



## 5 PUMPKIN PATCHES

## WORTH A ROAD TRIP

CONTRIBUTOR: MARKETING

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Original article from <https://ebay.com>

When the leaves of the trees have changed and the autumn frost starts to bite, there is no better time to spend a day outside and partake in a few fall activities. Interested in finding the perfect **jack-o-lantern**, gathering **apples** from a local orchard, snacking on a **cider donut**, or getting lost in a **corn maze**? There are a few pumpkin farms in the U.S. that really do the fall season right, and provide enough family friendly activities to keep you and your clan active and well-fed all day. Looking to stock up on decorative gourds? Or take a wagon-ride through old American farm country? Pack up the car, kids! Here are 5 Pumpkin Patches Worth a Road Trip.

## 5 PUMPKIN PATCHES WORTH A ROAD TRIP

### 1 YAHOO FARM - JASPER, GEORGIA

Located about an hour north of Atlanta and nestled in the foothills of the Appalachian Mountains, Yahoo Farm is home to a perfect combination of pumpkins, fun activities, and delicious desserts. Visit the bakery, where fresh apple pie and slices of pumpkin roll make the perfect accessory for the farm's free Saturday evening October campfires. Check out the corn maze, the corn cannon, or the haunted hayride.

### 2 KROLL'S FALL HARVEST FARM - WAUKEGAN, ILLINOIS

Kroll's Fall Harvest Farm is about an hour north of Chicago, located in Waukegan, Illinois and home to plenty of exciting autumn friendly activities. Kroll's offers a gift shop, hay rides, and a collection of friendly farm animals that love to get pets from visitors. Also check out their wide display of various types of pumpkins and gourds.

### 3 PUNKIN DAYS - FLOYDADA, TEXAS

Known as Texas's "Pumpkin Capital", Floydada, Texas grows about 15 million pounds of pumpkins per year. The most common varieties are sugar, jack-o-lantern, mini, and Big Mac (which have been recorded to grow well over 100 pounds). Every second weekend in October, the town hosts a massive celebration with various pumpkin themed contests and activities.

### 4 CHANGE OUT YOUR WELCOME MAT

Jumbo's Pumpkin Patch in Middleton, Maryland boasts an impressive spread. Located about an hour away from Washington, D.C., this seven-generation family farm is home to a pick-your-own pumpkin patch, an enormous farm store, and a 15-acre corn maze. Jumbo's also offers hayrides, pony rides, wagon rides, and plenty of delicious fresh treats to eat.

### 5 COX FARMS, CENTREVILLE, VIRGINIA

This northern Virginia farm opened for business in 1972, and has grown every year since its establishment. The farm is home to a pumpkin patch, plus interactive hayrides and spooky nighttime attractions. Every fall is celebrated with a grand Fall Festival, which is then capped off with a Pumpkin Madness finale in early November. Leftover pumpkins are "smashed, hurled, dropped, bowled, and squished." Such fun!



# Recipe of the Month:

## Pumpkin Turkey Chili

**CONTRIBUTOR:** JONATHAN "JJ" JEROTZ

**AUTHOR:** SOMEONESWT

*Original recipe from <http://allrecipes.com>*

### INGREDIENTS:

- |                                    |                                   |                                 |
|------------------------------------|-----------------------------------|---------------------------------|
| 1 tbsp vegetable oil               | 1 pound ground turkey             | 1 dash salt                     |
| 1 cup chopped onion                | 1 (14.5 ounce) can diced tomatoes | 1/2 cup shredded Cheddar cheese |
| 1/2 cup chopped green bell pepper  | 2 cups pumpkin puree              | 1/2 cup sour cream              |
| 1/2 cup chopped yellow bell pepper | 1 1/2 tablespoons chili powder    |                                 |
| 1 clove garlic, minced             | 1/2 teaspoon ground black pepper  |                                 |

### PREPARATION:

PREP TIME  
**10**  
MINS

- 1 Heat the oil in a large skillet over medium heat, and saute the onion, green bell pepper, yellow bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown. Drain, and mix in tomatoes and pumpkin. Season with chili powder, pepper, and salt. Reduce heat to low, cover, and simmer 20 minutes. Serve topped with Cheddar cheese and sour cream.

COOK TIME  
**20**  
MINS

**NUTRITION FACTS:** Per Serving: 285 calories; 16.6 g fat; 14.9 g carbohydrates; 21.2 g protein; 76 mg cholesterol; 321 mg sodium

# Drink of the Month:

## Monsoon Julep

CONTRIBUTOR: MARKETING

AUTHOR: EVERMINE

Full recipe on <http://evermine.com>

Enjoy this cocktail with a blackberry garnish, and celebrate the **spooky season**.



