

Celebrate the most colorful season in Waukesha County

Fall Fun Guide

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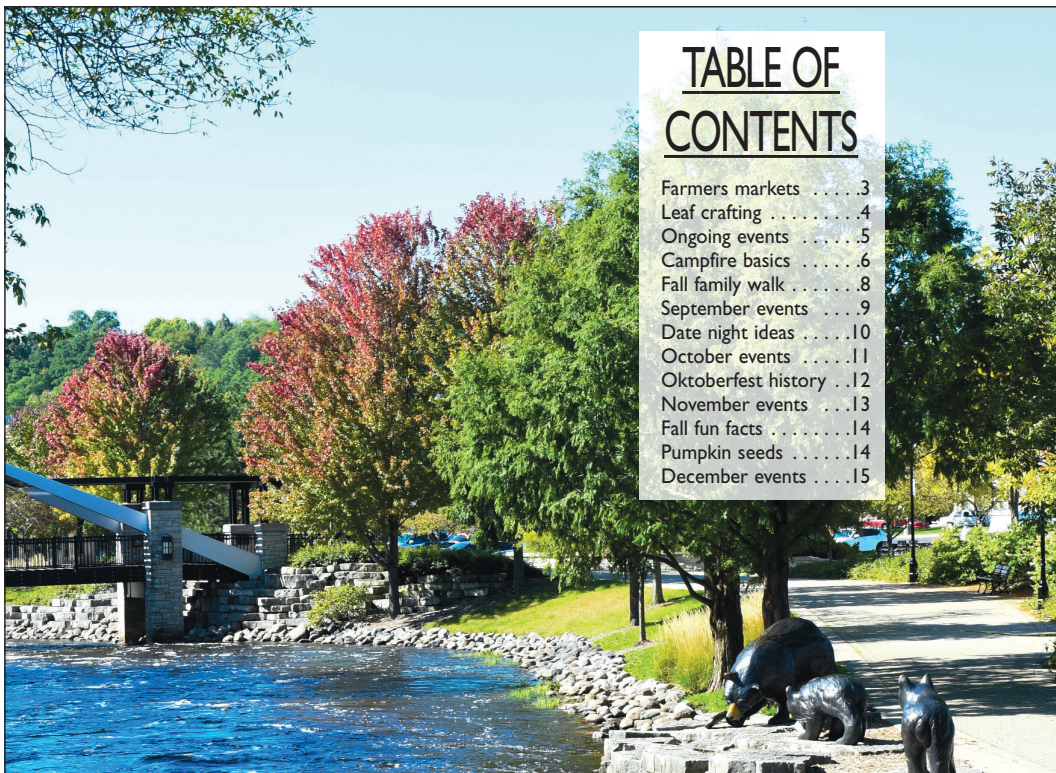
To our readers:

This year's Fall Fun Guide looks a little different, just like the world around us.

Event listings are still included, but there are fewer events being held this autumn as organizations continue to deal with the ongoing pandemic. We encourage you to contact the organizations prior to attending the event to make sure that the event details have not changed.

There are several stories inside the Fall Fun Guide of activities you can still enjoy with your family and friends, such as a kid-friendly leaf craft, as well as safety tips for having a backyard fire. Looking for something fun to do with that special someone? We have some ideas for romantic dates.

The world may look different right now, but Waukesha County still has plenty of offerings to keep you busy. We hope our Fall Fun Guide will provide some ideas on how to enjoy the season.



File photo

Some trees change colors before others as seen in this photo because the tree may have been damaged and begun shutting down its leaves earlier, Department of Natural Resources Forestry Specialist Kim Sebastian said.

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Vendor Jacob Tietz, left, helps Tami Key with her selection of a half bushel of tomatoes at Oconomowoc's Farmers Market in 2019.

