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Happy
Halloween

Have A Hauntingly Happy and Safe Halloween

From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

Adorning Your Little Ghouls

- Choose a light-colored costume because these are easily seen at night. Add reflective tape or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.
- Only buy a costume that is labeled "flame-retardant." This means the material won't burn. If you are making your own costume, use nylon or polyester materials, which are flame-retardant.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Kids shouldn't wear masks — they can make it difficult for them to see and breathe. Instead, use nontoxic face paint or makeup. Have younger kids draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves. Test the face paint or makeup on your child's arm or hand before applying to make sure the paint doesn't irritate the skin.
- Avoid colored or decorative contact lenses, unless they have been prescribed by an eye doctor for your child.

- Put a name tag with your phone number on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip. Make sure the rest of the costume fits well, too, which can help prevent trips and falls.
- Make sure that any props your kids carry, such as wands or swords, are short and flexible.

Pumpkin-Carving Precautions

- Don't let kids use knives. Have them draw their designs on the pumpkin with a black marker — then you or an older sibling can do the carving.
- Keep kids at a safe distance while you're carving the pumpkin so that they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up the mess. Pumpkin flesh is slippery and can cause falls and injuries your carving workspace and clean up spills right away so no one slips or trips.
- Skip the candles, which may cause fires. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) or flameless candle to safely illuminate your jack-o'-lantern.

Trouble-Free Trick-or-Treating

- Accompany young children (under age 12). Make sure they know how to call 911 in case they get lost. Check to make sure they know their home phone number.
- For older kids who are trick-or-treating on their own, find out the route they'll

be taking and when they'll be coming home. Also be sure that they:

- carry a cell phone, if possible
- go in a group and stay together only go to houses with porch lights on and walk on sidewalks
- walk from house to house (never run) and always walk facing traffic when walking on roads
- stay away from candles and other flames
- cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with new batteries. Kids may also enjoy wearing glow sticks as bracelets or necklaces.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know. When your kids get home, check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any homemade treats that haven't been made by someone you know.
- Don't allow young children to have hard candy or gum that could cause choking.
- Make sure trick-or-treaters will be safe when visiting your home, too. Remove anything that could cause kids to trip or fall on your walkway or lawn. Make sure the lights are on outside your house and light the walkway to your door, if possible. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Gobbling Down Halloween Goodies

- Offer a filling meal before your kids head out to trick-or-treat so they won't scarf down too much of their haul.
- Consider purchasing Halloween treats other than candy. Stickers, erasers, crayons, pencils, coloring books, and sealed packages of raisins and dried fruits are good choices.

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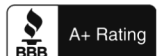
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Energy-Efficiency Tips

The following tips are from Tampa Electric Company in an effort to help its customers save energy.

Heating and

Cooling:

- Service heating and cooling systems annually and adjust for maximum efficiency.
- Turn thermostats off when home is unoccupied for four hours or more.
- Have duct system sealed.
- Replace central air conditioner with a more efficient unit.
- Set thermostats at 78 degrees Fahrenheit in the summer and 68 degrees Fahrenheit in the winter.
- Run ceiling fans at low speed, and set them to rotate clockwise in winter and counter-clockwise in summer.
- Change filters monthly and make sure they are installed facing the correct direction (look for directional arrows on the side of the filter).
- Close fireplace dampers.
- Close shades and drapes at night to keep heat inside during the winter.
- Close shades and drapes during the day to help keep heat outside during the summer.
- Ensure attic access door closes tightly when located within an air conditioned area.
- Ensure windows and doors are properly weather-stripped.

Water Heating:

- Install heat recovery water heating and save 35 percent to 55 percent on water heating cost with your central air conditioner.
- Install flow-restricting devices in showers and faucets.
- Lower water heater thermostat to 120 degrees, 140 degrees for a dishwasher.
- Install an insulated water-heater wrap.
- Replace your water heater with a heat pump system.
- Turn off your water heater when your

home is vacant for two or more days.

- Drain your water heater and flush sediment out of the tank each year.
- Insulate exposed hot water lines.
- Limit shower length to five to seven minutes.
- Fix dripping faucets.

Laundry:

- Wash clothes in cold water.
- Do only full laundry loads or adjust water level accordingly.
- Clean your dryer's lint trap before each load.
- Make sure that the outdoor dryer exhaust door closes when the dryer is off.
- Verify dryer vent hose is tightly connected to the inside wall fitting.
- Make sure your dryer's vent hose is not kinked or clogged.

Kitchen:

- Fix damaged refrigerator door seals.
- Replace old appliances with high-efficiency models.
- Clean refrigerator coils.
- Set refrigerator temperature to 34 to 37 degrees Fahrenheit and freezer temperature to 0 to 5 degrees Fahrenheit.
- Use a microwave for cooking when possible.
- Let hot foods cool before storing them in a refrigerator.
- Only run the dishwasher when fully loaded.

