

You are never too old to set another goal or to dream a new dream. ~C.S. Lewis



RECIPE OF THE MONTH



Pumpkin Cheese Ball

Ingredients:

- 16oz extra-sharp shredded Cheddar cheese
- 8oz cream cheese, softened
- 8oz chive-and-onion cream cheese
- 2 tsp paprika
- 1/2 tsp ground red pepper
- 1 broccoli stalk
- Red & green apple wedges

Preparation: Combine Cheddar cheese and next 4 ingredients in a bowl until blended. Cover and chill 4 hours or until mixture is firm enough to be shaped. Shape mixture into a ball. Smooth entire outer surface with a frosting spatula or table knife. Make vertical grooves in ball. Cut florets from broccoli stalk, and reserve for another use. Cut stalk to resemble a pumpkin stem, and press into top of cheese ball. Serve cheese ball with apple wedges.

October gave a party; The leaves by hundreds came; The ashes, oaks, and maples, and those of every name.

Bacon-Wrapped Figs Appetizer

Ingredients:

- 1 (4-oz.) goat cheese log, softened
- 2 tablespoons chopped fresh basil
- 6 large fresh figs
- 12 toasted pecan halves
- 12 ready-to-serve bacon slices

Preparation:

Preheat oven to 350°. Stir together goat cheese and basil. Cut figs in half lengthwise. Place 1 heaping teaspoonful goat cheese mixture and 1 toasted pecan half on cut side of each fig half. Wrap 1 ready-to-serve bacon slice around each fig half, and secure with a wooden pick. Place figs on a wire rack in a 15-x 10-inch jelly-roll pan, and bake 6 to 8 minutes or until bacon is crisp and brown.

Halloween Safety Tips:

Walk in groups. Fasten reflective tape to costumes and bags to help drivers see you. Examine all treats for choking hazards and tampering before eating them. Always test costume make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation. Eat only pre-wrapped treats. Avoid eating homemade treats unless you know the cook well.

October Fun Facts To Celebrate:

- October has 5 Fridays, 5 Saturdays, and 5 Sundays.
 - Breast Cancer Awareness Month
 - National Diabetes Month
 - National Pizza Month
 - National Popcorn Popping Month
- Special Days:**
- 10/5 Do Something Nice Day
 - 10/10 Columbus Day
 - 10/11 Take Your Teddy Bear to Work Day
 - 10/14 National Dessert Day
 - 10/15 Sweetest Day
 - 10/16 Bosses Day
 - 10/22 Make a Difference Day
 - 10/22 National Nut Day
 - 10/30 National Candy Corn Day
 - 10/31 Halloween

Fun Ways to Celebrate the Fall and Avoid Autumn Blues:

- Eat oatmeal! Fiber is great for anxiety.
- Spend at least ten to fifteen minutes outdoors during the daylight hours.
- Practice smiling, research shows it really helps us to feel more cheerful!
- Surround yourself with pictures of sunny, colorful scenes.
- Light candles to make dark nights seem brighter
- Get out the slippers and fuzzy socks

Things to Do This Month in Northern California:

- October weekends: JazzTrax Festival, Catalina Island.
- 10/7-10/9: 20th Annual Big Sur Jade Festival, Carmel Valley
- 10/10: Fleet Week, San Francisco: It's a celebration of the military fleet.
- 10/10 New Crocker Art Museum
- 10/15-10/16: Pumpkin Festival, Half Moon Bay
- 10/28: The Napa Wine Train Halloween costume party on board their train.
- 10/22-10/23: Danville Fall Crafts Festival, Danville
- 10/31: Downtown Petaluma's Trick or Treat Trail

Serving these Northern California Counties:

- Sacramento, Yolo, & El Dorado: 916-924-9111
- Placer County: 916-242-9111 or 530-852-5119
- Alameda: 510-581-1111
- Contra Costa: 925-280-9111
- Napa: 707-320-9208
- San Francisco/Marin: 415-452-9111
- San Mateo: 650-482-9111
- San Joaquin: 209-478-9111
- Santa Clara: 408-993-9111
- Solano: 707-421-9111
- Stanislaus: 209-525-9111