"Make the most of it while you can!"

As a senior in college, I've heard this advice so many times. It's a nice idea, but also a little nerve-wracking. How can you possibly make every moment count? For me, "making the most" of college doesn't mean that everything is perfect, but instead, it's trying to notice and enjoy the good things whenever I can. This week marks the end of October, so I'm trying to appreciate this great time of year. Western Massachusetts is a perfect place to enjoy all things fall, and this may be my last chance to take it all in!

On campus, there's the farmer's market on campus each fall Friday, with all kinds of different vendors and fun foods to try. A lot of RAs will plan fun events for their residents, too. When I lived in the dorms, we used to have pumpkin-painting events, or apple cider and doughnuts at our floor meetings. And of course, the Halloween dinner is on the 31st! Amherst and the surrounding towns have so much to offer, too. Every year I look forward to getting outside, checking out the hiking spots nearby, and picking apples. And really, the best part of my day is walking to campus each morning and seeing the yellow, red, and orange trees on my way to class.

I'm also trying to "make the most" of my weekly run. On Sundays, my friend, Emily, and I run together, but we almost always take the same route. Each week we go up and down the same roads, over and over again. Last week, we decided to switch it up and run in the opposite direction. We had no idea where we were going, but we ended up finding beautiful trails with awesome fall foliage views. Above is a picture from our run, at the trail near Puffer's Pond in Amherst.

**Applesauce**

As October winds down, it's time to use up all those fall apples! My friend, Monica, and I made a big batch of applesauce, and we kept it really simple: cut 6 apples into quarters. In a saucepan, combine the apple quarters with a cup of cold water, a
squeeze of lemon juice, and a pinch of cinnamon. Cover and let simmer over medium heat for 45 minutes. Purée in a food processor, chill, and serve!

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