

# Oh My Gourd...

The Return of Sweater Weather

Don't you just fall in love with fall every year?

The crisp mornings and the changing of the leaves as we step outside our doors with instinctively softer edges. Is it this season that puts the pump in pumpkin spice lattes (or is it your new pair of boots)? Either way, fall is here, and we are de-lighted!

Speaking of pumpKin, Foster Kinship is hosting a seasonal drive, so keep scrolling to see what they are up to.

Time to grab your cozy cashmere sweater and join us as we bring on the bewitchment of fall.

“Autumn leaves are falling, filling up the streets; golden colors on the lawn, nature's trick or treat!”

-Rusty Fischer



Foster Kinship's

# No Tricks, Just Treats!

## Halloween Costume and Candy Givaway!

To help make this halloween a little less scary we are accepting  
candy and new/gently used Costumes to  
distribute to kids in kinship care!

Drop off at 3925 W Cheyenne, Suite 401, North Las Vegas, NV 89032  
Tuesday-Saturdays--Now through October 31st



?s to 702-546-9988 or Gus@FosterKinship.org



# How Halloween Came About



All 'Hallows' Eve, or Halloween as it is commonly referred, is a global celebration on the last day of October. It developed from the ancient Celtic ritual of Samhain, which was a festival celebrating the changing of the seasons from light to dark (summer to winter).

Traditionally, a bonfire was lit, sweets prepared, and costumes worn to ward off evil spirits. The ancient Celts believed that, at this time of year, the veil separating the worlds of the living and the dead was at its thinnest.

Pope Gregory III deemed the first of November, All Saints' Day, a celebration of Christian martyrs and saints, and the second of November became All Souls Day, a day for remembering the souls of the dead. All Saints' Day later became known as All 'Hallows' Day, and the previous day, became known as All 'Hallows' Eve, then later, Halloween. Despite the best efforts of the church, people still continued to celebrate Halloween with traditional bonfires, costumes, treats, and a focus on spirits of the dead.

All this history is not meant to confuse Halloween and its Mexican cousin, Dia de Muertos, a completely separate celebration that occurs around the same timeframe. While Halloween focuses on the dark and grim aspects of death, Dia de Muertos is a celebration of the connection between the living and the dead, as well as life after death.

One quarter of all the  
candy sold annually in the  
U.S. is purchased for  
Halloween.  
Oh. My. Gourd.



# Homemade, vegan PSL

Did you know that a grande pumpkin spice latte from Starbucks has 50g of sugar? OOF! I mean, who doesn't like to indulge every once in a while? We certainly do! But good news: in just minutes, you can make this yummy drink more delicious and filled with health from the ease of your home.

## Ingredients:



- Coffee: You can use espresso if you prefer a caffeine punch
- Coconut Milk: For that delicious, creamy, and sweet element
- Pumpkin flavor: Pumpkin puree, plus some pumpkin pie spice to get all of that fall flavor
- Sweetener: 2 tablespoons of pure maple syrup and a splash of vanilla extract

## Directions:

- Empty the milk into a small pot and heat over medium-low heat until it is almost simmering. Be careful to not boil the milk.
- Pour your fresh coffee it into a large mug. Mix in pumpkin puree, maple syrup, pumpkin pie spice and vanilla.
- Add in your milk (frothing optional).
- Feel free to top with coconut whipped cream if you wanna get a little fancy. Sprinkle with extra pumpkin spice, cinnamon, or even ginger and enjoy!
- LDF biohack: take out the caffeine, and your kiddos will slurp this up.

Seasonal Laugh:

What do you get when you  
drop a pumpkin?

A squash.

Happy Fall 2022!  
Lots of love, Team LDF

