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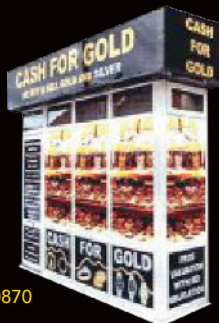
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HALLOWEEN PUMPKIN PIE



FILLED with creamy caramelised onion and butternut squash and topped with a spooky pumpkin carved pastry, this makes a great Halloween dinner.

Ingredients

- 1 large butternut squash, peeled, seeds removed and cut into 3-4cm chunks
- 2 tbsp olive oil
- 3 medium onions, thinly sliced
- 1 tbsp dried sage
- ½ tsp ground nutmeg
- 1 tbsp cornflour
- 1 vegetable stock cube, made up to 300ml
- ½ lemon, zested and juiced
- 2 tbsp crème fraîche
- 320g pack shortcrust pastry
- 1 egg yolk, lightly beaten
- 330g pack Tenderstem broccoli, ends trimmed

Method

- 1 Preheat the oven to gas 7, 220°C, fan 200°C.
- 2 Toss the butternut squash with 1 tbsp oil in a large roasting tray and roast in the oven for 40-45 mins, tossing occasionally, until softened and lightly caramelised.

- 3 Meanwhile, heat the remaining 1 tbsp oil in a large saucepan over a medium heat. Add the onions, sage and nutmeg, cover with a lid and cook for 20 mins, stirring occasionally until very soft. Remove the lid and cook for 5 mins longer, stirring frequently, until lightly caramelised. Mix in the cornflour, then gradually add the stock, stirring continuously, until you have a glossy sauce. Stir through the lemon zest and crème fraîche and season to taste with freshly ground black pepper. Fold through the roasted butternut squash.
- 4 Spoon the mixture into a medium-sized ovenproof dish (ideally round) and leave to cool for 10 mins.
- 5 Reduce the oven temperature to gas 5, 190°C, fan 170°C.
- 6 Unroll the pastry and arrange on top of the squash filling, trimming the edges with a sharp knife. Use a small sharp serrated knife to cut a spooky pumpkin face into the pastry and use the offcuts to create a stalk, if you like. Brush the pastry with the egg yolk to glaze.
- 7 Bake on the middle shelf of the oven for 25-30 mins until the pastry is crisp and lightly golden. Set aside to cool for 10 mins.
- 8 Cook the broccoli in a pan of boiling water for 4-5 mins until bright green and al dente. Drain and toss through the lemon juice. Serve alongside the pie.

FIVE WAYS TO ENJOY YOUR GARDEN THIS AUTUMN

DON'T let shorter days and cooler weather keep you indoors. Here are five ways to enjoy your garden this autumn.

Aside from gardening jobs - most of which are more enjoyable than you'd think, there are plenty of ways to enjoy your garden in autumn.

Time to get creative

Autumn offers so many ways to get creative. Capture those wonderful colours and shapely seedbeds through media such as photography, watercolours, dying, poetry, collage and even embroidery.

Art in all of its forms gives wellbeing a massive boost and you don't need to travel far or invest in any expensive training to start experimenting.

It's amazing the detail you can capture with a simple phone camera. Pop outside in any weather or at any time of day and start looking at your garden with different eyes. You can take spectacular close-up shots of flowers, seedheads, tree bark and different textures.

Keep that barbecue burning

Your outdoor kitchen doesn't need to go into hibernation - the best autumn barbecue recipes are ones that need minimal attention. A great speedy meal is fresh fish. Wrap it in foil with fresh herbs from the garden and a glug of local rapeseed oil then pop it onto the barbecue for 10-20 minutes (depending on

the size of the fish). Serve with a crunchy salad and the last of the new potatoes.

Keep that barbecue burning

It's really interesting to discover who is using your garden, where they like to live and what sort of habitat you have created. All you need is a lot of curiosity and a magnifying glass. Have a look underneath stones, in nooks and crannies, and on flower stems.

Make more room for wildlife

Start by creating a wildlife friendly water feature. It doesn't have to be huge - a washing up bowl sunk into the ground can provide a source of water for all kinds of creatures.

A log pile gives small creatures a safe place to overwinter. If you're worried that it might spoil the aesthetic, pop it into an undisturbed corner of the garden - somewhere that's out of your line of sight. Woodlice and solitary bees don't mind being behind the shed.