FARMERS MARKETS

Brookfield Farmers Market: 7:30 a.m. to noon Saturdays May through October, new location in Brookfield Central High School North parking lot, 16900 Gebhardt Road, Brookfield. www.brookfieldfarmersmarket.com

Delafield Farmers Market: 8 a.m. to 1 p.m. Saturdays, through Oct. 24, Fish Hatchery municipal parking lot, Main and Dopkins streets, downtown Delafield. <http://delafieldfarmersmarket.com>

Dousman Farmers Market: 2 p.m. to 6 p.m. Wednesdays, through Oct. 21, Dousman Village Hall parking lot, 118 S. Main St., Dousman. <http://www.dousmanchamber.org/special-events/farmers-market>

Hartland Farmers Market: 10 a.m. to 1 p.m. Sundays, corner of Pawling Avenue and Cottonwood Avenue, Hartland.

Mukwonago Area Farmers Market: 2 p.m. to 6 p.m. Wednesdays, Field Park, highways 83 and NN, Mukwonago. Through Oct. 14.

New Berlin Farmers Market: 8 a.m. to noon Saturdays, through Oct. 31. Sanfelippo's City Center Market, 15055 W. National Ave., New Berlin. sanfelippofarmmarket.com

Oconomowoc Farmers Market: 8 a.m. to noon Saturdays, parking lot at First Bank Financial Centre, 155 E. Wisconsin Ave. For dates, go to <http://www.oconomowoc.org/events/summer-farmers-market>

Sussex Fresh Market: 8 a.m. to 1 p.m. Sept. 6 and Sept. 20, N64-W23760 Main St., Sussex. <http://sussexfreshmarket.com>

Waukesha Farmers Market: 8 a.m. to noon, Saturdays, May 2 through Oct. 31. Waukesha State Bank employee parking lot, corner of Madison Street and St. Paul Avenue, Waukesha. www.waukeshafarmersmarket.com



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Leaf sun catchers: A fun fall craft for kids

By Bella Kostolni
Special to The Freeman

WAUKESHA — Staring at the same four walls for the past five months is bound to become repetitive. Children's Services at the Waukesha Public Library recommends making leaf sun catchers in order to spruce up your home and occupy children with a fun fall craft. In order to make these window decorations you will need:

- White coffee filters
 - Liquid watercolor paints or food coloring (can be diluted with a few drops of water)
 - Leaf templates or a real leaf to trace
 - Scissors
 - Eyedropper or paintbrush
 - Small plastic container/tray to place leaf on while painting
 - Plastic wrap or wax paper
- First, trace and cut out leaf shapes from coffee filters. Shapes can be downloaded from the internet or you can trace leaves found outside.

Next, place leaf shapes inside the plastic container and use an eyedropper or paintbrush to apply the watercolors to the coffee filter. If you don't have liquid watercolor paints, you can use food coloring that's diluted with just a few drops of water.

Then, allow the leaf sun catchers to dry on a non-absorbent surface such as plastic wrap or wax paper. This will result in more vibrant colors than drying on paper towels.

Finally, hang the dry leaf sun catchers on your window with clear tape. Now you can admire your handiwork as the light streams in the window and catches the beautiful colors.

Children's Services at the Waukesha Public Library offers a number of programs and activities for children of all ages. For more information, visit waukeshapubliclibrary.org/children_programs-registration.



Photo courtesy of Waukesha Public Library

In order to make the leaf sun catchers, you will need white coffee filters, liquid watercolor paints or food coloring diluted with a few drops of water, leaf templates found online or a real leaf to trace, scissors, an eyedropper or paintbrush, a small plastic container or tray and plastic wrap or wax paper.



Photo courtesy of Waukesha Public Library

Making leaf sun catchers is a colorful way to spruce up your home while also providing your children with a fun fall craft. Make multiple leaf sun catchers and decorate your whole window as a way to bring the outdoors in.

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Artist Les Leffingwell of New Berlin, a retired architectural artist and longtime painter, painted the Avalon Square and Pix (Waukesha Civic Theatre) buildings during Waukesha Art Crawl's first ever Plein Air painting event in 2019.

