?

**A** They ketchup!



"I've discovered a new way to diet. I just look at the price of food!"

**Kids are funNy!**

One Saturday, I was shopping at our local department store when my 3-year-old, Amy, ran off to see a display of toys. When I caught up to her, I said, "Next time you want to go somewhere, please ask me first." With careful thought, Amy asked, "Okay, can I go to Chuck E. Cheese?"

—P.D., Danville, IN

Answer: Your brain



**RIDDLE OF THE WEEK**

### Quite a thought

The more you use me, the sharper I get; the less you use me, the rustier I get. What am I?

Answer in lower-right corner



**THURSDAY, OCTOBER 3 LOOK AT THE LEAVES DAY**

## Capture beauty

Celebrate the season by taking photos of fall foliage! You can create stunning images in any weather, assures Pittsburgh photographer Don Orkoskey (Orkoskey.com). "If you want a soft and dreamy mood, then overcast days work better." But to get dramatic photos, he advises waiting for sunshine. One idea for a sunny-day snap: Focus on a brightly colored leaf with blue sky in the background. "The complementary colors help the leaves pop so they feel like they're coming toward us and the sky feels like it's receding."

