



## 6 Great Ways to Fall Into Autumn

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Like you, we've enjoyed an "unusual" summer, filled with new experiences, and new limitations. But in the can-do spirit of Southern California, we've adapted, and actually enjoyed many new pleasures—like al fresco sidewalk dining! So as we "fall" into autumn this month, here are some fun things to do that are uniquely SoCal.

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### 1. APPLE PICKING



Even though we live in sunny Southern California, fall means juicy red apples, ripe for the picking. From September to November, the Oak Glen area will be in full harvest mode, as will the town of Julian in San Diego County. Enjoy the apples straight from the tree, or bake them into a pie!

[Apple Picking Options in Southern California](#)

### 2. PUMPKIN PATCH



Hunting for the perfect pumpkin for your crooked-tooth jack-o-lantern? Well, pretty much any corner lot selling pumpkins will do.



But if you're looking for a pumpkin patch where kids of all ages can spend a special day, L.A., Orange, and San Diego Counties boast dozens of patches that feature rides, petting zoos, and haunted mazes.

**Pumpkin Patches in Southern California**

### 3. CORN MAZE

It used to be easy to find yourself lost in Southern California—but that was before GPS. So if you long for the days of Thomas Guides and asking for directions, here's a new way to get lost—in a corn maze. Weaving through a labyrinth of corn husks with surprises along the way until you reach the end—if you ever reach the end! Now that's how to get lost! Just make sure to bring a mask—a scary one!



**Find a Corn Maze Near You**

### 4. FALL FOLIAGE



Granted, Southern California palm trees are no match for New England maples, but we do have our own version of fall colors. Areas like the San Gabriel Mountains, Idlewild or Big Bear are stunning, but you can also find splashes of color closer to home. Check out our many stunning botanical gardens for some good old fashioned "leaf peeping."

**Best Leaf Peeping In SoCal**

### 5. DIA DE LOS MUERTOS



We all loved the Pixar movie "Coco." Now you can celebrate Dia de los Muertos in person, as



Southern California embraces its Mexican roots by reveling in the colorful ancient tradition that honors loved ones who have left us. Enjoy the decorated altars, filled with sugar skulls and marigolds. Olvera Street in downtown Los Angeles does it up with exhibits, entertainment and lots of food and beverages. The weekend event begins Saturday, October 31st and runs to Monday, Nov.2

### Dia de los Muertos

## 6. CAMPING

You may prefer to camp in the hot months of summer, but the fall brings its own reasons to “get out there.” Lower temperatures, deserted campgrounds and fewer bugs are just some of the advantages to autumn camping. Whether you like to hike to a distant lake, or pull into a campground with your kids and dog, Southern California has the perfect campsite for you.



### Camp Sites Near You

## Oral-Health Tip of the Month



### How to Properly Use Mouthwash

Keep these points in mind to get the most out of your mouthwash or mouth rinse:

1. Dilute If Necessary - Be sure to read the label. Different brands have different concentrations, and some may recommend that you dilute them with water.
2. Mouthwash is not a replacement - Remember that no mouthwash is a replacement for twice-daily brushing and daily flossing. So, even if your dentist recommends or prescribes a mouthwash, you still need to follow your complete oral care routine to maintain good dental health.
3. Watch The Clock - Using mouthwash correctly means swishing in your mouth for the correct amount of time. Read the product label. Most

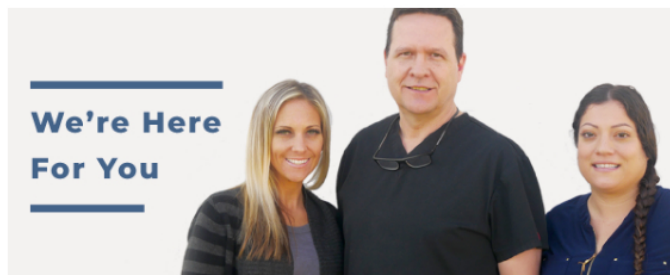
mouth for the correct amount of time. Read the product label. Most mouthwashes recommend that you swish the product for 30 seconds to one minute before spitting it out.

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## PATIENT SAFETY PROTOCOLS VIDEO



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