Plan ahead for Christmas

Sorry to use the "C" word so early, but you have to admit, it is a magical time of year. One way to enjoy your garden this autumn could be to gather and preserve seed heads, flowers, herbs etc ready to use for decoration during the festive season.

Dry flowers and seed heads by hanging them upside down in a cool dry place. This works brilliantly with hydrangea flowers, poppy seeds and allium seeds.

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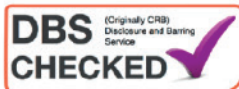
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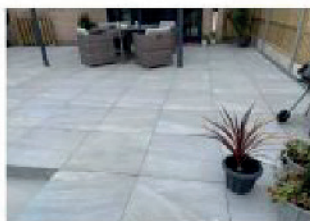
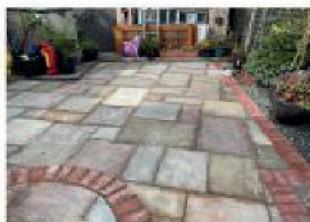


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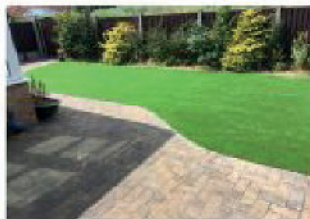
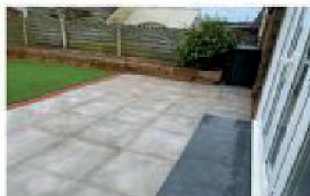
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ABOUT LINC DOB

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Our values: honesty, integrity, politeness, supportively, inclusivity, flexibility and fairness.

Lincs Dobermann Rescue (LDR) is a UK Charity Reg 1172592 operating throughout the UK mainland. We started life back in 2017 in Lincoln and we continue to have a very strong bond with the area; volunteers and many of the dogs we've

rehomed are based there.

We are a Volunteer led Rescue, our Team donate their time, effort, and expertise raising much needed funds, promoting the work of LDR, attending events and organising our biggest event of the year – Dobiefest - which will be held at Arena UK, Grantham on October 18th. All breeds are welcome; there are fun classes for Dobies and non -Dobies. There will be three demonstration areas showcasing Agility, Fly Ball and a demonstration of Carriage Dogs. It's also possible to take the Bronze Award in The Kennel Club Good Citizen Scheme. As a Rehoming Charity, we really

want to promote the value and importance of Rescue and Dobiefest helps us to showcase many of the dogs we have safely rehomed.

We have seen many changes over the years. Our flexibility and ability to adapt and expand has enabled us to help a constant stream, and seemingly increasing number, of Dobies in need of new homes. We have put systems in place to ensure that the dogs we place are in their best possible home. Every potential Adopter is homechecked by a collaborating Charity who have Homecheckers throughout the UK and all the Dobies who come



BERMANN RESCUE

into our care are assessed in the home prior to coming to us. The only exception is in the case of a dire emergency, for example a pound dog at the end of time and on the euthanasia list. All Lincs dogs have full Rescue Back Up for life.

As an Independent Charity, we don't receive any core funding and therefore we rely solely on donations and our fundraisers. As at the end of August, we have rehomed 50 dogs this year, with another 15 in kennels or foster and we have a waiting list of dogs needing to be rehomed. Lincs also provides full Rescue

Back Up for former West Country Dobermann Rescue dogs following their closure two years ago.

We rely on the support and generosity of our members to the raise funds needed to provide, safety, food, transport, veterinary care and rehabilitation for our dogs to ensure that when they are rehomed their rehoming journey is as stress free as possible.

Our Charity Governing Document means we can only accept dogs from UK dog pounds or homes and we only

place dogs with adopters within the UK mainland. We are not able to import dogs; however, we are willing to rehome dogs that have already been imported.

We work alongside other rescue and rehoming organisations and charities helping them if they have a Dobie in need of rehoming. We are Animal Partners with Battersea Dogs & Cats Home, registered and work with The Animal Team as well as being a recognised Breed Rescue with The Kennel Club.

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STEP INTO THE RING:

WHY BOXING COULD BE YOUR BEST WORKOUT YET

If you're looking to try a new fitness activity, have you ever thought about trying boxing?

You might be surprised by how much it offers - not just or fitness, but for building confidence and pushing your limits.