ONGOING events

SEPT. 12 to OCT. 25 OCTOBER

The Elegant Farmer Autumn Harvest Festival, every Saturday and Sunday from 10 a.m. to 5 p.m. between Sept. 12 and Oct. 25, 1545 Main St., Mukwonago. 12 varieties of apples throughout its orchard that can be picked straight from the tree. Patrons can also select their own pumpkins from the farm's pumpkin patch. Visitors are asked to wear a mask and practice social distancing. elegantfarmer.com/event-calendar

Waukesha Reads, dates of events to be announced. Featured book is "When the Emperor Was Divine" by Julie Otsuka. <http://waukeshareads.org>

OCT. 2-4 & OCT. 9-11

The Hollow at Phantom Lake, 7 p.m. to 9 p.m. Oct. 2-4 and Oct. 9-11, Phantom Lake YMCA Camp, S110-W30240 YMCA Camp Road, Mukwonago. www.thehollowwi.com

SEPT. 21 to OCT. 31

Scarecrow Lane — Self-Guided Walking Tour, sunrise to 10 p.m. daily, Retzer Nature Center, S14-W28167 Madison St., Town of Genesee. Visitors are encouraged to take a fun, self-guided walk around Scarecrow Lane at Retzer Nature Center to enjoy the unique scarecrows displays and changing colors of autumn. Find the scarecrows near the Children's Garden, located behind the west end of the Learning Center building.

SEPT. 26 to OCT. 31

Fall Fun on the Farm, 9 a.m. to 7:30 p.m. daily from Sept. 26 to Oct. 31, Cozy Nook Farm, S11-W30780 Summit Ave., Waukesha. www.cozynookfarms.com

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Enjoy the creative Scarecrows, created by local businesses, throughout Downtown during the month of October!

Saturday, October 3rd & December 5th, 4-9 p.m. 20 Galleries ~170 Artists ~Live Music ~Great Food!

Check www.LiveLoveWaukesha.com for updates on this event

Soon it will be Christmas in Downtown Waukesha. Check www.waukeshasilverbells.com for updates on scheduled events

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How to have a fun and safe backyard campfire

By Bella Kostolni
Special to The Freeman

WAUKESHA — Roasting s'mores around a cozy campfire sounds like the perfect end to an autumn night. But before you strike a match, it is essential that you take the proper precautions in order to ensure a safe and memorable experience for everyone involved. The Fire Prevention Bureau of the Waukesha Fire Department offers the following tips to help prevent campfire mishaps:

- **Do your research.** Check with your local fire department to see if campfires are permitted. Rules and regulations may vary by city or town. Be sure to do your research before lighting a fire.

- **Choose the right night.** Burning on dry and/or windy days is dangerous and fires can easily spread out of control.

- **Prep the area.** If campfires are permitted in your area, make sure they are at least 25 feet away from any structure and anything that

can burn. Don't start your campfire under low hanging branches or shrubs. Clear the area of any dry leaves and sticks. Keep a hose, bucket of water or shovel with dirt or sand nearby to quickly extinguish the fire should it get out of hand.

- **Stand guard.** Never leave a campfire unattended. If left alone, it could easily grow into a damaging blaze. It is best to keep campfires small, as they are easier to control. Never use gasoline or other flammable or combustible liquids.

- **Watch the kids.** Never let children or pets play or stand too close to the fire. Always help young children when roasting marshmallows. Don't shake a roasting marshmallow. It can easily catch fire and turn into a flying ball of flames. Heated metal skewers can cause burns, so be sure to help kids while handling them.

- **Stop, drop and roll.** If your clothing catches fire, stop, drop to the ground, cover your face with your hands and roll



back and forth or over and over until the fire is out.

- **Treat burns quickly and properly.** Soothe the burn with cool water for three to five minutes. Cover with a clean, dry cloth. Seek medical help if necessary.

