



“Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves.” — Elvis Duran

## OCTOBER

October is known as the spookiest month of the year. With the leaves falling and the chill in the air, October is the beginning of cozy season. The perfect time to cuddle up with a warm beverage and watch a movie. This month also has mental health awareness day, bringing to mind that not all pain is physical. October is ended by many peoples favorite holiday Halloween, a time where our creativity goes wild and we become our favorite characters. This month is a great start to the holiday season.

## SOME NOT SO SCARY HALLOWEEN MOVIES

A fun way to celebrate the Halloween in a less scary way is to pop on a spooky themed movie. Here are a few of our favorites that are less on the horror side and more on the festive side.

- Hocus Pocus
- Casper
- Halloweentown
- Edward Scissor Hands
- Practical Magic
- The Addams Family
- The Nightmare Before Christmas
- Scooby-Doo

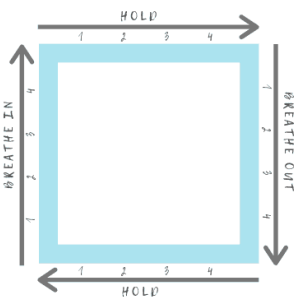
## A MEDATATIVE MOMENT

There are many ways that people help their mental health. One of the most popular is meditating daily. Taking time to slow down and focus on your mind and body connecting. A simple meditation we enjoy is the square breathing method.

To use this meditation, you find a comfortable sitting position. Then close your eyes.

- 1) Take a breath in for 4 seconds
- 2) Hold for 4 second
- 3) Breath out for 4 seconds
- 4) Hold for 4 seconds

Repeat these steps for a few minutes to calm your mind and find a little peace every day.





# Much to do for Halloween

The Bay Area has some amazing celebrations of Halloween throughout the month of October. From pumpkin patches to haunted houses it is a choose your own Halloween adventure in the bay!

We have compiled a list of some of our favorites to help you get an idea of what is available this year.

## Corn Mazes

- G&M Farms Corn Maze (Livermore)
- Sonoma County's Largest Corn Maze (Santa Rosa)
- Minotaur's Labyrinth Hay Maze (Half Moon Bay)
- Fantozzi Farms Corn Maze (Patterson)



## Pumpkin Patches

- Arata's Pumpkin Farm (Half Moon Bay)
- Speer Family Farms (Alameda)
- Clancy's Pumpkin Patch (San Francisco)
- Perry Family Pumpkin Patch (Fremont)
- Joan's Farm & Pumpkin Patch (Livermore)
- Piedmont Avenue Pumpkin Patch (Oakland)

## Haunted Houses

- Berkeley Haunted Hike (Berkeley)
- Ship of Spirits: Spaghetti & Spirits Paranormal Dinner & Tour: USS Hornet (Alameda)
- The Pirates of Emmerson (Pleasanton)

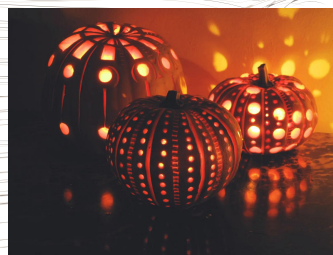
# Jack-O-Lanterns

Originally the jack-o-lantern was used in Ireland to ward off evil spirits. They originally used root vegetable such as turnips; it was when Irish immigrants came to North America that the pumpkin Jack-O-Lantern rose in popularity. Now Jack-O-Lanterns are used as a way to celebrate Halloween while expressing some creativity.

Whether it is a toothy grin or a beautiful floral carving, these gourd porch ornaments spread Halloween cheer all month long. Below you will find some helpful tips and tricks for carving your own work of spooky art, and to the right we have some inspiration to get your creative juices flowing. Happy Halloween everyone!!

## Tips & Tricks

- When you cut off the top make sure to cut a small hole so that there is a vent for your candle
- If you cannot use a real candle, use a fake candle or even a funky LED Light
- Hands make excellent tools for scraping out the seeds inside of the pumpkin
- Try out tools like a peeler to get different effects and textures in your design
- Trace your design before getting started, a sharpie is our preferred tool for this
- HAVE FUN!



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