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## BART'S FARM AND PUMPKIN PATCH

### GREATER CEDAR RAPIDS Parade of Homes

Fall 2020 • NEW & REMODELED HOMES

**DATE & TIMES:**  
Thur., Oct. 29 5 to 8 p.m.  
Sat., Oct. 24 noon to 5 p.m. Sat., Oct. 31 noon to 5 p.m.  
Sun., Oct. 25 noon to 5 p.m. Sun., Nov. 1 noon to 5 p.m.

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# GREATER CEDAR RAPIDS Parade of Homes

Fall 2020 • NEW & REMODELED HOMES



## MORE CHOICES IN 2020

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## FREE ADMISSION

Admission will be free as a gift to the community.

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Sun., Oct. 25 noon to 5 p.m.

Thur., Oct. 29 5 to 8 p.m.

Sat., Oct. 31 noon to 5 p.m.

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## Publisher's Note

Happy October!

Leaves are starting to turn some beautiful colors of red and gold. Some are falling and soon will need raking as the days are getting cooler and shorter. Fall is here!

October is Adopt a Shelter Dog Month. Beware of where you are getting your new pet from. There are scams that promise to sell you a pet, when in the end only scam your money. If you are looking for a pet please read the article inside to be sure you get the pet of your dreams. As some business' this year have struggled to stay open, many families income have been stretched to the limit and some my have to give up their beloved pet. If you have enough money, love, and room for a pet, please give your local shelter a chance at finding your forever pet.

October 1st is International Coffee Day as well as National Homemade Cookie Day. It is also International Day for the Elderly. I think I will find my favorite elderly person and treat them to coffee and cookies. I think this day should come up every month. If you do not have time to bake, stop by the Wright Touch and grab some goodies.

October 10th is National Angel Food Cake Day. I love angel food cake and all the ways you can change it up. I can take out the center and fill it with something delicious or cover it all with gooey frosting or tear it up and add it to fruit and pudding. My imagination goes wild. October 14th is National Dessert Day. Thru the past years, you probably have figured out I am a food lover. October is going to be a great month!

Barts Farm, just north of Marion, is open for Halloween Fun. The Draco Storm has tested our persistence, but we are made of sturdy stuff and thru it all we still need to have fun. In the back pages are a couple more haunted houses. Have fun and stay safe.

Once again it is time for the Greater Cedar Rapids Fall Parade of Homes, starting October 24th thru November 1st. This year the admission is free and as always is a great way to think about buying, building, or remodeling.

This has been a challenging year. As always stay safe and enjoy the beautiful fall days ahead.

God Bless



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Tour the areas most beautiful homes showcasing the work of local top builders and subcontractors!

For more than 20 years, The Greater Cedar Rapids Housing & Building Association has held the Fall Parade of Homes; showcasing the exceptional work and quality craftsmanship of the areas top builders and subcontractors.

This year's event includes 13 homes. The parade will feature houses in a variety of neighborhoods with a wide range of price points. The tour showcases a variety of floor plans, home designs, and products with the latest in green technology; giving the community an opportunity to take an up-close look at the newest advancements in home building techniques.

"It's a great opportunity for our members to showcase not only what they can do, but who they are," said Executive Officer, Melissa Olson.

Building a home involves many companies working together to provide a quality, efficient and affordable home that the buyer will love. Choosing the right companies to work with can be daunting. This cooperation between the GCRAHBA and the builders and subcontractors ensures that you find the right builders for you. The association provides networking and offers connections for building professionals to work together to provide quality, efficient, affordable structures for the Cedar Rapids area, as well as a directory for the public to find qualified businesses for building and remodeling projects.

Anyone looking for a local professional to perform painting, plumbing, electrical work, lawn care or a myriad of other projects, all the way up to constructing a home or commercial building, can peruse the directory on the GCRHBA's website, at [www.crhba.org](http://www.crhba.org).

Olson says by connecting the various businesses involved in construction projects, along with the associates, the entire community is strengthened. "We encourage members to use companies that are supporting their industry," she said.

If you think a new home or remodel may be in your future, tour the Fall Parade of Homes and find the right builder for you! This year all homes are available to tour virtually from the comfort of your own home. Many may still be viewed in-person also. For those viewing homes in-person the cost is free as a gift to the community.

Thank you to this year's Fall Parade of Homes sponsors, Hills Bank and Trust Company, Ferguson Bath, Kitchen & Lighting Gallery and MidAmerican Energy Company. Thank you to all of the participating members.