- **Completely extinguish the fire.** Before leaving the site

of your campfire, completely put it out. Smoldering embers still have the potential to ignite.

For more information, call the Waukesha Fire Department Fire Prevention Bureau at 262-524-3648. For fire emergencies, call 911.



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Submitted photo by Doug Bertrand

Cub Scouts from Merton Pack 47 take a rest after hiking up Heiliger Huegel ski hill in Hubertus in 2019.

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How to make your family walk a learning experience

Incorporate colors, animals and leaves into walk

By **Bella Kostolni**
Special to The Freeman

WAUKESHA — Going on a family walk is the perfect way to combine physical activity, fresh air and fun for the kids. To further enhance this autumn adventure, the Waukesha Parks and Recreation Department offers the following tips to make family walks an opportunity to learn:

- **Watch for birds.** While on a walk with your children, see if you can spot different birds like cardinals, sparrows, ducks and geese. The Waukesha Parks and Recreation Department offers a complete I Spy Birds activity sheet on its website. Make sure to bring a pair of binoculars to aid with observation.

- **Do a color scavenger hunt.** Give each child a piece of paper and a pencil and assign them a color. As you walk along, have them identify any

object that matches their assigned color. For example, whoever is assigned the color red should look for stop signs, lady bugs, cardinals and red flowers and jot them down on their paper as they spot them. Whoever has the most items wins.

- **Identify insects.** Bees, ants and grasshoppers are among the various insects that can be found throughout Wisconsin. Teach your children to be scientists by using the I Spy Insects activity sheet also on the Waukesha Parks and Recreation Department website. A magnifying glass will help you to spot and examine these creatures.

- **Make a leaf rubbing.** Bring paper and crayons on your walk and pick up interesting leaves as you stroll. Place the leaf underneath your piece of paper and rub along the paper with the long side of a crayon. An image of the leaf



should start to appear on your paper. Take this opportunity to identify the different parts of the leaf, such as the blade, stem and veins.

- **Play park bingo.** Print out a park bingo sheet on the Waukesha Parks and Recreation Department website or

make your own and head to a park. Children can identify different items such as trees, animals and signs.

To access the I Spy activities and Park Bingo and to find more information, visit waukesha-wi.gov/1729.



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File photo

In a sure sign of autumn, businesses in downtown Waukesha displayed scarecrows in 2019. The displays were part of the 108th Waukesha Art Crawl.

SEPTEMBER events

SEPT. 12

Ignite Hope Gala, 10 a.m. Sept. 12, fundraiser to support survivors of human trafficking, Brookfield Sheraton, 375 S. Moorland Road, Brookfield. Silent & Live Auction, Brunch, 50/50 raffle, and speakers. In person or virtual attendance (items go up for bid online two weeks prior to live event). Buy tickets or further information at www.redeemandrestore.org/ignite-hope or call, 262-844-5882. Email all questions to: info@redeemandrestore.org.

Pig Roast in the Park, 2 p.m. to

7 p.m. Sept. 12, Community Center, W231-S9205 Riverside St. Big Bend. Held by Big Bend Vernon Lions Club. \$15 adult plate, \$10 children 10 & under. Curbside pick-up available! Also an Awesome Shrimp Sale Fall Fundraiser. Call 414-640-6125 or email melinda@awesomeshrimp.com to preorder shrimp. \$30 per 2-pound bag.

