



Fall guide

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**transition
time**

*our experts help
you transition
from late summer to fall in style*

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grow shorter*

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and festive table decor*

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mmm...

*comfort food that's
actually good for you!*

crisp air

It's that time of the year when we gradually transition from summer to winter. The days are getting shorter, the nights are getting longer and the temperature is falling—autumn is all around us. Crisp air, crisp leaves, crisp apples and the smell of pumpkin pie. It doesn't get much better than this!

crisp leaves

In this issue we'll give you a sneak peek at the hottest clothing and décor trends. Our experts will help you transition your home and wardrobe throughout the season, and if you are crafty, give our DIY projects a try. However, if cooking is your thing, we think you'll really enjoy the yummy recipes this season.

crisp apples

Movers and shakers make sure to take a look at our event guide. It features several places to go and things to do with your family and friends all season long—and before you know it, the holidays will be right around the corner!

Happy Fall...



Fall trends

Velvet is HOT
in fashion and home decor!

Fall Trends

Bold Reds

Red may just be the “official” color for fall 2017. If you want to make a fiery statement, show off an all-red coat or dress! For something subtle and romantic, try accessorizing with a red plaid scarf or high knee boots.



Photo: polyvore.com

Mid-Length Skirts

Think flowy and delicate, mid-length skirts paired with cropped jackets and ankle boots make for an edgy yet feminine look that will be perfect for the fall.

Photo: makingtheworldcuter.com



Plaid Coats with Wide Belts

Even though plaid is already a staple fall piece, adding a solid colored belt to the coat will flatter your waist and add a classy touch.

Photo: romwe.com



Jewel-Toned Velvet

Although velvet was trendy in 2016, jewel-tone velvet formalwear will make its way through the season. Try a burgundy cocktail dress for a wedding or even accessorizing your date night outfit with a velvet purse for an extra sophisticated look.

Photo: lulus.com





Dark Green

While the green in the leaves might be fading, green inside the house is definitely in for the season! For a natural and comfortable room, pair dark green cabinets or decorations with wood and other earthy elements.

Photo: countryliving.com

Quirky Light Fixtures

Lighting fixtures are a great way to show off your personality and this fall, we encourage you be creative and try something unusual! Try repurposing or upcycling old household objects into lamps or get creative with water pipes and rope to hang unique light fixtures in your dining room.

Photo: <http://bengkel.kaodim.com>



High Contrast

While summer is usually known for its bright and bold hues, this fall it's all about high contrast and saturated colors. Try mixing prints and textures and playing up simple furniture with colorful blankets and pillows.

Photo: hgtv.com/design

Velvet Furniture

Fall fashion aside, velvet furniture is also a big home trend this season. If you're feeling bold, try finding a velvet sofa or headboard and pairing it with brass and other jewel-toned color palettes for a warm and classic look.

Photo: www.decorpad.com



Fall Recipes

From classic apple pie to a contemporary smoothie, we're sure you'll find something to satisfy your comfort food cravings!

comfort food

Fall Recipes

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Fall Events & Fun Facts



Pumpkin Banana
Smoothie



Pumpkin Oatmeal
Energy Balls



Autumn
Pie



Pumpkin
Soup

Pumpkin Banana Protein Smoothie

"This delicious and healthy smoothie recipe can be whipped up for the kids quickly before school or even used for a post-workout meal! The pumpkin puree and spice add a sweet touch that makes this the ultimate smoothie for the fall!"

- Gazelle Arga, Marketing Coordinator for Goodwill

Ingredients (serves 2)

- 2 bananas, medium
- 1 cup pumpkin puree
- 1.5 cups unsweetened almond or coconut milk
- 2 scoops vanilla protein powder
- 2 tsp honey
- 1 tsp pumpkin pie spice
- 1 cup frozen spinach (optional)

1. Place all ingredients into a blender and process until smooth! For an extra creamy treat, use less almond milk!



Pumpkin Energy Balls

"With just a few simple ingredients, these SUPER EASY pumpkin energy balls are an amazing snack that can be brought to school or work for a quick pick-me-up. With pumpkin, peanut butter, and flax seed in the mix, you'll get a wholesome mixture of fiber, healthy fats, and protein." - Gazelle Arga, Marketing Coordinator for Goodwill

Ingredients

- $\frac{3}{4}$ cup creamy peanut butter
- $\frac{1}{2}$ cup pumpkin puree
- 2-3 tsp of pumpkin pie spice
- $\frac{1}{2}$ cup ground flax seeds
- 4 tablespoons honey

1. Put all of the ingredients in a medium bowl and combine. Cover the bowl and place in the refrigerator for at least 1.5 hours. This will harden the mixture, which will make the balls easier to roll.
2. Line a baking sheet with parchment paper and roll the mixture into small, bite-sized balls and place them on the parchment paper.
3. Chill for 1.5-2 more hours and then enjoy!
4. Store the energy balls covered in the refrigerator.



