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Oct. - Dec. 2020

# YOUR MONEY MATTER\$

## HOLIDAY CLOSINGS

**Columbus Day** - Mon, Oct 12th • **Veteran's Day** - Wed, Nov 11th • **Thanksgiving** - Wed, Nov 25th closing at 2:00pm, Closed Thur & Fri, Nov 26th & 27th  
**Christmas** - Thur, Dec 24th closing at noon, Closed Fri, Dec 25th • **New Years Eve** - Thursday, Dec 31 closing at 2:00pm

## How To Balance Screen Time In A Virtual World

The new school year is here — and it may look a little different. Students are gearing up for more homework, more papers, and especially this year, more screen time. As of March 2020, teen use of apps and digital services is up 70% in the U.S.<sup>(1)</sup>, and 70% of kids ages 12 to 15 get more than the recommended hours of screen time per day, according to the Centers for Disease Control and Prevention.

With screen time ever-increasing, we're exposed to more blue light, which are high-energy wavelengths emitted from the sun, LEDs, and digital devices such as smartphones, computers, and tablets. Overexposure to blue light can lead to difficulty falling asleep and inhibit the ability to reach REM sleep.

**To help reduce effects of blue light, here are some strategies to help find a better balance.**

### MAKE TIME FOR PHYSICAL ACTIVITY

Go for an evening walk. Play a game of catch. Find a sport you and your friends and family all enjoy. A little physical activity goes a long way. It provides time away from screens and numerous benefits for physical and social health.

### SET GOALS

Establishing goals will provide structure and help you make better choices in the future. For example, try sticking to a rule of no screen time during the hour before bed and enforcing electronics-free meal times. This allows you the opportunity to sleep better and wake up refreshed.



(1): <https://www.axios.com/kids-screen-time-coronavirus-562073f6-0638-47f2-8ea3-4f8781d6b31b.html>



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**Festifall at the Garden**

Huntsville Botanical Garden  
4747 Bob Wallace Avenue, Huntsville, AL 35805

It's harvest time, and nothing says FALL quite like Festifall at the Garden! This two-month celebration of the changing seasons features pumpkins, scarecrows, campouts, nature hikes, and more. As the air turns crisp and the leaves begin to change color, there's no better place to connect with nature and enjoy the beauty of autumn.

Check out the full list of Festifall events:

Pumpkins: October 1-31

Mum Displays: September – October

Historic Tractor and Wagon Photo Op: September – October

Festifall Break Camp: October 5-9

**\$5 After 5 at the Huntsville Museum of Art**

Huntsville Museum of Art  
300 Church Street, Huntsville, AL 35801

Enjoy art after hours every Thursday night when admission to the Huntsville Museum of Art is only \$5.

**Ballpark Tours**

Toyota Field  
319 Contec Rd, Madison, AL 35758

Come get a behind-the-scenes look at beautiful Toyota Field! For just \$10 per person, tours will take guests through all areas of the stadium, including the clubhouse, field level, press box, suites, and 360-degree concourse. Groups must have a minimum of 5 people. Contact Maddison Kendrick

**Monster Movies at the Mill**

Lowe Mill ARTS & Entertainment  
2211 Seminole Drive, Huntsville, AL 35805

Park the car, tune in, sit back, and be terrified. Limited parking is available, so purchase your tickets for each screening online while they last. We will begin parking cars no earlier than 6 PM. Costumes and candy are ENCOURAGED!

Every Saturday night in October at 7 PM

\$20 per vehicle

Tickets: [lowemill.art/monstermovies/](http://lowemill.art/monstermovies/)