SEPT. 13

Free Walking Tours, 1 p.m. and 2 p.m. Sept. 13, New Berlin Historical Park, 19765 W. National Ave., New Berlin. Free walking tours of the

Prospect Hill Historic District. We will share the history of the area and each individual building. Select historic buildings will be open for viewing. Reservations required. Call Sue at 262-679-3461 or email: slhemmen@gmail.com. www.newberlinhistorical.society.org

SEPT. 17-SEPT. 27

Dinosaur Adventure Drive-Thru, Sept. 17 to Sept. 27, Waukesha County Expo Center, 1000 Northview Road, Waukesha. Bring the entire family to Dinosaur Adventure Drive-Thru where you can take a pre-historic tour featuring 80 life-sized dinosaurs. See a 40-foot T-Rex, 30-foot Brachiosaurus, Triceratops, Velociraptor, and more – all from the comfort of your vehicle. www.dinosauradventure.com

SEPT. 14

"A League of Their Own," Pix Flix Movie, 6:30 p.m. Sept. 14, Waukesha Civic Theatre, 264 W. Main St., Waukesha. 262-547-0708 www.waukeshacivictheatre.org

SEPT. 18

15th Annual BBV Golf Outing, 8:30 a.m. to 9:45 a.m. Registration, shot gun tee off 10 a.m. Sept. 18, Edgewood Golf Course, W420-S9950 Castle Road Big Bend. \$95. Held by Big Bend Vernon Lions Club. Contact Joan Weber at 414-852-9066 or Rick Rosiak at 262-662-5088.

SEPT. 18 - SEPT. 20

Bob and Rocco Gun Show, 3 p.m. to 8 p.m. Friday, 9 a.m. to 5 p.m. Saturday and 9 a.m. to 3 p.m. Sunday, Waukesha County Expo Center, 1000 Northview Road, Waukesha. Adults \$7, children 14 and younger free. www.bobandrocco.com

SEPT. 19

VCY Rally, 7 p.m. to 9 p.m. Sept. 19, Waukesha County Expo Center, 1000 Northview Road, Waukesha. Guest speaker, Dr. Jimmy DeYoung - "A Panoramic Prophetic Perspective." Donations accepted at the door. www.vcyamerica.org (see Ministries tab)

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Celebrating Our 91st Year

Fun and romantic fall date ideas

From movies to apple picking, Waukesha County has many options

By Bella Kostolni
Special to The Freeman

WAUKESHA — Autumn is the perfect time to take that special someone on a romantic date. But as the pandemic continues, it is important to prioritize health and safety. Below are a few fall date recommendations that utilize social distancing without detracting from the ambiance.

• **The Majestic Parking Lot Cinema.** A drive-in movie is a perfect date idea during the pandemic. Social distancing is a given because all patrons remain in their cars. The Majestic Parking Lot Cinema on Springdale Road in Waukesha includes a 42-foot screen for viewing and a double feature when you purchase a ticket. Concessions can be purchased online and are available for pickup when you arrive for your movie. For more information or

to purchase a ticket, visit marcustheatres.com/theatre-locations/majestic-cinema-of-brookfield-brookfield.

• **Taylor's People's Park.** This restaurant is a staple on Main Street in downtown Waukesha. With both sidewalk and rooftop seating available, social distancing will be a breeze. On its website, People's Park notes that it is following all the recommended safety and sanitation practices in order to prevent the spread of COVID-19. Carry-out options are also available. Visit peoplesparkwaukesha.com for more information and to view the brunch, lunch and dinner menus. If People's Park is filled, downtown Waukesha and surrounding communities have many restaurants with outdoor dining options.

• **The Elegant Farmer Autumn Harvest Festival.** Apple and pumpkin picking is a fun autumn activity and



File photo

High Roller Rentals rents paddle boats and fun bicycles in Frame Park.

perfect for a date. The Elegant Farmer on Main Street in Mukwonago boasts 12 varieties of apples throughout its orchard that can be picked straight from the tree. Patrons can also select their own pumpkins from the farm's pumpkin patch. While you're there, go for a hayride and stop in the market for a cider doughnut or apple pie. Visitors are asked to wear a mask and practice social distancing. The Elegant Farmer Autumn Harvest Festival happens every Saturday and Sunday from 10 a.m. to 5 p.m. between Sept. 12 and Oct. 25. For more information, visit elegantfarmer.com/event-calendar.