Learn more at: [www.crhba.org](http://www.crhba.org) or call 319.395.0778.

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# Spice-up Your Style

The two main elements to any beautiful home are color and texture. Create a fresh feel by giving tired furniture a new look with bold, colorful slipcovers or throw pillows and make a statement with various patterns and textures. The key is to create a balance. Without enough textured elements, a space can feel cold and sterile. On the other hand, one person might love a room that's bursting with colorful, textured elements, while to someone else the same room might read as busy, or even cluttered. It's all about finding a balance to make your house a home — finding your own spot on the color and texture spectrum.

**Be Bold with color and texture.** Don't be afraid to use color when designing large spaces. Lightly painted walls, vaulted ceilings and open windows that let in an abundance of natural light, make space immediately warm and inviting. Add the right combination of furniture and accessories, with added, bold splashes of colors and textures will complete a room. Try incorporating things like wood and textiles — things that have pattern and movement and look like they would be interesting to touch. These are the things that make a room feel cozy. Complicated textures tend to remind us of nature. They provide the eye with something interesting to look at, but they're also incredibly soothing and creates a stress-free space. The subcontractors in our area have a ton of great ideas to help you pull it all together. Find what you like, and then go forth and decorate!

**Add texture with textiles.** An easy and quick way to add instant coziness to any room are pillows, tapestries, linen bedding, tablecloths, and a throw on the sofa.

**Add texture with a rug.** "That rug really tied the room together." Ethnic rugs are great for this, but they are definitely not the only option — anything with a lot of texture and visual movement will work.

IRIE HOMES  
PENCE WITMER



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**Add texture with plants.** Plants are a texture — in fact, they are the original texture. Plus, having plants around has been shown to improve your mood, and they purify the air. A win-win all around.

Add texture with carefully chosen furniture. A single antique wood piece with a nice patina can really ground a room. Also great for adding texture to space? Anything with velvet.

**Add texture with books!** This might be my favorite one. We don't always think of them this way, and certainly books are there for much more than just looks, but a whole wall of books definitely adds a lot of warmth and texture to any room.

**Add texture with architectural elements.** Part of this is just getting lucky, of course. If you live in a beautiful old Parisian flat with tall ceilings and gorgeous moldings and lovely old herringbone floors — well, I am jealous of you. You may not need to add a lot of texture, because your home speaks for itself. For the rest of us, this is something to keep in mind when remodeling — or you can add molding to your walls as a weekend project.

**Fur** — The fluffy stuff is genius at adding interest to flat furniture. Animal lover? Go faux.

**Woodgrain** — Trees are all texture!

**Wainscoting** — White walls get dimensional with the addition of wainscoting. Also try: beadboard.

**Tufting** — Just one more reason to love the classic Chesterfield. Also try: nailhead trim.

**Tile** — The small variations in tone make these tiles textural.

**Mirrors** — They may be sleek and glossy, but nothing's better at adding interest and dimension to your space.

**Pintucking** — Small gathers take a flat weave and make it magical.  
**Wallpaper** — Choose a complex pattern or, for a more low-key look, a grasscloth.

**Jute** — It mirrors the color of the floor but provides organic, woven interest.

**Lace** — It's textural on any surface, but as a window treatment it really shines.

Adding a little texture and color to your home can make a huge difference and take your home from drab and fab.



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## Pet Scams Skyrocket During Pandemic

People are turning to the internet to look for a pet, thinking a pandemic puppy or kitten will help ease some of the uncertainty of current events. Many have come across scammers advertising animals that don't exist and are never shipped. They ask for money up front, or to make excuses as to why buyers can't see the pet in person-- before heartbroken, would-be pet owners figure out they have been conned.

BBB's Scam Tracker received 2,166 reports of pet scams in the past few months, up from 700 for the same period last year – more than triple the number reported last year. The typical amount lost rose from \$600 last year to \$700 this year. Up to 80% of advertising links may be fraudulent.

Victims contacting BBB report a desire to adopt a pet in order to ease their isolation and brighten their lives during the pandemic. Victims were often told that they needed to send money for special climate-controlled crates and insurance. Don't ignore red flags like free airline shipping and other ploys that exploit emotions and vulnerability.

Tips for avoiding pet scams:

Don't buy a pet without seeing it in person. If that isn't possible, conduct an internet search of the picture of the pet and ad text or testimonials, to see if it copied from another website.

Avoid wiring money, or using a cash app or gift card. These payment methods offer no recourse and no way to get your money back if you are the victim of a fraud. Research prices for the breed you are interested in adopting. If a purebred dog is advertised at a deeply discounted price, it could be a fraudulent offer.