Lighting:

- Replace standard incandescent bulbs with compact fluorescent bulbs (CFL's).
- Turn off unnecessary lighting
- Install automatic timers on indoor and outdoor lighting.

Miscellaneous:

- Seal leaks in your attic, fireplace and around electrical outlets.
- Caulk and/or weather-strip windows and doors.
- Turn computers, monitors, TVs radios and stereos when not in use.

TECO offers online energy audits online or you can even schedule in-home energy audits.

For additional information please feel free to contact Tampa Electric at 813-223-0800 or contact them via the internet at www.tampaelectric.com/saveenergy.

October Bucket List

www.itsafabulouslife.com

1. Make Caramel Apples
2. Carve pumpkins
3. Take a Family bike ride to enjoy the weather
4. Eat pumpkin pancakes, pumpkin cookies, + pumpkin doughnuts
5. Jump in the leaves
6. Tailgate + cheer on your favorite football team
7. Have a Bonfire
8. Go Star Gazing
9. Go apple picking
10. Decorate with mums



How To Report A Dog Bite!

If you or someone in your household is unfortunately bitten by a loose dog then you should:

- a) Depending on the severity of the bite, you may need to seek medical attention immediately.
- b) It is very important for reporting purposes to source the address of the loose dog's owner.
- c) Call Animal Services and report the incident. They are the professionals and have experience with these situations

The Department of Animal Services provides public safety and animal welfare through its enforcement of the County's Animal Ordinance and Florida's statutes relating to animals. Animal Services also provides temporary shelter for lost or stray dogs, cats and other companion animals, responds to calls about sick or injured animals, and quarantines bite animals. Animal investigators enforce dangerous dog laws and criminal activity relating to the protection of animals. Dogs and cats are available for adoption through Animal Services after being spayed/neutered, micro-chipped and vaccinated.

Animal Services promotes responsible pet ownership, dog-bite prevention and provides humane education. Animal Services is responsible for animal protection during declared states of emergency.

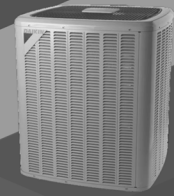
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Pumpkin Spice Puppy Chow...No it's not for the dog!

Ingredients:

- 13.5 oz box (about 7-8 cups) Cinnamon Chex cereal, or Rice Chex
- 12 ounces orange candy melts or pure white chocolate
- 3 teaspoons ground cinnamon, divided
- 1/2 teaspoon ground nutmeg*
- 1/2 teaspoon ground cloves*
- 1/4 teaspoon allspice*
- 1 cup confectioners' sugar
- 1-2 cups mallowcreme pumpkins*

Directions:

Pour the cereal into a large bowl. Set aside.

In 20 second increments, melt the candy melts or white chocolate in a medium microwave-safe bowl. Stir after each increment until melted and completely smooth. Stir in 2 teaspoons of cinnamon, the nutmeg, cloves, and allspice until combined. Pour mixture over cereal and toss gently to coat each square. Be gentle, the squares break easily.

Pour the confectioners' sugar and 1 teaspoon of cinnamon into a large zipped-top bag. Add the coated cereal and shake until each piece is coated. Pour back into a large bowl and discard excess confectioners' sugar. Toss in the mallowcreme pumpkins.

Use 1 - 2 cups, whatever amount you prefer. Cover and store puppy chow for up to 2 weeks.

**Instead of nutmeg, cloves, and allspice - you may use 1.5 teaspoons of pumpkin pie spice.*

**Instead of mallowcreme pumpkins, try adding 1 cup of Pumpkin Spice M&Ms or Candy Corn M&Ms, 1 cup of Pumpkin Spice Hersheys Kisses, 1 cup of cinnamon chips, 1/2 cup of orange sprinkles, or even 1 cup of salty pumpkin seeds (which will cut the sweetness of the snack mix).*

Taken From Sallys Baking Addiction



HALLOWEEN SAFETY TIPS

Even if your kids are Halloween veterans, it can't hurt to go over the ground rules. The Sheriff's Office offers the following tips to having a fun and safe Halloween.

Tips for Treaters

- If you want trick or treaters to come to your home, keep your outside and front room lights on. It is also good to have Halloween decorations on display.
- Give store-wrapped or non-edible (crayons, stickers, small party favors) treats.
- If you must give homemade goodies, put your name and address on each treat (address labels work well) and give them only to children who know you.

Tips for Kids (For parents to review with children.)

- Stay in your own neighborhood. Go with a friend, a group, or an adult.
- Go only to houses with lights on or with Halloween decorations up.
- Do not eat any treats until an adult has checked them.
- Watch for cars when crossing the street.
- Tell your parents about anything that makes you uncomfortable or scared.
- Have fun; be courteous and polite while you're trick or treating. No silly string, eggs, graffiti materials, toilet paper, or squirt guns
- Parents if an incident occurs note a description of vehicle, person(s), license plate numbers, etc.

Remember to enjoy yourself but not at the cost of someone else.

Call It A Night — No one should trick-or-treat after 9:00 P.M.