Boxing is a full-body workout that gets your heart pumping, tones muscles, and burns calories. But it's not just about the physical benefits. Boxing helps build mental strength and confidence by challenging you to step out of your comfort zone and learn new skills. The sense of achievement you get from mastering techniques or simply completing a session can be incredibly rewarding.

Stepping into a boxing gym might seem intimidating if you've never done it before. But don't let macho perceptions of the sport deter you. At Mablethorpe and

Sutton on Sea Beach Bar Boxing Club, community members of all ages and fitness levels are welcomed to train, get fit, and experience the many benefits of boxing in a supportive environment. The training is diverse, including bag work, sparring, pad work, running and skipping, so you're always challenged in different ways. The sessions are tailored to all levels, so whether you're a beginner or an experienced boxer, you'll feel right at home.

One member shared, **"When I first decided to try boxing, I was nervous about walking into the gym. But once I did, I realised how different it was from what I expected. The club is a great community, and no matter your ability, there's respect and support from our coach, Rob, and everyone else in the session."**

For many people, boxing provides a great stress release. After a

session, they leave with a smile on their face and the satisfaction of having pushed themselves.

Ready to get started?

Whether you're looking to get fit, try something new, or challenge yourself in a different way, boxing is a fantastic option. The Mablethorpe and Sutton on Sea Beach Bar Boxing Club offers a welcoming and supportive environment where everyone, regardless of experience, can train, learn, and improve. Equipment is provided so you just need to wear comfortable clothing and footwear.

Interested? Join the club's Facebook group by searching Mablethorpe and Sutton on Sea Beach Bar Boxing or phone **07515 651618** for more details.

For other fitness opportunities near you take a look on the Let's Move Lincolnshire Activity Finder: [LetsMoveLincolnshire.com/find-activities](https://letsmove.lincolnshire.gov.uk/find-activities).



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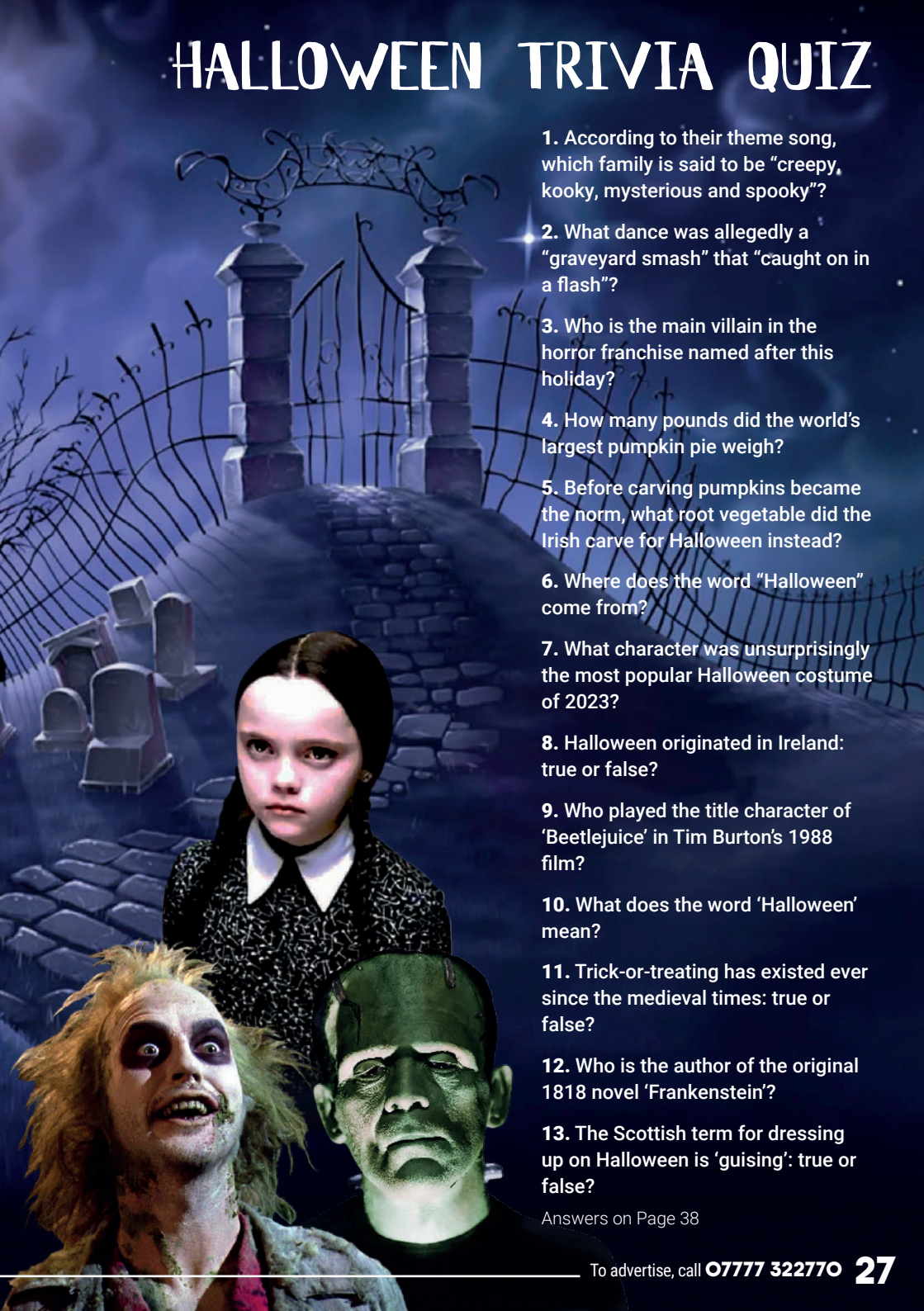
HALLOWEEN WORDSEARCH