Consider reaching out to a local animal shelter. Many shelters are looking for foster and adoptive families.

If you think you have been scammed or have found a suspicious website, contact the BBB at 1-800-222-1600.



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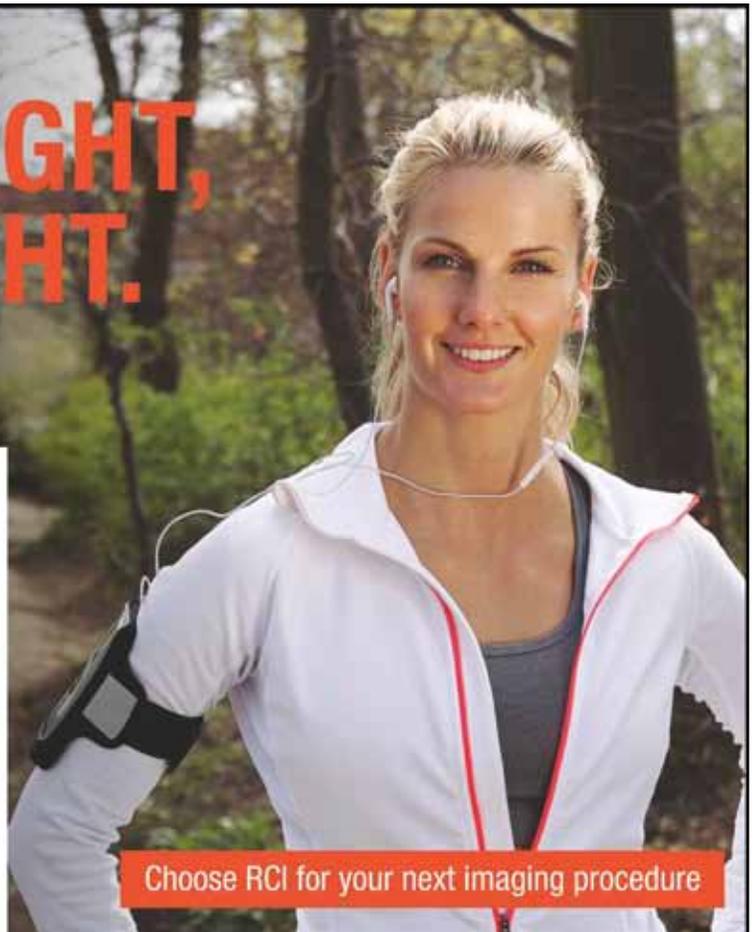
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Do you have trouble staying energized for your post-workday workout? Try these tips to keep your energy going strong so you can Move More.

-  **HYDRATE:** Drink water throughout the day and especially before and after physical activity.
-  **FUEL UP:** When your energy is starting to lag, snack on healthy carbs, like vegetables, fruits and whole grains.
-  **FIGHT FATIGUE:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in, or use insoles to keep your legs and feet feeling fine.
-  **REFRESH:** Try stress-relieving activity breaks, like lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.
-  **BREATHE:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.
-  **EAT FOR ENERGY:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy-delivering blood from your muscles.
-  **DON'T WAIT:** Make it a habit to go from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.
-  **REFUEL:** Refuel after your sweat sesh with lean protein, healthy carbs and plenty of water so your body can recover more quickly.

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EAT SMART ADD COLOR MOVE MORE BE WELL

# 5 Scary Health Facts to Spook You This Halloween

By American Heart Association News

Spooky, scream-inducing characters whose health has clearly taken a turn for the worse – skeletons and ghosts, for example – are as much a part of Halloween fun as pumpkins and candy.

But once the creepy decorations are put away, some frightening health facts can haunt us year-round – and should prompt us to take action.

“There’s been a lot of thought about how you motivate people to change,” said Mercedes Carnethon, a professor of preventive medicine at Northwestern University’s Feinberg School of Medicine in Chicago. “Sometimes scare tactics do work, like the anti-tobacco ads that showed the person smoking through a hole in her neck.”

Dr. Tyler Cooper, president and CEO of Cooper Aerobics, a comprehensive health and wellness center in Dallas, said no single strategy works for everyone.

“Everybody has a different motivator,” said Cooper, a preventive medicine physician. “If that’s fear, OK. But some people have this belief that if something hasn’t happened to them yet, it’s not going to happen. The best thing we can do is present the information about what they can expect if they continue down the path they’re on.”