• **Pieper Porch Winery & Vineyard.** Visit this Town of Mukwonago winery on River Road and purchase a bottle for on-site consumption. Though tastings and the sale of individual glasses have been suspended for now, there is still plenty to enjoy at Pieper Porch. Outdoor seating is available both on the porch and in the grass. Bring your own lunch or snacks to enjoy with the wine you purchase. Pieper Porch is following all safety and sanitary recommendations and enforces social distancing in order to protect customers and staff. Visit pieperporchwinery.com/index.html for a list of wines and more information about visiting the vineyard.

• **High Roller Fun Rentals.** Rent a bicycle or a boat and leisurely pedal along the Fox River in Waukesha.

This family owned company in Frame Park rents a variety of specialty bikes, paddle boats, character floats, canoes and kayaks. This great date spot offers beautiful views of Frame Park, the Fox River and parts of downtown Waukesha. High Roller Fun Rentals is following all CDC guidelines and sanitizes equipment after each use. To learn more about rental options, visit highrollerfunrentals.com.

For more date ideas and places to visit in Waukesha County, visit visitwaukesha.com or visitwaukesha.org.



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Pieper Porch Winery & Vineyard is located at S67-W28435 River Road in the Town of Mukwonago.

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From left to right are Naviyd Gallardo, 10, Arriyana Gallardo, 7, Ben Kuspa, 10, Aiden Kuspa, 14, and Owen Kuspa, 8, getting ready to start their night of snowy trick-or-treating in Waukesha in 2019.

OCTOBER events

OCT. 2 and OCT. 3

2nd annual Oktoberfest, 4 p.m. to 9 p.m. Oct. 2 and noon to 9 p.m. Oct. 3, Village Green, downtown Oconomowoc. Freshly tapped beer, hot pretzels and live music.

OCT. 3

Waukesha Art Crawl, 4 p.m. to 10 p.m. Oct. 3, downtown Waukesha. <https://www.waukeshaart.com>

OCT. 4

Free Walking Tours, 1 p.m. and 2 p.m. Oct. 4, New Berlin Historical Park, 19765 W. National Ave., New Berlin. Free walking tours of the Prospect Hill Historic District. We will share the history of the area and each individual building. Select historic buildings will be open for viewing. Reservations required. Call Sue at 262-679-3461 or email: slhemmen@gmail.com. www.newberlinhistorical.org

OCT. 6

Waukesha Reads Keynote Speaker:

Mass Imprisonment in America with Sam Mihara, 7 p.m. Oct. 6, Waukesha Civic Theatre, 264 W. Main St., Waukesha. 262-547-0708 www.waukeshacivictheatre.org

OCT. 10

Oktoberfest, 10 a.m. to 3 p.m. Oct. 10, Wisconsin Harley-Davidson, 1280 Blue Ribbon Drive, Oconomowoc. Live music by Love Monkeys, pig roast, stein-holding competition.

OCT. 12

"Moulin Rouge," Pix Flix Movie, 6:30 p.m. Oct. 12, Waukesha Civic Theatre, 264 W. Main St., Waukesha. www.waukeshacivictheatre.org, 262-547-0708

OCT. 23

Happy Tails 2020, 7 p.m. Oct. 23, virtual fundraiser for Humane Animal Welfare Society, 701 Northview Road, Waukesha. hawsports.org/happytails

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Oktoberfest Time Line

Break out the buttery pretzels and the icy brews, it's time for Oktoberfest. But how did this celebration of all things German come about? The people at Kegerator (who know a thing or two about beer) put together a history.

Keep reading for some milestones in the life of the

Oktoberfest.

Oct. 17, 1810

The first Oktoberfest didn't have anything to do with beer at all. Instead, it was a wedding reception for Prince Ludwig of Bavaria to Princess Therese of Saxe - Hildburghausen. Everyone enjoyed the party

so much, the happy couple suggested making it an annual event.

1819

The city of Munich takes over Oktoberfest after it grew large enough to include contests and carnival booths.