### DEVILISH BLACKBERRY JUICE

2 quarts of fresh blackberries

1/2 cup of water

### SPOOKY SIMPLE SYRUP

1 cup of water

1 cup of sugar

### BLACK WIDOW COCKTAIL

6 ounces of blackberry juice

1 ounce of simple syrup

1 ounces of vodka

ice

blackberries for garnish (frozen or fresh)

PREP TIME

5

MIN

### INSTRUCTIONS:

- 1 Rinse or thaw berries and place them into a saucepan with water. Bring to a boil. Reduce the heat and let simmer for about 5-10 mins, until all the blackberries are softened.
- 2 Remove from heat and mash the blackberries with a potato masher. Pour the juice into a bowl or jar through a large wire mesh strainer or a milk bag. Discard the pulp. Store the juice in the refrigerator for up to 3 days in an air tight container. Or process in a waterbath canner for about 10 minutes in mason jars. Combine sugar and water in a medium saucepan and bring to a boil. Continually stir until the sugar has completely dissolved. Promptly remove from heat and allow syrup to cool. Syrup can be stored in a glass jar for up to 1 month in the refrigerator.
- 3 Combine sugar and water in a medium saucepan and bring to a boil. Continually stir until the sugar has completely dissolved. Promptly remove from heat and allow syrup to cool. Syrup can be stored in a glass jar for up to 1 month in the refrigerator.
- 4 To make this spooky sip, combine blackberry juice, simple syrup, vodka and ice in a lowball glass. Stir and drink at your own risk. Garnish with blackberries.



# 11 DIFFICULT THINGS ABOUT CATS THAT NO ONE TELLS YOU

**CONTRIBUTOR:** JAMES CARMODY

**AUTHOR:** NINA KAHN

Full article on <http://bustle.com>

The joys of sharing your life with a cat are truly boundless. As a professed and unabashed cat lady, I'll preach this as gospel to the end of times. But that doesn't mean being a cat parent is always a walk in the park. If you're thinking of bringing a cat into your life, it's important to know about the more difficult things about having a cat that might not be totally obvious. Cats get a reputation for being low-maintenance, independent, and overall easy to take care of — and while there may be grains of truth to these stereotypes, it's certainly not always the case. And for your kitty's well-being, you'll need to know the facts.

Properly caring for a cat requires a ton of time, energy, space, and money. It's a big responsibility that no one should take lightly. Some people opt for cats over dogs thinking that it's going to be less work only to find out that: Surprise! Kitty's need attention and have special issues, too, and there's a lot every first-time cat guardian

needs to be aware of if they want to do right by their new feline friend.

## **CATS CAN GET BORED, TOO!**

Cats are known for their independence. And while they may not be pack animals the way dogs are, cats are still social beings who need company and stimulation — and will suffer without it! If you're ready for kitty parent life, consider adopting two of them if you have the means for it — they'll keep each other company while you're out. It's also good to look into items that keep them entertained and soothed while they're alone, like interactive cat toys or music designed to be enjoyed by cats, which can offer some comfort and stimulation.

## **THEY NEED TO BE GROOMED**

Yes, cats groom themselves constantly and most cats naturally lean toward a lifestyle of cleanliness. But this doesn't mean that

they don't require any grooming on your end! Almost all cats, even short-haired ones, need to be brushed regularly with special fur brushes that help to keep their coats looking luxurious. This is for their own health, too, as the more fur you can remove with a brush, the less hair-ball-causing fur they'll be ingesting while they groom themselves. This is especially important for long-haired cats, who can easily end up with matted fur if not cared for properly.

## **THEY CAN OVERHEAT**

Another reason grooming is important (for long-haired kitties especially!) is if you're in a hot climate and your home gets really warm inside. If your kitty's fur is long and thick, you'll want to consider a fur shave or trim at a professional groomer to keep them cool during the summer.

## PLAYTIME IS A MUST

Cats aren't self-sufficient — they need to be actively played with and entertained, too. Plan to take time out of your day to test-drive new toys with your kitty and give them some good, old-fashioned attention. There are also tons of fun apps made for cats that are endlessly entertaining. If you have to leave your cat home for extended periods, such as the time you're at work, invest in some fun kitty gadgets that are designed to keep them busy and active.

## IF YOUR CAT NEEDS HELP, IT MIGHT NOT BE OBVIOUS

Cats have a lot of fascinating evolutionary instincts, but one of them can make it difficult for humans to identify when they need help. "Cats are known for hiding illness, weakness or pain — especially chronic conditions like dental, kidney and even heart disease," explains Banfield Pet Hospital on its site. "This goes back to their existence in the wild when trying to avoid attracting the attention

of would-be predators." That means that symptoms of pain or illness in a cat aren't likely to be obvious to you, and you'll have to educate yourself on what signs to look for and pay attention to even small changes in your kitty's moods or behavior.