If you’re not scared yet, here are some terrifying health statistics:

## **Most Americans spend more time in the kitchen than on the move.**

The Centers for Disease Control and Prevention calculated in 2018 that just 23.2% of U.S. adults meet the federal recommendations for weekly exercise: at least two and a half hours of moderate-intensity aerobic activity (such as a brisk walk) or at least 75 minutes of vigorous aerobic activity (such as running), and two sessions of muscle-strengthening activity. That figure was down slightly from the year before.

By comparison, a 2018 survey from the U.S. Bureau of Labor Statistics found people spend an average of more than four hours per week cooking and cleaning up the kitchen.

“People think that it requires some type of herculean effort to improve their health and that’s not true,” Cooper said. “If you’re not doing anything, start something. Just go for a walk around the block.”

## **Vaping among teenagers has soared.**

In 2011, only 1.5% of high school students had used e-cigarettes in the past 30 days, according to the National Youth Tobacco Survey. The figure in 2018 was 20.8%.

That increase, the CDC warned in a report earlier this year, “has erased recent progress in reducing overall tobacco product use among youths.”

E-cigarettes, which typically contain addictive nicotine, may damage blood vessels, raise blood pressure and increase the risk of clots. Beyond that, the CDC is investigating a nationwide outbreak of lung injuries linked to vaping that has resulted in a growing number of deaths.

Because the vaping phenomenon is still new, Carnethon said, “We don’t even know the effects on long-term cardiovascular health.”

## **Fewer than half of people who have a cardiac arrest outside a hospital get bystander CPR.**

Immediate CPR can double or triple a cardiac arrest victim’s chances of survival, according to the American Heart Association.

That means when someone suffers a cardiac arrest, bystanders are crucial until trained lifesavers arrive. Whether the reason is lack of CPR training or a reluctance to get involved, experts say doing something is always better than doing nothing.

## **There are 9.4 million American adults with diabetes who don’t know they have it.**

Diabetes left untreated can lead to damage in nearly every organ in the body, with complications ranging from heart problems and strokes to vision loss, nerve damage and even amputation.

“If you don’t know you have it, you can’t treat it,” Carnethon said.





### Roasted Pumpkin Seeds

Save those seeds after carving the pumpkins!

2 cups fresh pumpkin seeds

5 teaspoons melted butter

1 teaspoon Worcestershire sauce

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon cayenne pepper (optional)

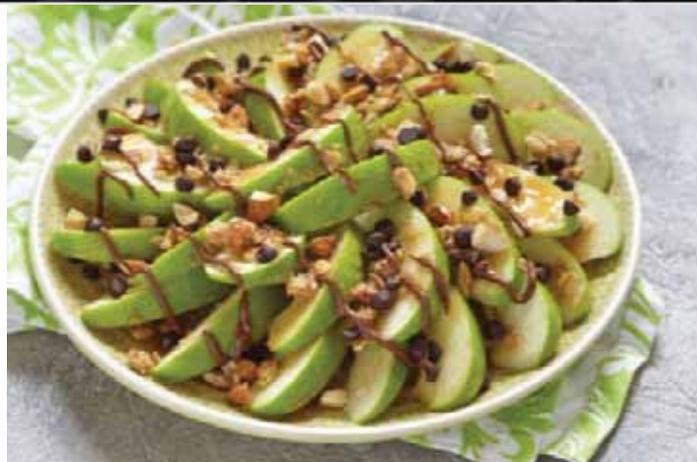
Directions: Preheat oven to 250 In a bowl, toss pumpkin seeds with all ingredients. Spread in a single layer on non stick baking sheet. Stirring occasionally. Bake until seeds are lightly browned. Cool completely.



### Mummy Quesadillas

It's FALL and that means it's a fun time to get creative with your food! Start out celebrating Halloween with these fun Mummy Quesadillas!

- Let the kids help with cutting 4 tortillas into long strips. Scissors work great for this task.
- Layer four whole tortillas with shredded cheese, cooked ground beef, pepperoni, and more cheese.
- Top with the cut pieces to resemble a mummy.
- Add sliced black olives for the eyes.
- Microwave each tortilla for 1-2 minutes or until warmed through and melty. Enjoy!



### Apple Nachos

Ingredients:

Sliced apples • Caramel sauce

Chocolate sauce • Handful of granola

Handful chopped almonds • Mini chocolate chips

Directions: Wash, core and slice apples thin. Spread half of the apple slices on a dish, then drizzle with sauces and sprinkle half of your granola, nuts, and chocolate chips. Layer the rest of your apples and drizzle more of the sauces and top with remaining granola, nuts, and chocolate chips. Enjoy!

