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KALLISON RANCH

Review

YARD OF THE MONTH: HALLOWEEN DECOR

Sunday, October 28th we will judge Yard of the month Halloween decor. The prizes will go to scariest, best fall decor, and best Halloween overall. Each prize is a \$50 gift Card to Lowes.



REMINDER: Annual Meeting is October 16th at 7PM at Henderson Elementary

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Kallison Ranch Pond

Help Us Address Our Biggest Maintenance Challenge

Our community is fortunate to have a pond and pavilion where family and friends can enjoy a picnic lunch, sit, visit and relax or even try to wrangle a fish. The community pond is full thanks to record rainfall this spring, July rain storms and heavy rainfall over the recent weeks. We all can take pride in our nice green yards again thanks to the rain. But the lily pads in the pond also grew in the soil in the margins surrounding the pond and quickly became invasive throughout the pond. This combination of rain and scorching heat made maintenance of the pond a major challenge.

In order to address this challenge, the board of directors amended the pond maintenance contract to include more services. The lily pads were treated and removed over a three-week period in late August and early September.

Because excess water runoff in Kallison Ranch is designed to flow down and into the pond, homeowners can help prevent over growth of the lily pads by reducing the use of fertilizers in their yards. Runoff from our yards carries excess fertilizer down and into the pond where the roots of the lily pads feed on the fertilizer, divide and spread.

As we settle into fall and outdoor temperatures cool down, it will be easier to control the lily pad growth. Meanwhile, please do your part and avoid applying too much fertilizer. Your efforts will not go unnoticed!



September Movie Night Event Rained Out

The September movie night event was rained out but not cancelled. We had about 125 + people. Due to the rain clouds, we did not do the movie, we turned it into a swim/ dance party!



Halloween Health and Safety Tips

Centers for Disease Control and Prevention



Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

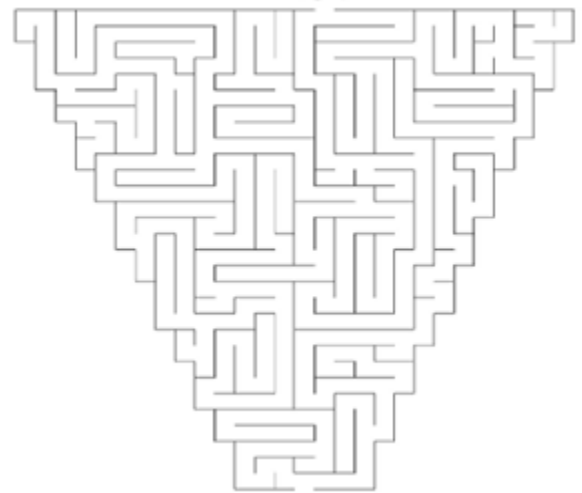
Expecting trick-or-treaters or party guests??

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

Kidz Maze Mania

The miner is looking for gold in the mine. Help him get to the bottom of the mine where he will find a large nugget of gold.



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October is National Breast Cancer Awareness Month

The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as National Breast Cancer Awareness Month (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encouraging women to have mammograms. As many women know, a mammogram is an x-ray of



the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

The Rise In Popularity

The US National Breast Cancer Awareness Month Website went

online in 1998, and lists the organizations which are on the board of sponsors for this event. Over the years, the focus of this event has widened. A number of organizations based in the US and in other countries now support this international health awareness event.

Given the large number of organizations involved, and the huge sums of money raised, breast cancer awareness has grown into an industry in its own right; this campaign can almost be described as a year long event.

Today, Breast Cancer Awareness Month is as much about raising funds for breast cancer research and support, as it is about raising awareness.

The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light

(Continued on Page 6)

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The Review

(Continued from Page 5)

during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

Due to the success of this awareness event, for many people, the color pink and breast cancer awareness ribbons are now associated with breast cancer awareness.

Activities

To sustain momentum of this awareness campaign & gather maximum support, daily events and activities are often held throughout the month of October. For example, a company may designate a day as 'Pink Day' in which employees wear pink at work.

The numerous awareness activities which take place may include sponsored walks, golf events, seminars and breast cancer screening days.

Background To This Event

Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer (see incidence of breast cancer). Left undetected and

untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4.

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

To find more about breast cancer, you may visit www.whathealth.com/breastcancer or the World Health Organization (WHO)'s website <http://www.who.int/cancer/prevention/diagnosis-screening/breast-cancer/en/>



Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarts.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!





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