

Paint Northern Colorado **Pink**

October is Breast Cancer Awareness Month.
Join the fight by participating in a local event.

GET AN EXAM

If you've been putting off getting that mammogram, the Women's Clinic of Northern Colorado and Dr. Angela King have an offer you can't refuse. They are hosting a free mammography clinic on Oct. 9. Women must qualify and space is limited to 200 women. 970.495.7995 or fcwc.com

TAKE A WALK

Enjoy a gorgeous fall walk for a good cause during the Fort Collins debut of the Making Strides Against Breast Cancer event Oct. 10 at Spring Canyon Community Park. Money raised benefits the American Cancer Society. Registration is free. makingstrides.acsevents.org



HAVE A BALL

Put on your best Halloween costume and head to the Second Annual Boo Ball on Oct. 30 to support the Women's Resource Center, which provides mammograms to local women. The ghoulish fundraiser and masquerade party will be at the Fort Collins Hilton. \$75. womens-resource.org

KICKIN' APPLE COOLER

Get festive this fall with a tasty take on apple cider from Chef Ashley Trego of Orchard Valley Farm in Paonia.

INGREDIENTS

- ½ cup apple cider
- ½ cup ginger beer
- 1 ounce Calvados apple brandy

DIRECTIONS

Mix ingredients together in a blender, and serve over crushed ice. Garnish by spearing three apple slices on a toothpick.



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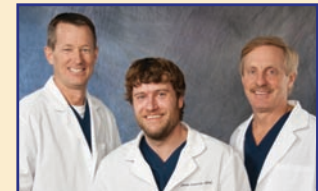
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CHL10

Pumpkin Power

Tis the season of jack-o'-lanterns and pumpkin pie, but this orange powerhouse has so much more to offer.

Treat your skin to a peel or punch up the flavor of a fall favorite.

PUMPKIN PEEL

A pumpkin's enzymes work to reverse the clock and act as a resurfacing agent when used as a peel, says aesthetician Kirsten Kayser of the Mane Door Salon, which offers a pumpkin peel and facial. Pumpkin is loaded with vitamins A, C and E. "They destroy free radicals which causes a breakdown in collagen and elastin (and) wrinkles," she says.

PUMPKIN GINGER BREAD ▶

Courtesy of Nancy Bartels, Bartels Farm

INGREDIENTS

- 3 cups sugar
- 1 cup oil
- 4 eggs
- 3½ cups flour
- 2 teaspoons baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- ⅔ cup water
- 2 cups pumpkin puree

DIRECTIONS

Cream sugar, oil and eggs. Sift dry ingredients into the mixture. Add water and pumpkin. Pour into greased loaf pans and bake at 350 degrees for 50 minutes.



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