Easy Pumpkin Soup

Ingredients

- 6 C chicken stock
- 1 1/2 tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- 1/2 tsp thyme
- 1 clove garlic, minced
- 1/2 cup heavy whipping cream
- 5 whole black peppercorns

recipe from [AllRecipes: http://allrecipes.com/recipe/9191/pumpkin-soup/](http://allrecipes.com/recipe/9191/pumpkin-soup/)

1. Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
2. Puree the soup in small batches (1 cup at a time) using a food processor or blender.
3. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.



Autumn Apple Pie

This dessert is a family favorite in the Jansen household for the October birthdays as well as at Thanksgiving. Because the recipe allows for a combination of any variety of apples, the taste changes from bite to bite.

The overflow of apples plus the crumble topping gives this dessert an edge over traditional apple pies. The Wisconsin vanilla custard “tops” off this treat.

One must save room for this Autumn Apple Pie!

By: Judy Jansen

Ingredients

Pie Crust:

Make or purchase your favorite pie crust

Place pie crust into a 9” deep pie dish

Filling:

6 large apples... 8 Cups chopped Cortland, Fuji, Granny Smith or any variety

$\frac{3}{4}$ Cup sugar

3 tblsp flour

$\frac{1}{4}$ tsp Salt

$\frac{1}{2}$ tsp nutmeg

1 tsp cinnamon

1 tsp vanilla

1 tsp fresh squeezed

lemon juice

Combine all ingredients in a large bowl and then transfer to the pie crust.

Crumble Topping:

$\frac{1}{4}$ Cup room-temperature butter

$\frac{1}{4}$ Cup brown sugar

$\frac{1}{2}$ Cup flour

$\frac{1}{8}$ tsp salt

With a fork in a small bowl, mix the butter, brown sugar, and salt; then cut in the flour.

Sprinkle the combined ingredients on top of the pie.

Place pie on a cookie sheet and bake for 80 minutes in a pre-heated oven at 375 degrees.

Serve with vanilla custard.





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Fall Style Experts

Help transition your wardrobe and home
throughout the season

the Perfect Fit

By: Fashion Expert, Bjorn Nasett



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Go-to pieces are what makes fashion really work.

Especially a great fitting pair of black pants, slacks, or jeans. They can take us from fall into winter with ease and can be a very versatile staple, in a well-appointed wardrobe.



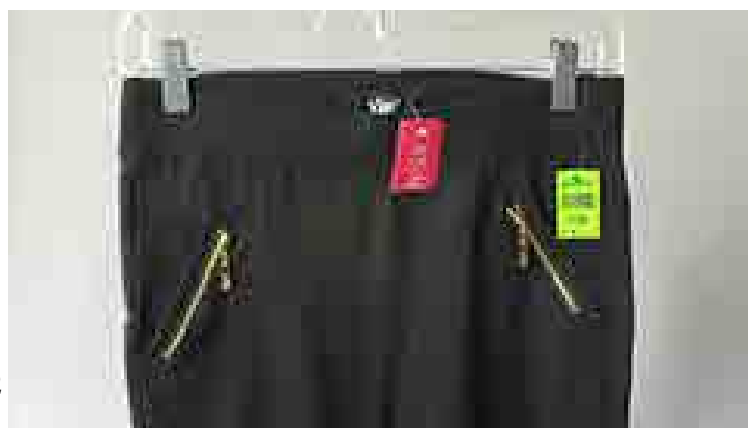
But, finding the right fit for your body type is the key to any items you will actually wear a lot.

Which ones would suit you best?

◀ “An easy way to tell if you’re short or long waisted without measuring is to gauge the distance from your neck to your waist, and from waist to crotch. If the upper half is longer, you’re long waisted, and vice versa.” Elsa Klensch fashion expert.

▶ Short waisted ladies should look for labels that say petite because they are usually short waisted. Let your tops and blouses overhang the waistband without tucking them in. It will create a longer waisted effect. Avoid high waist pants and slacks.

..... Short waisted styles



\$4.99
YMI A'GACI
pant

Long & Average waisted styles

Long waisted gals look best in higher waisted styles of jeans, slacks, and pants, and will help with balancing proportions. Look for pocket details. Just say no to pedal pushers and Capri pants.