Soon after, it turned into a 16-day festival from late September through the first weekend of October.

1850

The statue of Bavaria was unveiled and has watched over Oktoberfest ever since.

1880

Electricity was introduced to the Oktoberfest, which included 400 booths and tents.

1881

Bratwurst makes its first appearance.

1892

Beer is served in glass mugs.

1914-1918

Oktoberfest canceled due to World War I.

1919-1920

Oktoberfest replaced by a smaller autumn festival after World War I.

1939-1945

Oktoberfest canceled because of World War II. It was again followed by a smaller autumn festival at the war's end.

1950

Two new traditions start: The 12-gun salute and the official tapping of the first keg at noon, when the mayor of Munich will scream "O'zapft is!", tap the keg and serve the first mug to the minister president of Bavaria.

1960

The last year of the horse races, and the first year lederhosen and dirndl were picked as the official garments.

1980

Terrorists plant a pipe bomb at the main entrance of the festival. More than 200 people were injured and 13 killed.

2005

Quiet Oktoberfest hours are introduced to curb the hard partying and make a family-friendly time for visiting.

2008

A smoking ban at Oktoberfest causes unrest. Several politicians are voted out of office.

2010

For the Oktoberfest's 200th anniversary, horse races returned and a special beer was brewed.

2011

A record 7.5 million liters of beer is served.



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File photo

Former Marine Joseph V. Deloria Sr., who served from 1973 to 1980, holds up a bag of sand from Utah Beach during a Veterans Day ceremony at Veterans Park in Waukesha in 2019.

NOVEMBER events

NOV. 11-12

Sweet Dreams & Honky Tonks, 7:30 p.m. Nov. 11 and Nov. 12, Waukesha Civic Theatre, 264 W. Main St., Waukesha. www.waukesha-civic-theatre.org, 262-547-0708

NOV. 21

"The Little Mermaid", Pix Flix Movie, 10 a.m. Nov. 21, Waukesha Civic Theatre, 264 W. Main St., Waukesha. www.waukesha-civic-theatre.org, 262-547-0708



File photo

Oconomowoc High School FFA club member Haley Antonneau, 15, shows 4th-grade students and teachers how her horse Sabrina can smile during the annual Oconomowoc High School FFA field day event in Ashippun in 2019.



Submitted photo by Katie Piechotta

Fall colors fill Bethesda Park in October 2019.

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10 fun facts in time for fall

Autumn is a season of many changes, with some of the most notable including the dramatic multicolored displays that occur just prior to trees shedding their leaves. It's also a time of year when many people feel reenergized by cooler temperatures and spend many hours outdoors enjoying all that fall has to offer.

Whether one is collecting leaves, picking apples, exploring corn mazes, or driving the countryside enjoying the foliage, autumn is full of fun facts that can make the season that much more enjoyable.

1. Autumn begins on the autumnal equinox, which occurs on or near September 22 in the northern hemisphere. This year, September 22 is the day when the sun crosses the celestial equator moving southward. When the equinox occurs, there are an equal number of daylight and nighttime hours.

2. Since ancient times, autumn has been an important time of year for many civiliza-

tions. Autumn is a main harvesting time in many areas, and a successful harvest was once necessary for survival. Many steps are, and have long been, taken to ensure a bountiful autumn harvest.

3. Fall is a time when trees and other plants prepare for dormancy during winter. As autumn progresses and the hours of daylight gradually decrease, trees begin to close down their food production systems and reduce the amount of chlorophyll in leaves. Chlorophyll is the chemical that makes tree leaves green, and as it declines, other chemicals become more prominent and shine through in the leaves. That is why leaves change color.

4. Some scientists believe that global climate change can impact autumn colors, such as delaying the change in trees. Also, red pigments may start to decline as trees use sugary fuel to grow new twigs rather than to cause red leaf displays.

5. Americans more readily

refer to this time of year as "fall," while the British use "autumn." Both terms date back to around the 16th century. Prior to this period, autumn was known as "harvest."