CAN YOU FIND THESE SPOOKY HALLOWEEN WORDS?

GHOST GRAVEYARD HALLOWEEN HAUNTED MASK
MONSTER PUMPKINS SCARE SCREAM SKELETON
SPIDER SPOOKY VAMPIRE WEREWOLF WITCH

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J	X	N	W	I	T	C	H	H	N	F	E	H	M	I
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S	M	A	S	M	G	O	X	W	M	O	C	A	V	B
H	R	J	A	Q	H	N	O	L	D	L	Z	C	B	A
G	X	V	K	G	T	L	E	C	L	F	R	S	N	V
V	H	M	W	D	L	Z	N	F	B	F	F	F	F	Y
P	T	H	R	A	U	X	Y	M	O	N	S	T	E	R
V	G	C	H	B	X	D	X	J	S	P	O	O	K	Y

HALLOWEEN TRIVIA QUIZ

- 
1. According to their theme song, which family is said to be "creepy, kooky, mysterious and spooky"?
 2. What dance was allegedly a "graveyard smash" that "caught on in a flash"?
 3. Who is the main villain in the horror franchise named after this holiday?
 4. How many pounds did the world's largest pumpkin pie weigh?
 5. Before carving pumpkins became the norm, what root vegetable did the Irish carve for Halloween instead?
 6. Where does the word "Halloween" come from?
 7. What character was unsurprisingly the most popular Halloween costume of 2023?
 8. Halloween originated in Ireland: true or false?
 9. Who played the title character of 'Beetlejuice' in Tim Burton's 1988 film?
 10. What does the word 'Halloween' mean?
 11. Trick-or-treating has existed ever since the medieval times: true or false?
 12. Who is the author of the original 1818 novel 'Frankenstein'?
 13. The Scottish term for dressing up on Halloween is 'guising': true or false?

Answers on Page 38

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HAUNTED LINCOLNSHIRE

LINCOLNSHIRE is one of the most historical counties in the East of England. This is rural England at its absolute best, and the county holds appeal for just about everybody.

However, Lincolnshire also has a darker and more mysterious side. Where there is history, there is almost always reports of ghosts reliving the past in some way or another. With that in mind, let's take a look at the top five haunted places in Lincolnshire.

1. Thorpe Hall, Louth

Thorpe Hall was once owned by the Bolle Family, most notably by Elizabethan adventurer Sir John Bolle who took part in Sir Walter Raleigh's 1596 attack and capture of Cadiz.

Sir John was captured by Spaniards and thrown in a dungeon. However, his cell looked out onto a street regularly used by a wealthy Spanish noblewoman, Donna Leonora Oviedo. She liked Sir John and would bring him food, eventually bribing the jailers to secure his freedom.

Sir John headed back to England, where he already had a wife.

Donna had wanted to accompany him, and he was forced to come clean that he was already married, which broke her heart.

He believed that he had left his Spanish lady friend behind for good, but some months later, she followed him to England and ended up killing herself in the garden of Thorpe Hall.