Average shape gals can play around with the style and fit depending on their needs.



Bottom heavy styles

Bottom heavy women should look for slightly tailored pants that define the waist and skim the hips, thighs, and bottom. A side zip pant is ideal. You may also want to try flat front slacks that have a straight leg which will help balance the figure. Avoid pants with thin fabric, and instead, go for something that has weight and some stretch.



Remember to always try on pants in one of our dressing rooms before you buy. Try on a few different styles using my tips, and you'll really understand what that perfect fit is.



Fall Transition

By: Home Decór Expert, Merri Cvetan



Redecorating can be a daunting and expensive project.

But it doesn't have to be overwhelming or costly if you slowly transition your room from one season to another.

Here is a corner of a living room set for summer.

A vintage arm chair, round table with a skirt and a few light accessories. The beauty of owning furniture in neutral fabrics like this grey chair is almost every other color goes with it.

Read on to see two ways this corner can be transitioned beautifully and seamlessly into early and late fall...



For a late summer or early fall transition when the weather is just starting to cool down simply swap out a few things:

Exchange the pillow for one with fall colors.

Toss a lightweight cotton throw on the chair to take the chill out of a September evening.

Arrange fall perennials (or faux flowers) in a gold vase.

Replace the bowl and key with a gourd for additional color.





©amazinggoodwill.com

Later in the season, when warm weather is really over and temperatures drop, cozy up your living room with:

Faux fur throw.

Who doesn't want to wrap up in that luxury?

Deep orange pillow.

The velour rectangular shaped pillow with tassels compliments the texture of the throw and chair.

Cover the table with the early fall throw.

It adds another layer of fabric, color and warmth.

Florals and candles.

Large sunflower blossoms wrap an iridescent candle in shades of gold.

"Borrow" a lamp from another room.

This one has a bronze stem and off-white shade, perfect for late autumn.



Don't forget to use other props to get a really nice display. The candle was a bit short for the taller lamp, so I gave it additional height with a couple of books. A vintage souvenir in bronze (l'Arc de Triomphe) brings in another finish and texture.

Maybe crisp fall nights won't be so bad after all!



Fall *diy*

If you're crafty,
give our DIY projects
a try!

Fall DIY

By Pam Pierson, Multimedia Manager for Goodwill

Fall Centerpiece

By Pam Pierson, MultiMedia Manager
for Goodwill



Supplies needed:

- Clothespins (at least 30)
- White acrylic spray paint
- Plastic container (I used a Cool Whip container (8oz))
- Dry floral foam half ball 4-7/8 in or a dry floral foam brick
- Craft pumpkins (Goodwill or craft store)
- Artificial flowers (Goodwill or craft store)
- Ribbon/about 1 yard (Goodwill or craft store)
- Bamboo skewer
- Scissors
- Wire cutter
- Glue gun
- Cardboard box

Inspiration from Allyou.com magazine

1.



Layout clothespins in a cardboard box in an open, vented area. Spray paint the first side. Let dry for about a ½ hour. Turn over clothespins, and spray paint the other side. Repeat the process until clothespins are completely white.

2.



Cut down the plastic container so it is about 1" tall. Clip the clothespins all the way around the plastic container.

3.



Insert floral foam ball or brick (Trim if needed).

4.



Insert bamboo skewer into the pumpkins and arrange accordingly. Some skewers might be longer than others. It depends upon how you want to make your arrangement.

Cut artificial flowers and fill in any open areas around the pumpkins.

Wrap and glue ribbon around the clothespins. You can either just tie the ribbon in a bow or make a bow.



Cloud Garland

By Jessica Schoner, Interactive Media Coordinator for Goodwill

For my little one's travel themed nursery, I wanted to add a few homemade touches. I love how simple and whimsical this cloud garland turned out! It fits perfectly into the room, and I love that it can transition easily into a toddler and young adult's room too.

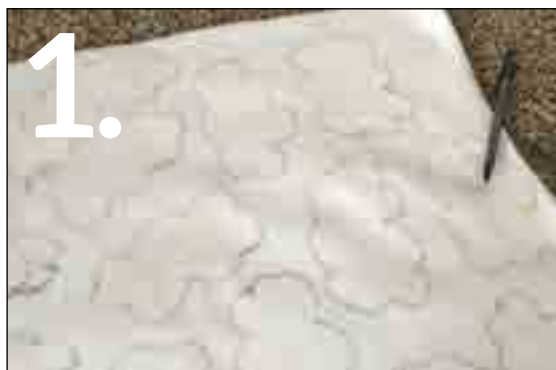
Anyone who knows me knows that I do not sew. I'm proud to say I conquered that fear of sewing with this project! Admittedly I had to Google what a "whip stitch" was, but once I made one cloud, the rest were easy-peasy.

