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History.com

SafeKids.org

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Volume 14, Issue 10

October 2021 Newsletter

Trick-or-Treating Tips for a Safe Halloween

Halloween, celebrated annually on October 31st, is one of the world's oldest holidays. Americans spend an estimated \$6 billion annually on Halloween, making it the nation's second-largest commercial holiday. Every October, there are fun activities offered to children, especially, who can dress up in costumes, enjoy parties, and eat treats.



Trick-or-treating—going from house to house in search of candy and other goodies—has been a popular Halloween tradition in the United States and other countries for an estimated 100 years. Check out these tips below to help make the festivities fun and safe:

1. Practice walk safety, especially putting down electronic devices to watch path.
2. Decorate costumes & bags with reflective tape or stickers. Light colors also preferable.
3. If you're traveling to another neighborhood, keep a slow pace in all residential areas.
4. Remember, popular trick-or-treating hours are between 5:30 p.m. and 9:30 p.m.
5. Above all else, don't allow children under the age of 12 to be alone at night without adult supervision. Traveling in groups and within lighted areas is also good practice.

Finally, Halloween doesn't have to be all about candy and over-consumption. Rather, it can be a holiday to showcase health habits! Opt for trick-or-treating on foot, instead of driving from destination to destination; if you're handing out treats, stick to healthy snacks! With these tips at your disposal, you can stay safe, healthy, and happy this Halloween.

Green Living Tip

Rather than decorating with plastic fake ghosts, spiders, and bats this Halloween, green your decorating with natural and recycled materials. Use pumpkins, gourds, leaves, and pinecones to lend a festival air to your home. Use old handkerchiefs to make a set of ghosts. Punch holes in old cans to make a set of luminaries, and wrap up dolls with strips of torn sheets to make small mummies. In doing so, you will be able to enjoy an eco-friendly, yet spirited Halloween!

Reduce . Reuse . Recycle. 

Playing @ The Movies

The Addams Family 2

Morticia and Gomez distraught that their children are growing up, skipping family dinners, and totally consumed with “scream time.” To reclaim their bond they decide to cram Wednesday, Pugsley, Uncle Fester and the crew into their haunted camper and hit the road for one last miserable family vacation.

Movie Stats

Rating: PG - Animated Comedy

Release Date: October 1, 2021

Director: Conrad Vernon, Greg Tiernan

Starring: Charlize Theron, Snoop Dogg, Bill Hader



Your Monthly Internet Tidbit

"SeatGuru.com was created to help travelers choose the best seats and in-flight amenities."

Ever wish you could know before you board what the seating will be like in the airplane? Now, you can! SeatGuru.com was launched in 2001 by a frequent flyer, Matthew Daimler, who decided to collect this useful information and share it with other travelers. At SeatGuru.com, you'll find more than 700 airplane seat maps for nearly 100 different airlines.

With SeatGuru.com, you can do your homework and find the best seat for you, based on the location of the wings, bathrooms, emergency exits, and which seats have more legroom — across a spectrum of airlines! It can't get much easier.

Check it out today at SeatGuru.com

October is Breast Cancer Awareness Month

As you peruse the aisles of your favorite department store, you'll start to notice a trend: pink scarves, socks, shirts, and coffee mugs. This means October is upon us, and everyone is preparing for National Breast Cancer Awareness Month. After all, about 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime.

Monthly breast self-exams, an annual doctor's exam, and mammograms help detect breast cancer in its earliest stages. Trust your judgment when it comes to your body. The worst (or best) thing that can happen is that you get checked and it turns out to be nothing, but proactive in this fight is crucial!



For more information, visit NationalDayCalendar.com



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