Sir John was filled with guilt



The Victorian Prison at Lincoln Castle

and hung a portrait of her in her favourite green dress in the home. He also had a place set for her at his table every meal. To this day, visitors to Thorpe Hall report seeing a lady in green roaming the grounds forever searching for Sir John Bolle.

2. Gainsborough Old Hall

Dating back to 1460, Gainsborough Old Hall was the Burgh Family residence until 1596, when it was sold to a merchant named William Hickman.

With at least three spirits in residence, it is a fantastic place to go in search of ghosts.

One of the ghosts spotted on the property is Elizabeth Burgh, the daughter of Sir Thomas.

The story goes that Elizabeth had fallen in love with a man from a lower class and was planning to elope with him. However, her father found out and locked her

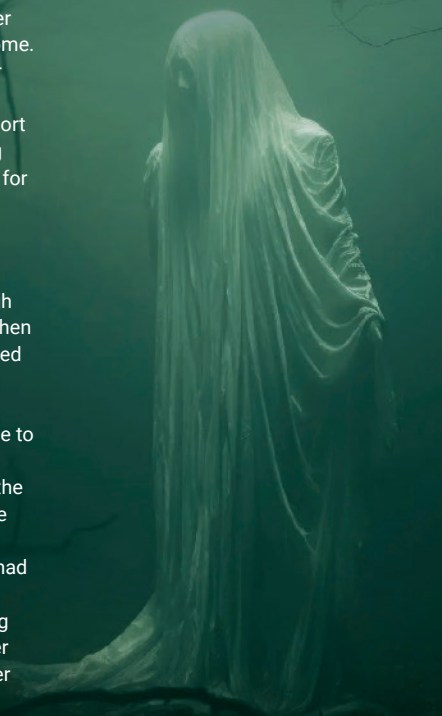
in her bedroom as a punishment. This had tragic consequences because Elizabeth died a few days later.

It is unclear how exactly she died, although most people say it was from a broken heart. Elizabeth is frequently seen around the tower room.

Another ghostly lady that haunts Old Gainsborough Hall is known simply as the Grey Lady.

She is often spotted wandering in a particular corridor where a hidden door was recently discovered.

It isn't all about the ladies - staff and visitors have also reported seeing a ghostly boy in an area of Gainsborough Old Hall that was originally the West range. The young boy is said to have died in the house during Victorian times.



3. Victorian Prison at Lincoln Castle, Lincoln Prison

Lincoln Prison has secured its place as one of the top haunted locations in Lincolnshire thanks to several creepy incidents over the years.

The prison is situated within the grounds of Lincoln Castle, which itself was used for incarcerating criminals as far back as Norman times. The front section was built in 1787 to house debtors.

The building was expanded in 1847, the inmates confined in isolation and only allowed to talk to guards - inhumane treatment which likely played a massive part in the hauntings today.

Many inmates developed mental health issues following long periods of isolation, with many descending into insanity.

In addition, more than 100 inmates were executed at the prison using the 'long drop' method.

Terrified visitors have reported seeing the ghost of a former matron haunting one of the rooms, frantically rushing to the aid of a female prisoner who had

committed suicide to avoid her public execution.

Another female spirit, all in black, is often reported on the steps to the gallows.

Others have reported cell doors banging and disembodied screams in the male wing of the prison even while they know it is empty.

There have been visual sightings too of doors opening of their own accord and unidentified flashing lights.

Perhaps the most disturbing reports are inhuman growls and sobbing in the old graveyard where unclaimed prisoners were buried.

4. Greestone Stairs, Lincoln

Over the years, there have been various sightings and unexplained occurrences at Greestone Stairs.

One of the most common sightings reported is the spirit of a woman said to come from Saint Joseph's convent.

She is seen carrying a baby in her arms and is usually seen walking from the convent entrance along the path to a flowerbed where she lays the baby down. It is believed that she is lying to rest a dead

child.

People also report seeing the spirit of a cleric about halfway up the stairs standing under a crooked lamppost. He is seen wearing a hat and a long coat. It is believed that the cleric may have hung himself from that same lamppost.

Those who have seen the cleric reported that he does not appear scary or threatening. He is often described as a guide or protector for weary travellers heading to the nearby cathedral.

Aside from the ghostly sightings, there are also frequent reports of other strange occurrences. These seem to be centred on the stone archway located about a quarter of the way up the stairs.