## WATCH YOUR PLANTS!

We all love houseplants, but be warned that many kitties like to chew on them. This poses a problem that goes far beyond aesthetics, as some common houseplants can be very dangerous and even lethal if ingested by cats. There are dozens of houseplants that are considered poisonous to cats, and many of them may come as a surprise, so you'll want to avoid them. "Never assume a cat will instinctively not try to eat a poisonous plant," explained Cindy Lawson on PetHelpful. "[A]ll too often cats end up being rushed into the vets suffering from poisoning as a result of chewing on or eating a number of different houseplants." Make sure to clear your home of any risky ones, and keep an emergency vet's contact info handy at all times just in

case. Invest in some fun kitty gadgets that are designed to keep them busy and active.

## MANY PEOPLE HAVE CAT ALLERGIES

Speaking of cat fur covering every surface of your life, it's important for you to be aware of the fact that cat allergies are super common. "While an estimated 10 percent of people are allergic to household pets, cat allergies are twice as common as dog allergies, according to the American College of Allergy, Asthma and Immunology," reported LiveScience. But there are ways to reduce the amount of allergens in your home! Keep your kitty well-groomed and brushed, vacuum the surfaces of your home regularly, invest in a small air purifier, and keep the kitty out of any rooms where someone with an allergy will be sleeping.



# GUIDE TO FALL FITNESS AND HEALTH

Full article on <http://verywellfit.com>

**AUTHOR:** PAIGE WAEHNER

**CONTRIBUTOR:** MARKETING

Without the heat and humidity, outdoor workouts become much more comfortable and, after a busy summer, many of us are ready to get back to some sort of fitness routine. Fall weather, for many areas, offers some of the some of the best outdoor workouts all year long.

With kids back to school and holidays on the way, it may be a challenge to find time to exercise, especially when there's not as much daylight. Challenge, however, is at the very heart of staying fit, particularly with the long days of winter to come.

Getting started now can help you generate enough momentum to make it through the coming seasons without gaining weight. Try these great fall workouts to keep you fit.

### WALKING

Walking is just about the easiest way to exercise outside and a great way to get in some extra movement throughout the day. With cooler weather, you don't have to worry about sweating as much, so that may make it easier to be active all day long.

All you really need is a good pair of walking shoes and, perhaps, some fall weather gear to keep you warm, dry and protected. The key to making it enjoyable is to make it a daily thing:

- Make it a habit to walk every day when you get home from work or at night after dinner.
- Get up 10 minutes early and start your day with a brisk walk around the block. Use the time to think about what you want to accomplish and make your to-do list.
- Plan fall activities that involve walking - Apple-picking, hunting for the perfect pumpkin or enjoying the beautiful colors with some Colorful Autumn Walking.
- Get to work a few minutes early and take a few laps around the parking lot.

### HIKING

Fall is a great time to go hiking - Cool weather, no bugs and, of course, magnificent views. Plus, hiking burns mega-calories as you increase your elevation and really work those legs.

#### Just a few reasons to add hiking to your routine:

- It works multiple areas of fitness: Not only do you strengthen your muscles by climbing, you increase your cardio endurance as well. Walking or hiking up an incline gets your heart rate up, helping you burn calories and get fit.
- It works multiple muscles: Hiking up and down even small inclines involves the glutes, quads, hamstrings, calves, core and the feet.
- It gets you outside: If you're like most people, you spend a lot of time inside working. Hiking lets you get back to nature, clear your head and remember there's a world outside.
- Hiking is great fall exercise: Not only is fall perfect for hiking, if you do it at the right time you can see amazing colors as the leaves change.
- If you're in a flat area, look for small lakes, forest preserves or bike trails that allow you to get away from city life and enjoy the great outdoors. You can also check out The 10 Best Fall Hiking Trails.
- If you do hike, you'll want to make sure you have the right equipment like hiking boots, and a way to stay hydrated.

### RUNNING

Rounding out the top outdoor fall activities is running.

Fall is probably the best time of year for running outdoors. It's not too hot, not too cold and watching the leaves change colors each time you head outside can make each workout a new adventure.

The real key to making fall running more comfortable is to dress in layers so you don't get too hot or too cold. Next? Making sure people can see you if you're running in the dark by wearing reflective running gear.

Check out these Effective 30-Minute Running Workouts to get started.

### GET BACK TO THE GYM

When the weather turns iffy, getting to the gym can help you stay on track with your workouts, especially if you get involved in a variety of activities.