Supplies needed:

- Pillow from Goodwill
- ½ yard white felt
- Scissors
- Needle and thread
- Pen
- Hammer and nails (for hanging)

.....
Don't be intimidated
by the sewing portion of
this project; if I can do it,
so can you!
.....

1.



Start by folding your piece of felt in half, so that you have two halves that are the same size. Using your pen, lightly draw cloud shapes onto one side of the felt. I wanted all of my clouds to be unique so I free-handed all of them, but you can make one shape and trace it for the rest if you want a more uniform look to yours.

2.



Keeping the felt folded, cut out your cloud shapes. You'll end up with two pieces per cloud shape (one for the front and one for the back of the cloud).

3.



Onto the sewing! Keeping your two pieces of felt together, use a whip stitch method to sew around the edges of the cloud. Leave about an inch of space open.

4.



I hit the shelves of Goodwill to find a pillow for this next part. I didn't need anything fancy; just the stuffing! Cut open a corner of your pillow and pull out enough stuffing to fill your cloud shape. You can put in as little or as much as you want, depending on how fluffy you want your clouds to be!

After the cloud is stuffed, finish sewing around the rest of the shape. Repeat for all remaining clouds.

5.



Determine the length you want the garland to be, and measure out that length with your thread. Sew a strand of thread through the back of each cloud, stringing them together. My clouds were a little heavy, so I ended up repeating this step, to strengthen the strand a little bit.

6.



Tie a knot on each end of the thread.

Place your nails in the designated spots, and attach your garland using the knots you tied on the thread.

Fall Printable Art

By Kyla Mrazek, Marketing Manager for Goodwill

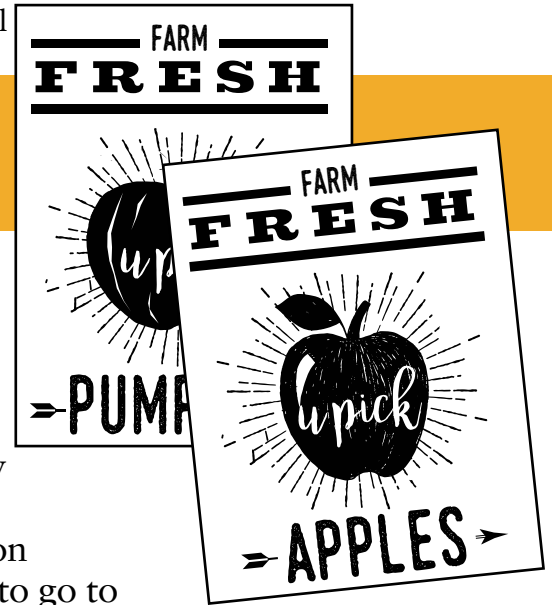
Signs and letter art are all the rage in decorating right now.

It seems everywhere you look people are using letters, font and signs as art in their home. You can make your own sign at local shops, buy them at any craft or decorating store. They can get really expensive though, so we've come up with a way to help you do it inexpensively with a frame from Goodwill!

All you need to do is print out one of both of these great fall signs on the paper of your choice, and then head to your local Goodwill to find a frame. I found this great barn wood inspired frame for just \$4.99. I printed the pumpkin sign on a piece of vintage-looking

paper, and for under \$5.00 I have a great piece of artwork for my home this fall.

Simply click on the link below to go to [AmazingGoodwill.com](http://www.amazinggoodwill.com) and download your PDF. Then trim it to fit your frame, and you've got instant unique sign art for your home, courtesy of your friends at Goodwill. Enjoy!



make it!

<http://www.amazinggoodwill.com/printable-art>



Fall

fun facts & events

Movers and shakers, we have a lot of
things for you to do this fall

Looking for things to do like pick pumpkins and apples or take a fun hayride?

Look no further, because we have you covered...