People often report strange orbs of light and unusual noises coming from underneath the archway. Many people also report that electronic devices will malfunction or turn off when they pass underneath the archway. It seems to be pretty difficult to take photographs in this spot because, for some unknown reason, they usually turn out distorted or feature strange flecks of light obscuring the image.

Greestone Stairs



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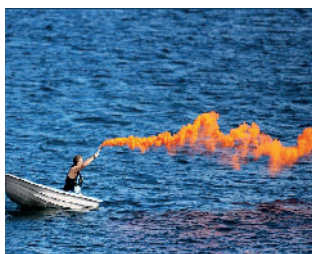
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‘EYES ALONG THE COAST’



How it all began.

In 1994 the government of the day were closing down Coastguard Watch Stations around the country. One such station, Bass Point on the southern tip of Cornwall, was closed when, shortly after, two fishermen lost their lives when they were drowned in an accident at sea within sight of the empty watch station.

The locals at Bass Point obtained permission to use the watch station to keep watch, on a voluntary basis, and so the National Coastwatch Institution was born. Now, in 2025, we have 62 such watch stations around the coast of England and Wales, and over 2,800 trained watch-keepers.

Who are we and what do we do?

We are all volunteers, men and women from all walks of life. We are a charity and rely entirely on donations of money from the general public to purchase and equip our stations and to keep our stations running. Our job is to maintain a watch over the beach and the sea up to a distance of 8 miles from our station and to raise the alarm by contacting the Coastguard if we see anyone in trouble in or on the water. The Coastguard will then initiate a rescue based on the information we give them. Hence our name ‘Eyes Along The Coast.’

We also have a Water Safety team who, along with the local Police, RNLI and RNLI Lifeguards, man a Water Safety Office on Mablethorpe promenade during the summer time, to talk to and educate the visitors and holidaymakers about staying safe on the beach and in the water.

When we join N.C.I. we are trained to a high standard and given as long as we need to reach the standard required to become a qualified watch-keeper. No previous knowledge is necessary and training is carried out on watch with qualified watch-keepers and at regular training sessions. At Mablethorpe, we currently have 47 Watch-keepers which includes trainees, but we are always looking for more. Our station is open 365 days a year from 10:00 am to 4:00pm in winter and from 9:00 am to 5:00pm in summer, with an evening shift from 5:00pm to 8:00pm during the school summer holidays.

At present, we are awaiting the arrival of a brand new station for Mablethorpe. It will replace the existing station on Sea View car park but will be placed with the long side facing the sea and will have an upper deck as the station look-out, so we will be able to see over the dunes and further out to sea than we can at the moment.

If you feel you would like to know more about what we do, and / or feel you would be interested in possibly joining us, please contact **Bill Gilsenan on 07732122497** or **bill.gilsenan@nci.org.uk**

NCI Lookout, Sea View Car Park, Off Quebec Road, Mablethorpe, LN12 1LT

YOUR HOROSCOPES



ARIES (March 21 - April 19)

If your wanderlust is shouting, grab your passport and book that trip! More good news: you can set your sights on travel to distant locations when Mercury prances into your 9th house on October 29th. A few quick trips could lift your spirits.



TAURUS (April 20 - May 20)

Office romances can bloom when Venus joins the Sun on November 13th. This transit could also indicate a harmonious work environment. If you are interested in a new job or position, the New Moon on the October 21st is your best time to throw your hat in the ring.



GEMINI (May 21 - June 20)

If you want to meet the one, put yourself out there. Already partnered? It might be time to pop the question! If you need to make a point, the Mercury-Mars conjunction on November 20th elevates your debate skills. October's New Moon is ideal for a date night, engagement party, or wedding.



CANCER (June 21 - July 22)

Redecorate your nest when Venus switches gears on November 13th. You'll have four weeks to update your decor. The best day to buy or sell your home is the New Moon on October 21st. You can find the ideal home or negotiate a favourable deal.



LEO (July 23 - August 22)

You can speak the language of love fluently when Venus changes signs on October 13th. It's the ideal transit for flirting or writing long sonnets. If you need to negotiate, you can find the sweetest words, too. Watch your spending when the Sun squares Jupiter on November 17th.



VIRGO (August 23 - September 22)

You could attract more of the green stuff, which helps to fatten your bank account. However, keep an eye on your budget on November 1st when your ruler, Mercury, squares Jupiter. It's too easy to blow through your stash if you don't pay attention.