6. Much of the United States bids farewell to monarch butterflies in the fall. Each autumn, monarch butterflies migrate from the United States to Mexico and some parts of Southern California. They fly at speeds ranging between 12 and 25 miles per hour.

7. A study of U.S. centenarians born between 1880 to 1895 published in the Journal of Aging Research, found that babies born during autumn months are more likely to live to age 100 than those born during the rest of the year. Thirty percent of the centenarians followed were born during the fall.

8. Squash, pumpkins and other gourds are prominent in the fall. The largest squash grown on record belonged to Joel Jarvis of Ontario, and his huge winner weighed in at 1,486.6 pounds in 2011.

9. The many-colored leaves are not the only display one might see during the fall. The autumn equinox signals the aurora borealis, also called the Northern Lights. Besides the lengthening of nights and cool evening weather, which are great for stargazers, autumn is "aurora season," according to NASA. That's because, during the fall, geomagnetic storms are about twice as frequent as the annual average.

10. Full moons are named for the month or season in which they rise. The Harvest Moon is the full moon closest to the autumnal equinox.

How to prepare and cook pumpkin seeds



Nutrition and Halloween do not necessarily go hand in hand. While many parents may go to great lengths to ensure their youngsters' Halloween treats offer at least a little nutritional value, the bulk of costumed kids' hauls still tends to be candy.

Pumpkin seeds are one delicious yet often overlooked Halloween treat. According to Healthline, an online medical resource that aims to educate readers as they pursue their health and overall well-being, pumpkin seeds provide a host of health benefits. Data from the U.S. Department of Agriculture indicates that a single cup of pumpkin seeds can provide as much as 22 percent of a person's daily recommended value of dietary fiber. In addition, pumpkin seeds are loaded with vitamin K, which plays a role in blood clotting and bone metabolisms and helps to regulate blood calcium levels.

Pumpkin seeds tend to be easily accessible come fall, as they're right inside the pumpkins many turn into jack-o'-lanterns. The following are some tips, courtesy of Whole Foods, to help prepare and cook pumpkin seeds.

- Remove seeds from the inner cavity. Pumpkin seeds may sometimes be covered in excess pulp. Upon removing the seeds from the inner cavity, wipe off the pulp and then spread the seeds out evenly on a paper bag, allowing them to dry overnight.

- Once the seeds have dried, they can be placed in a single layer on a cookie sheet. Roast the seeds in the oven at a temperature between 160 and 170 F for 15 to 20 minutes. Whole Foods notes researchers found that roasting pumpkin seeds for more than 20 minutes can lead to unwanted changes in the fat structure of the seeds.

Once they have been roasted, pumpkin seeds can be served as-is as a delicious snack. Whole Foods notes that seeds also can be sprinkled into mixed green salads. Pumpkin seeds can even be ground with fresh garlic, parsley and cilantro leaves and then mixed with olive oil and lemon juice to create a delicious salad dressing. Chopped pumpkin seeds also can be added to cereals.

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Left to Right: Lee & Cathleen Brisk and Thomas Ribbens - Owners/Funeral Directors



File photo

Elijah Ponsegrau sits on Santa's lap and tells him what he wants for Christmas at Brookfield Square mall in 2019.

DECEMBER events

DEC. 4-6

Annual Monches Artisan Holiday Tour, 9 a.m. to 5 p.m. Dec. 4-6. Driving tour in the Monches area in Washington County - near Holy Hill. www.monchesartisans.com

DEC. 5

Waukesha Art Crawl, 4 p.m. to 10 p.m. Dec. 5, downtown Waukesha. <https://www.waukeshaart.com>



File photo

Jade Bartz, left, and her twin brother, Aaron, received apple tattoos from Johnny Appleseed during Retzer Center's Apple Harvest Festival in 2019.



Submitted photo

There was definitely some hocus pocus at play at 1304 Chippewa Drive in Waukesha in 2019.

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