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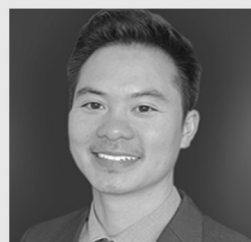
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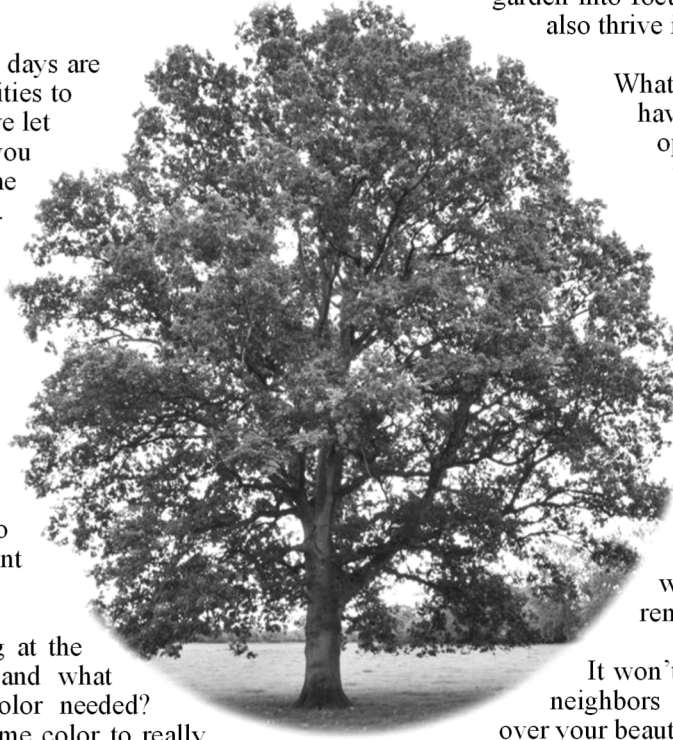
Gearing Up For Fall

Now that the kids have been back at school, time for the pace of summer to slow a bit, and time to look at our yards again. It's time to ask that age old question...What am I going to do with this place?

It's easy to let the yard go when the days are hot and there are so many fun activities to do. But what do you do when you've let it all go? All is not lost. Even if you only cut the grass through the summer, your yard can be saved. You won't have to live in gardening clothes for the next 6 months..

Oak trees are a special concern. Special approval by Hillsborough County, after a review by an Arborist may be needed before removing. Contact the county for the most current regulations. The website has a quick link to Hillsborough County Government Sites as well.

Fall is a good time to start looking at the landscape. What needs to stay and what needs to go? Where is some color needed? Color? Yes. Our gardens need some color to really



pop. Fall and winter are the ideal time to put in some of the heat sensitive, cold loving plants many of us abandoned when we moved to Florida. Pansies and snapdragons do well when temperatures dip. Flowering kale, impatiens, and petunias are also good fall and winter choices. A little color will bring your garden into focus. Lettuce, peas, and cucumbers will also thrive in the cooler temperatures.

What about the grass, and the weeds that have invaded your flower beds? Two options that you might consider are weeding and herbicide. If you have no flowers or plantings currently in your garden a spray with an herbicide like Roundup or something similar may kill the weeds currently growing. Be careful to spray only on days with no wind. Sprays can carry into your lawn or the neighbor's yard. Only spray in areas where you won't be planting food crops. Although many are deemed "safe", it's always best to be cautious around food your family will eat. Once the weeds have died they can be easily removed.

It won't take long. Before you know it, your neighbors and winter visitors will be marveling over your beautiful Florida gardens once again.

Importance Of A Great Community

While there continues to be discussion over what actually defines a community, for many people it is a sense of cohesiveness among a group of people. For generations, an individual's community served a vital role in terms of offering camaraderie and acting as a support system.

With our society moving at a faster and more detached manner due to technology, busy schedules and the frequency at which we change jobs, homes and locations, it makes it harder and harder to feel any sense of community. It is too easy to become isolated in our homes and this can lead to the breakdown of a community due to a detachment from others.

The idea of community may simply come down to supporting and interacting positively with other individuals who share a vested interest. Such as the interest in the well-being of your neighborhood. Some great ways to get involved in the community are:

- Participating in random acts of kindness.
- Acknowledging a passerby.
- Meeting your neighbors.
- Supporting your local newsletter.
- Making an extra effort to talk with someone who may have a different background or perspective than your own.
- Supporting any of your local schools, which tend to be cornerstones in your thriving community.
- Organizing or attending a neighborhood or community party.
- Spending less time on the internet or watching television and more time outside.
- Joining a club or other social organization.
- Personally greeting newcomers to your community.
- Invite neighbors for a drink to get to know them
- Organize and invite each home on your street for a block party. This also help everyone on your street out in meeting each other.

A strong community benefits the individual, the community as well as the greater society. People of all ages who feel a sense of belonging tend to lead happier and healthier lives, and strong communities create a more stable and supportive society.

Let's continue to make our community great!



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