To make the most out of your time at the gym, don't just do the same machines each time you go, but take advantage of all your gym has to offer:

**Swimming:** Swimming is such a great no impact activity and perfect for a complete, whole body workout.

**Fitness classes:** There's an energy you gather from other people when you workout in a class setting that you often don't get working out by yourself.

**Hire a personal trainer:** Fall is the perfect time to hire a pro and get your workouts on the right track from day one.

**Workout with a buddy:** If you feel intimidated or don't like working out by yourself, bribe a friend into working out with you. Knowing you have to show up will keep you motivated.

**Keep it interesting:** If you tend to gravitate to certain cardio machines, you can always change things up with interval training, which is a great way to burn calories and get in shape. You can even try more variety by mixing and matching different cardio machines, like in this Cardio Medley Workout.



# PROPOSED PROPERTY TAX BREAK IN CALIFORNIA

Full article on <http://linkedin.com>

**AUTHOR:** SARAH LINDSEY

## **PROPOSITION 5 AND WHAT YOU NEED TO KNOW BEFORE YOU VOTE IN NOVEMBER.**

I know it's hard to believe that there might be a tax break for Californians, but there is an initiative on the ballot in November to help those 55 years old and older as well as the severely disabled with their property taxes. If you are under 55 years old and of able means, don't stop reading because YOU benefit too! If you are thinking of buying a home, this will affect you.

## **INVENTORY BOTTLENECK**

The state of California has been in a home inventory crisis for years. In San Diego where I live, inventory for homes under \$750,000 are at a three month supply (a normal market is six months). Buyer demand is outpacing the supply causing home prices to appreciate at abnormally high rates and making 'bidding wars' among buyers common place. There simply is not enough inventory to match the demand. There are many reasons for low home inventory, but

according to the California Chamber of Commerce, almost three-quarters of homeowners 55 and older haven't moved since 2000 – that is almost TWO decades! To put that in perspective, the National Association of Realtors found that the typical seller lives in their home for 10 years before selling. Seniors feel they are experiencing a "moving penalty" because of rapidly increasing property taxes that accompany appreciating home prices.

Often on a fixed income, Seniors fear that they will not be able to afford a big property tax increase if they sell their existing home and buy another one, thus discouraging them from moving. I've also heard this same sentiment come from financial planners stating it is an issue among their clients.

## **PROPOSITIONS 13, 60, 90 AND 5 (PROPOSED)**

Help is on the way! There are a couple of Propositions currently in place to help with this, but they have their limits. Proposition 13 limits property taxes to one percent

of assessed value at the time of purchase even if the home value increases. This has enabled homeowners not to worry about drastically increasing property taxes while they own their home. Proposition 60 and 90 are extensions of Proposition 13 and allow those 55 years and older or severely disabled to transfer their property tax base to another home if the purchase price of the new home is equal to or less than the sale price of original residence. You can only use this transfer once in a lifetime and if your spouse already did a transfer it disqualifies the other spouse. You can also move to a different county, but only if that county accepts such transfers (at last count only 11 of the 58 counties in CA allow it).

Proposition 5 will further expand Proposition 13 and would allow those 55 years and older and the severely disabled to transfer some of their Proposition 13 tax basis to a home of any price, located anywhere in the state, any number of times. It eliminates the "moving penalty" and allows this group to move somewhere safer, more practical,



and/or closer to family without a significant increase in their property taxes that they otherwise might not be able to afford. If the new home is a different value than the prior home, the initiative would allow for an adjusted value between the old and new values.

### **ADJUSTED VALUES – UPWARD AND DOWNWARD**

If the new home is higher in value than the prior home, the assessed value would be adjusted upward. If the new home has a lower market value than the prior home, the assessed value would be adjusted downward. Here are the formulas to calculate and I have also provided two examples of an upward and downward calculation.

#### **Upward Adjustment Calculation:**

(assessed value of their old home) + [(the new home's market value) – (the prior home's market value)]

#### **Downward Adjustment Calculation:**

(assessed value of their old home) × Tax Base Multiple

\*Tax Base Multiple = the new home's market value ÷ the prior home's market value

Arguments against Proposition 5 warn the measure would lead to billions in lost tax revenue. Proponents challenge this and point to new revenue that would come

in as older homes are finally taxed at their current value. In my opinion, retirement security is a huge issue for millions of aging Californians on fixed incomes. Empowering the severely disabled trapped in inadequate homes and allowing them to be near family members to help aid in their care is needed. Protecting these groups is a good idea. In addition, California continues to deal with the challenges of a massive housing shortage which needs more inventory to free up in modest-priced and move-up housing for young families. I'll be voting YES on Proposition 5. Please share this information with any Californian you know so they know the importance of this measure and can vote with confidence.