LIBRA (September 23 - October 22)

You're always stylish, but an upgrade may be long overdue. Best night for romance: November 14th. Venus makes gorgeous angles to Uranus and Pluto, which could bring surprises and a deeper connection. The New Moon is ideal for an appointment with your beautician or personal stylist.



SCORPIO (October 23 - November 21)

Mercury in your sign on November 6th helps you find the right words to set appropriate boundaries. At the same time, the Full Moon gives you the go-ahead to finish work projects, freeing up your time for you.



SAGITTARIUS (November 22 - December 21)

For single Archers, this could mark a positive time for mingling. You never know who you'll meet on the dance floor! Please make sure to circle October 21st on your calendar. The New Moon indicates a special night with friends.



CAPRICORN (December 22 - January 19)

A busy social calendar is on the cards once Mercury joins Mars on November 6th. The 6th also delivers a Full Moon in your domestic zone, signaling the completion of a home project or family situation. Everything is falling into place, giving you the green light to succeed wildly!



AQUARIUS (January 20 - February 18)

Distant shores call to you this month. The Sun in your chart makes this the perfect time to indulge your wanderlust. However, the office may keep you busy when Mercury joins Mars in your career sector on November 6th. Perhaps you can find a way to blend business with a pleasure cruise?



PISCES (February 19 - March 20)

The Sun shines a light on financial matters, so update your budget and balance. It's also an excellent few weeks to look for additional sources of income, especially if you feel short on cash. You may be tempted to jet off on a moment's notice when Mercury skips into your travel zone on October 20th.



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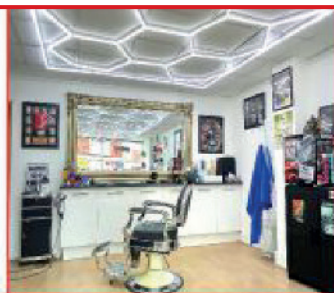
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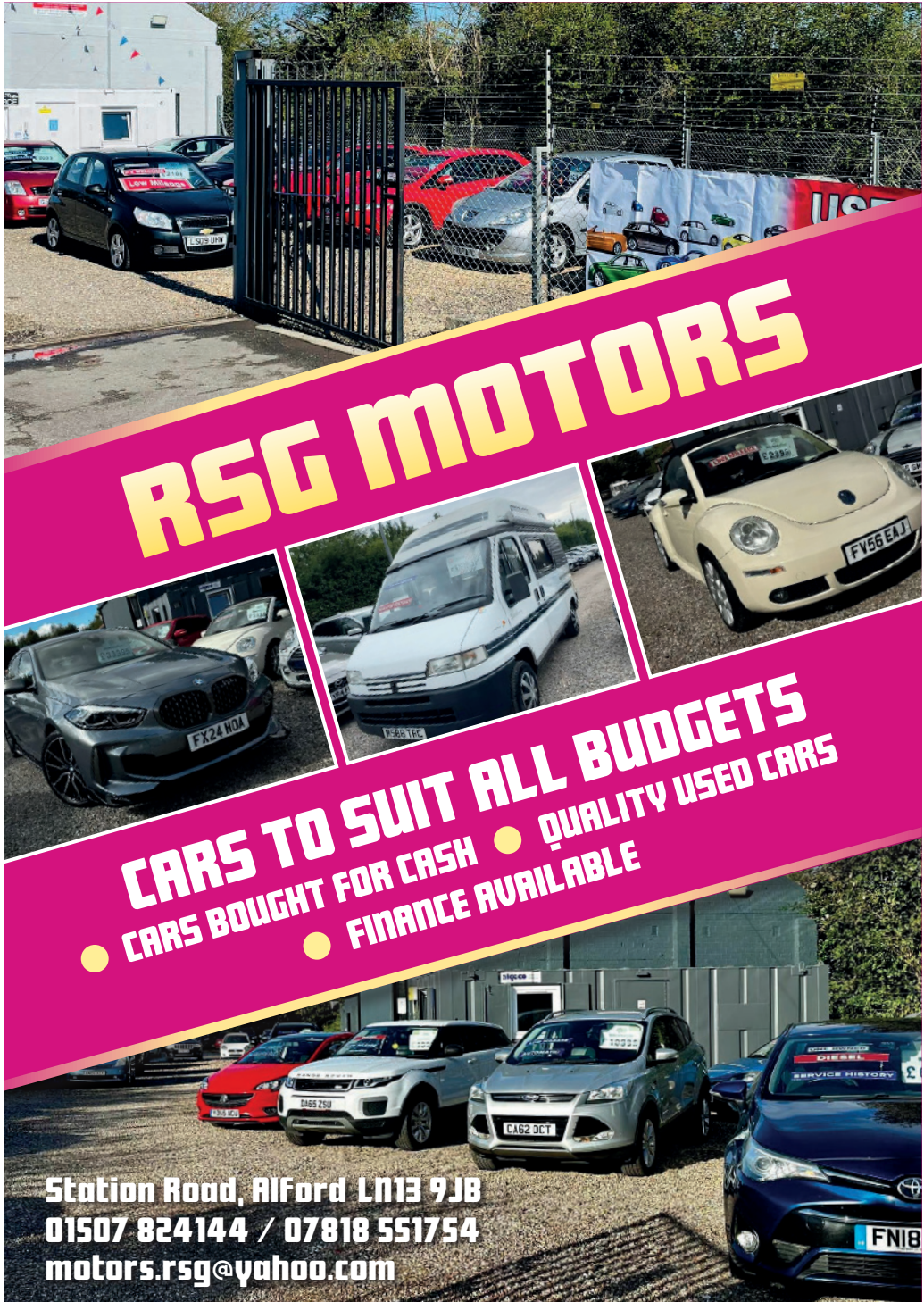
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VOLKSWAGEN TIGUAN

