

**NATIONAL FIRE PREVENTION MONTH**

October is National Fire Prevention Month. This is a time when we should all be aware of ways to learn fire safety and prevention. An annual observance is an excellent way to focus on fire hazards and raise awareness. We should all practice fire safety every day.

It is a good idea to review a fire escape plan for both homes and work. Also, be familiar with the location of all fire extinguishers. Also, know the emergency escape route and all exits. Make sure all fire alarms have new batteries and are in working order. In case there is a fire, be sure to get out immediately and call 9-1-1.



"Don't say anything to your father."

**Costumes**

October is one of the largest months for purchasing costumes. When selecting a costume, you should verify that it is made of flame retardant material. Costumes should be bright, so as to be easily seen by motorists. Costumes should be short enough to prevent tripping and falling

**If it can be cleaned, we can clean it!**

**October Events**

- Oct. 4 - World Animal Day
- Oct. 8 - Yom Kippur
- Oct. 10 - Columbus Day
- Oct. 15 - Sweetest Day
- Oct. 31 - Halloween



**Trick or Treat!!!**

**\$10 Fall Leaves For Referring Your Neighbor!!**  
**Recommend your neighbor; she'll get \$10 in**  
**FREE dry cleaning and so will you!**

## HALLOWEEN

Halloween is annually celebrated on October 31<sup>st</sup>. Popular activities commonly include trick-or-treating, costume parties, carving jack-o'-lanterns, apple bobbing, and haunted attractions.

Halloween can be traced back to Celtic culture in Ireland. According to the Druid religion, November 1<sup>st</sup> was New Year's on their calendar. The celebration started on October 31<sup>st</sup>, where the Celts believed the souls of the dead roamed the streets at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil spirits. Celtic traditions included costumes and treats.



## HEALTH MAINTENANCE

Have you ever heard of *Zumba Fitness*? It is a Latin-inspired dance-fitness program that was created by Alberto "Beto" Perez. Zumba blends red-hot international music and contagious steps to for a fitness-party. Since it started, Zumba programs have grown to a very successful dance-fitness program, with millions of people attending Zumba fitness classes every week in over 125 countries!

APPRECIATION IS A WONDERFUL THING.  
IT MAKES WHAT IS EXCELLENT IN OTHERS  
BELONG TO US AS WELL.

~Voltaire

## **Summer Is Gone! Anything Sumer Is 10% Off**

Convince us you wear a garment in the summer and you can have 10% off. Tell us a good story about it and you'll get 10% off with no questions. So I guess what I'm saying, if you're creative, you'll get 10% off. We'd love to hear from you.

This month's quotes:

*"We will be judged by how we treat the least among us." - Anonymous Nun*

*"The weak can never forgive. Forgiveness is the attribute of the strong." - Mahatma Gandhi*

*"He who is good at excuses is generally good for nothing else." - Samuel Foote*

*"Personally, I am always ready to learn, although I do not always like being taught." - Winston Churchill*

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