

HOW TO EXTEND THE APPLE SEASON

It's so easy to miss the season, sitting in offices, factories, or classrooms. Time goes by so quickly. So, to make it last a bit longer, here are ten quick, easy, free fall pleasures:

1. Take a trip to an apple orchard.
2. Go to the library and check out a book. Sit outside and read a few chapters.
3. Take a walk in a quiet area.
4. Make a list of things for which you are thankful.
5. Prepare your favorite drink and serve in a special glass.
6. Tuck a special note in your spouse's or child's lunch bag.
7. Make a centerpiece out of the brightly colored fall leaves.
8. Pop some popcorn. Share with a friend.
9. Decorate a pumpkin.
10. Make some soup.

These are ideas taken from **Cooking Around the Calendar With Kids—Holiday and Seasonal Food and Fun** by Amy Houts. This food and activity book can be ordered for \$24.95 ppd. from Snaptail Press, Division of Images Unlimited, P.O. Box 305, Dept. AJ, Maryville, MO 64468. For more information visit: www.imagesunlimitedpub.com