### Halloween Snack Mix

2 cups Honey-Nut Cheerios

2 cups Rice Chex

1 cup honey-roasted peanuts

1/2 cup raisins

1/2 cup orange and black milk chocolate M&M's

1/2 cup butterscotch chips

1/2 cup white chocolate chip



### Spooky Spider Web Hard-Boiled Eggs

Credit: Julie Follansbee

Eggs are a great snack and something quick and nutritious to grab when you are crunched for time. This spooky spider web version is a fun addition to your Halloween night dinner or a great snack for a school party.

Hard boil your eggs and then with a slotted spoon, transfer them to a clean dish towel.

Gently crack each egg in several places with the bowl of the spoon. The more cracks you make, the more spider webs you will get. Mix some food coloring (we used Wilton Black) in the pan with hot water. Transfer eggs back to pan and let cool completely.

Carefully peel eggs to reveal spider webs!



## Easy Comfort Food: Chicken and Dumplings

This chicken and dumplings recipe is so easy, oh so good, and very comforting- and one of my family favorites.

You can easily make this with chicken noodle soup instead of broth and water too. If you do that, you'll have dumplings and noodles! You'll just need 3 cans of chicken noodle soup combined with 3 cans of water in place of the chicken or turkey broth.

We always make a double batch at my house, as the leftovers are just as good! This recipe serves 4-6 people.

### Ingredients:

- Tablespoon of butter
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 2 cups raw chicken breast chopped
- 4 cups chicken or turkey broth or three 10 1/2 oz. cans of chicken noodle soup
- 2 cups water
- 2 cups baking mix (we used Bisquick)
- 2/3 cups milk
- Salt, pepper, and parsley to taste

### Directions:

- Heat butter and saute celery and carrots until just tender over medium heat
- Add chicken and brown lightly - it will finish cooking in the broth
- Add broth and water and bring to a slow simmer
- Mix baking mix and milk into a soft dough
- Drop by spoonfuls into the slowly simmering broth
- Cook uncovered for 10 minutes
- Cover and cook an additional 10 minutes
- Garnish with parsley
- Salt and pepper to taste



Macaroni  
Kid

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit [www.cedarrapids.macaronikid.com](http://www.cedarrapids.macaronikid.com) (Cedar Rapids) or [www.iowacity.macaronikid.com](http://www.iowacity.macaronikid.com) (Iowa City) [charlottel@macaronikid.com](mailto:charlottel@macaronikid.com) Cedar Rapids, IA

# New CDC Guidelines: Trick-or-Treating Not Recommended This Halloween

Macaroni Kid National

Halloween has been a hot topic for months in homes where kids are eager to celebrate the holiday. But many parents have been uncertain how to proceed, wondering what is and what isn't safe during the pandemic.

Now the Centers for Disease Control has weighed in on celebrating Halloween, releasing new guidelines and rating activities as low risk, moderate risk, or high risk.

Among their recommendations: People should avoid traditional trick or treating, and wearing of costume masks. Here are their complete recommendations:

## Lower risk Halloween activities

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them.
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends.
- Decorating your house, apartment, or living space.
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance.
- Having a virtual Halloween costume contest.
- Having a Halloween movie night with people you live with.
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.

## Moderate risk Halloween activities

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard). If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after preparing the bags.
- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart.

- Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart. A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face. Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

- Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart. If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing.

- Having an outdoor Halloween movie night with local family or friends, with people spaced at least 6 feet apart. If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

## Higher risk Halloween activities

Avoid these higher-risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door.
- Having a trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots.
- Attending crowded costume parties held indoors.
- Going to an indoor haunted house where people may be crowded together and screaming.
- Going on hayrides or tractor rides with people who are not in your household.
- Using alcohol or drugs, which can cloud judgment and increase risky behaviors.
- Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19.





# October Fun in the Corridor



Pumpkins, Cornstalk bundles, straw, ornamental ear corn, gourds, and bags of "Kritter Krunchies" squirrel and deer feed are also available.



Pony rides Saturdays and Sundays between noon and 4pm \$7.00 per ride. Hayrack rides (cost \$2 a person, infants are free)



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### **Harvest Festival**

October 17 from 10AM-12PM

Grab your costume for a fun day at Fross Park in Center Point. This year will be a harvest hunt as you make your way through six stops for treats and fun.