Pumpkin Farms

Wisconsin

Apple Holler, Sturtevant | <https://www.appleholler.com/>

Basse's Taste of Country, Colgate | <http://bassesfarms.com/>

Meadowbrook Pumpkin Farm, West Bend | <http://www.meadowbrookfun.com/>

Nieman Orchards, Cedarburg | <http://www.niemanorchards.com>

Illinois

Kroll's Fall Harvest Farm, Waukegan | <http://www.krollsfarm.com/>

Abbey Farms, Aurora | <https://abbeyfarms.org/>

Odyssey Fun Farm Pumpkin Patch | <http://odysseyfunfarm.com/HOME.html>

Delairs Conrnstalk Farm, Orland Park | (708) 785-9532

Lincoln Park Zoo Fall Fest, Chicago | <http://www.lpzoo.org/fall-fest>



Events

Wisconsin September

September 2-September 3

Third Ward Art Festival, Milwaukee | third-ward-art-festival/

September 22-October 22

China Lights Festival, Boerner Botanical Gardens | <http://www.chinalights.org/>

September 23

Apple Harvest Fest, Waukesha | <https://www.waukeshacounty.gov/appleharvestfestival/>

October

September 9 - October 22 (weekends only)

Elegant Farmer Autumn Harvest Festival, Mukwonago | <http://www.elegantfarmer.com/>

October 28 & 29

Not So Scary Halloween at Betty Brinn Children's Museum, Milwaukee

not-so-scary-halloween/2016-10-28/

October 30

Chili Halloween at North Point Lighthouse, Milwaukee | northpointlighthouse.org/

November

November 17-January 1

Milwaukee Holiday Lights Festival, Downtown Milwaukee | milwaukee-holiday-lights-festival

November 17-November 19

Holiday Folk Fair International, Wisconsin State Fair Park | folkfair.org/

November 18

Milwaukee Holiday Parade, Milwaukee | www.milwaukeekeeparade.com/



Events

Illinois

September

September 1-4

Butterflies & Blooms Chicago Botanical Garden | www.chicagobotanic.org/butterflies

September 1-September 17

Dinos & Dragons Brookfield Zoo, Brookfield | www.czs.org/dinosdragons

September 15-September 17

Des Plaines Fall Family Festival | www.fallfestdesplaines.com/

October

October 6-October 8

Scarecrow Festival, St. Charles | scarecrowfest.com/

October 21

The Halloween Parade of Artists | cityofchicago.org/city/en/depts/dca/supp_info/parade28.html

October 28

Batfest, Batavia | downtownbatavia.com/currentevents/bat-fest/

November

November 17

Christmas Tree Lighting Ceremony in Millennium Park | cityofchicago.org/city/en/depts/dca/supp_info/millennium_park.html

November 17-December 24

Christkindlmarket Chicago | www.christkindlmarket.com/

November 18


Magnificent Mile Holiday Lights | themagnificentmile.com/lights-festival/

Fall Facts




1. Pumpkins are grown all over the world: six of seven continents (all except Antarctica).
2. The largest pumpkin ever made was in New Bremen, Ohio—it was 20 feet in diameter and weighed 3,699 pounds! It took days to bake, but was cut into 5,000 slices when it was finished.
3. When leaves change color in the fall, they are actually becoming their true color. In the summer, the chlorophyll (which is how the leaves receive nourishment from the sun) takes over and causes them to turn green and hide their color.
4. The largest squash on record to-date belonged to Joel Jarvis from Port Elgin, Ontario. His prize-winning gourd weighed 1,486.6 pounds.
5. Bobbing for apples actually started as a British courting ritual. Every male was assigned an apple and then the young eligible ladies would bob for them, hoping to grab the apple of their beloved.
6. The world's tallest tree, named Hyperion, measures more than 360 feet. It's a coast redwood and is located in California. Just to give you an idea of how tall that is, the tree is only a few feet shorter than the Empire State Building!
7. The white Arctic tern's annual round-trip migration of 44,000 zigzagging miles between Greenland and the Antarctic—the world's longest yearly commute for any species.
8. Until about 1500, autumn was just called "harvest." The full moon closest to the autumn equinox is known as a harvest moon. Before cities electrified, the bright night of the harvest moon was essential for farmers harvesting their late-year crops.
9. Evergreens stay green all year long because of their needles. Coniferous needles are compact, watertight, and generally harder for weather and insects to destroy. By slowing everything down, pine trees can photosynthesize year-round, keeping the chlorophyll at work and keeping the needles permanently green.
10. Researchers think that lower levels of vitamin D (due to shorter days and less contact with sunshine) is in part responsible for autumn and winter weight gain. A lack of vitamin D is thought to reduce fat breakdown and trigger fat storage, leading to an average weight gain of two to four pounds each year in autumn and winter.





Goodwill's DIY
HALLOWEEN
Costume Contest

Enter between September 25 & October 8
for your chance to win a VIP package to
Fright Fest at Six Flags Great America!



**AMAZING
COSTUMES**

Visit AmazingGoodwill.com for more details.