T'S perhaps a reflection of the current climate that VW isn't turning to full electrification for the Tiguan.

Instead, it has introduced quite an extensive derivative line-up including plug-in hybrids that are "of sufficient range that they can almost be used like fully electric cars", as well as more affordable mild-hybrid petrols, more powerful four-wheel-drive petrols and even a diesel.

This Mk3 Tiguan is about the same size as the Mk2 it replaces. The BMW X1 is slightly shorter, the Toyota RAV4 a decent chunk longer. So, in characteristic VW product positioning, this can be thought of as a mid-sized SUV both in terms of its particular class and more broadly.

The Tiguan offers a choice of transverse-mounted four-cylinder petrol and diesel engines, driving through either a six- or seven-speed dual-clutch automatic gearbox, and most to the front wheels exclusively.

Buyers can choose a mild-hybrid 1.5-litre eTSI petrol with either 129bhp or 148bhp; a 2.0-litre TDI diesel with 148bhp; or a 1.5-litre eHybrid PHEV. The latter comes with either 201bhp or 268bhp, but both versions use the same sizeable drive battery (19.7kWh usable capacity) and are rated for more than 70 miles of electric-only range.

Performance: The Tiguan holds the road very assuredly, controls and contains body movement well, turns quite crisply for a high-riding car (the lighter eTSI especially) and has the character of SUVs well able to hide their bulk and corner at faster pace, with the neatness and security of something lower and lighter.

A determinedly inert but reassuring front-drive chassis balance makes the Tiguan easy to press along quickly, and the progressive steering is heavy on assistance and filtered-feeling but consistently weighted.

Multimedia system: VW has worked a lot on the configurability of the home screen and elated accessibility of key functions compared with the previous-generation set-up – and it shows. The bigger system makes more space for easy-to-hit menu shortcuts around the margins of the screen. You can choose for yourself which parts of the system they take you to, so usability is much improved.

Verdict: Judged against its direct rivals, the Tiguan covers off SUV-typical practicality and versatility well. It hits a competitive standard on performance, drivability and refinement. Among a broad field of competitors, this is a car we would expect to appeal strongly for its rational, sensible qualities – which sounds familiar.



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HALLOWEEN TRIVIA QUIZ ANSWERS

1. The Addams Family
2. 'The Monster Mash' by Bobby 'Boris' Pickett and the Crypt Kickers.
3. Michael Myers,
4. 3,699 lbs
5. Onions
6. The evening before All Saints Day (November 1) was called

All Hallows Eve, which eventually became Halloween.

7. Barbie
8. True
9. Michael Keaton
10. Saints' Evening
11. True. Around 1000 A.D. in England, a practice called "souling" emerged. Poor families

- traveled door to door to wealthier families' homes to receive "soul cakes," pastries offered in exchange for prayers for the souls of the homeowners' departed relatives. Eventually, it became an activity for children.
12. Mary Shelley
 13. True



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