### **Circle of Ash Haunted Attractions**

Friday and Saturday 8pm – 12am through Halloween

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201 Central City Rd, Central City

319.540.3327

[www.circleofash.com](http://www.circleofash.com)

### **HAUNTED GARAGE**

Friday, October 30 and Saturday, October 31, 2020

A frightening haunted house put on in the Stoney Point area of Cedar Rapids. The Haunted Garage uses creepy visuals and sounds, creating a foreboding and tense atmosphere, and rattles your nerves with genuine scares. Admission is free, but canned food donations are encouraged! Must wear a mask, (not a Halloween mask) and practice social distancing when in line. Only groups of 3 or less will be allowed in at a time.

### **SAFE HALLOWEEN FOR KIDS DRIVE THROUGH**

Ushers Ferry Historic Village, Sunday, October 18, 2020

Put on your costume and jump in the car for our drive-through trick-or-treat. Start at the Seminole Valley Park entrance to check in and get in line, then parade (slowly) through the village while our sponsors bring the goodies carside.

## **October Events**

**October 8 – October 17, 2020**

### **St. Nicholas**

2160 Linden Dr. SE, Cedar Rapids

319.362.7375

[www.brucemore.org](http://www.brucemore.org)

**October 17, 2020**

### **Buckcherry 7pm**

US Cellular Center

370 1st Ave. NE, Cedar Rapids

[www.uscellularcenter.com](http://www.uscellularcenter.com)

**October 27, 2020**

### **Menopause The Musical 7:30pm**

Paramount Theatre

123 3rd Ave. SE, Cedar Rapids

[www.paramounttheatreocr.com](http://www.paramounttheatreocr.com)

**October 9 – October 18, 2020**

### **Girl Talk**

752 10th St. Uptown Marion

319.536.0257

[www.givingtreetheater.com](http://www.givingtreetheater.com)

**October 18, 2020**

### **Beatles vs Stones 7pm**

Paramount Theatre

123 3rd Ave. SE, Cedar Rapids

[www.paramounttheatreocr.com](http://www.paramounttheatreocr.com)

**October 30 – 31, 2020**

### **Morbid Curiosities:**

### **An Evening with Edgar Allen Poe**

752 10th St. Uptown Marion

319.536.0257

[www.givingtreetheater.com](http://www.givingtreetheater.com)

**October 10, 2020**

### **An Evening with C.S. Lewis 8 – 10pm**

Paramount Theatre

123 3rd Ave. SE, Cedar Rapids

[www.paramounttheatreocr.com](http://www.paramounttheatreocr.com)

**October 23, 2020**

### **Lilly Hiatt w/Beth Bombata 8pm**

The Englert Theatre

221 East Washington St., Iowa City

319.688.2653

[www.englert.org](http://www.englert.org)

**November 8, 2020**

### **The Black Jacket Symphony**

### **Presents: Led Zeppelin IV 8pm**

Paramount Theatre

123 3rd Ave. SE, Cedar Rapids

[www.paramounttheatreocr.com](http://www.paramounttheatreocr.com)

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# October

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# Halloween Safety Tips

Halloween, famously known for scary costumes, trick-or-treating children, horrifying ghost stories and haunted houses, has become one of the most celebrated holidays across America. It has become a fun, family holiday filled with traditions of baking sweet treats, carving pumpkins with a spooky glow, and bonfires lit for ghost stories. Adults and children alike dress in scary costumes, of monsters and witches, and decorate their homes with frightening displays, set out to scare their friends, family, and neighbors.

This Halloween take the family out for a ghoulish dinner and night of haunting but make sure to follow these important safety tips.

- Young goblins should always be accompanied by a mature monster, like older siblings and parents.
- Stay with your Goblin and Ghoul friends or parents at all times.
- Slither and sneak on sidewalks and not in the streets.

- Cross at corners after looking both ways to check for cars, trucks, and low-flying brooms.
- Stay out of dark alleys, fields and shadows.
- Do not open scary tricks and sweet treats until inspected at home.
- Parents, treat your young monsters to a spooky Halloween dinner to deter them from eating their sweet treats before they have been inspected.
- Only trick-or-treat at homes in your neighborhood with the light on, but don't go in the house.
- Make sure your scary costumes are fireproof, bright and reflective, and carry a flashlight to be seen by all.
- If carrying a prop, such as a scythe, butcher knife or a pitchfork, make sure the tips are smooth and flexible enough to not cause injury if fallen on.
- Be cautious of animals and strangers lurking in the dark.

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