



# NEWSLETTER

**Friendly Reminder to Town Residents:**

- \*Garbage pickup days are Tuesdays and Fridays. Recycling is picked up on Friday by a separate truck.
- \*Garbage containers may be placed at curbside 12 hours prior to the scheduled collection day.
- \*Your garbage containers shall be removed no later than 7 AM on the morning following the regular collection day.
- \*Garbage containers shall be kept out of the public view from any roadway that runs in front of the property and stored behind the building line.
- \*Each resident will use containers that securely close to prevent scattering of the contents and are inaccessible to insects, rodents and other animals.



*Upcoming Events*

There will not be a City Council Meeting this month.

**Tuesday, October 8, 2019**

Municipal Court @ 5 PM

**Monday, October 14, 2019**

Town Hall Closed for Columbus Day

**Wednesday, October 16, 2019**

Bulk Pickup begins @ 7 AM

**Thursday, October 31, 2019**

Halloween

**TOWN HALL HOURS**  
Monday — Friday  
7:30 am to 4:30 pm

Bulk Trash Items must be out by 7AM on 10/16 collection will conclude on 10/19

**MAYOR - Patrick Jacob**

COUNCIL MEMBERS

- PLACE 1 – Don Pitts
- PLACE 2 – Kathy Livingston
- PLACE 3 – Wesley Hearn
- PLACE 4 – Amy Robinson
- PLACE 5 – Rona Gouyton

***HALLOWEEN SAFETY: TIPS FOR TRICK-OR-TREATERS***

**Make Halloween safety part of your holiday fun. Start with these practical Halloween safety tips.** Children love Halloween because of the costumes and treats. But the holiday also brings serious safety risks. Kids are twice as likely to be hit by a car on Halloween as they are other nights of the year. Burns and cuts are also common on Halloween, and then there's the problems caused by candy.

**Carve safely.** Before you decorate your pumpkins, consider these safety rules:

**Consider alternatives to carving.** Decorate with markers, glitter glue or paint. Let young children draw faces on pumpkins with art supplies.

**Use candles with care.** Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended. Better yet, light pumpkins with flashlights, battery-operated flameless candles or glow sticks instead.

**Get clever with costumes.** Choosing costumes wisely is an important part of Halloween safety. Follow these tips:

**The brighter the better.** Choose bright colors and flame-retardant materials. If your child will be outdoors after dark, attach reflective tape to his or her costume or treat bag.

**Size it right.** If it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath—but not long enough to cause tripping. Avoid oversized shoes and high heels.

**Skip the masks and limit accessories.** A mask can obstruct your child's vision, especially if it slips out of place. Use non-toxic makeup instead. Pointed props—such as wands, swords and knives—might pose safety hazards.

**Trick or treat with care.** Before your children start trick or treating, review these safety rules:

**Get in on the fun.** Accompany trick-or-treaters younger than 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick or treat with friends, parents or older siblings. Make sure someone in the group has a flashlight with fresh batteries.

**Set ground rules.** If your child will be trick or treating without you, plan a familiar route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes and never going inside a home or car for a treat.

**Inspect treats before indulging.** Don't let your child snack while he or she is trick or treating. Feed your child an early meal before heading out and inspect the treats before your child eats them. Discard anything that's not sealed, has torn packaging or looks questionable. If you have young children, weed out gum, peanuts, hard candies and other choking hazards. If your child has food allergies, check candy labels carefully. **If trick or treating isn't right for your child, consider planning a candy swap party with friends or neighbors. You might have a food free costume contest and plan games and prizes. Or check local schools or community centers for other options. If you'll be driving on Halloween, watch for children crossing the street, driveways and alleys.**



# Breast Cancer Awareness

BREAST CANCER IS THE  
**most common cancer**  
AMONG WOMEN  
IN THE WORLD

**1 in 8 women**  
WILL BE DIAGNOSED  
WITH BREAST CANCER  
IN HER LIFETIME



THERE ARE MORE THAN  
**2.8 million**  
SURVIVORS IN THE U.S.

## Prevention Tips

- EXERCISE
- TAKE VITAMIN D
- EAT ORGANIC
- DRINK LESS
- REDUCE STRESS
- KNOW THE SIGNS
- GET A THERMOGRAM



## Signs & Symptoms

- Nipple tenderness
- A lump or thickening in or near the breast or underarm
- A change in the skin texture or enlargement of pores in the skin of the breast like that of an orange peel
- A change in the size or shape of the breast
- Dimpling of the breast
- Swelling of the breast
- Shrinkage of the breast
- Spontaneous asymmetry of the breast
- Nipple is turned slightly inward or inverted
- Skin of the breast, areola, or nipple is scaly, red, or swollen

AN ESTIMATED  
**246,660 women**  
AND  
**2,600 men**  
WILL BE DIAGNOSED  
BY THE END OF 2016

**40,000 women & 430 men**  
DIE OF BREAST  
CANCER EACH  
YEAR IN THE U.S.

**Be Aware. Get Involved.  
Show Support.**

AMAZINGWRISTBANDS.COM 1-800-269-0910



# October 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3		5
6	7	8 <i>Municipal Court 5 PM</i>	9	10	11	12
13		15	16 <i>Bulk Pickup Items must be out by 7AM</i>	17	18	19
20	21	22	23	24	25	26
27	28	29	30			