

The River Bend

OCTOBER 2014

TRICK OR TREAT WITH US!

On Friday, October 31st, 2014 we will be celebrating Halloween at the Gallatin Housing Authority office between 8:00-4:30. Please stop by our office in your costume and trick or treat!



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Trick or Treat Safety

Trick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats!" from neighbors or at the local mall. Lots of small towns have a Halloween Safe Night at the community center or school so kids can Trick-or-Treat safely but going door to door is the stuff of childhood memories! It should be a fun time, without trouble and pain, so following some easy tips can keep your child safe every Halloween.

Children should always go out trick or treating accompanied by a responsible adult. If you have a group of kids going, the parents should choose two or three of them to go along and keep an eye on things.

Some towns set a curfew for trick or treating which makes it easier for townsfolk to know

who's coming to their door. Make sure and stick to the curfew times and stick to subdivisions and areas with a lot of homes so your kids can get in as much trick or treating as possible in a few hours time.

Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves. Make sure that they have a cell phone.

Let your children know not to cut through back alleys and fields if they are out alone. Make sure they know to stay in populated areas and not to go off the beaten track. Let them know to stay in well lighted areas with lots of people around. Explain to them why it can be dangerous for kids not to do this. If they are going

out alone, they are old enough to know what can happen to them in a bad situation and how to stop it from happening.

Instruct your children not to eat any treats until they bring them home to be examined by you. This way you can check for any problem candy and get the pick of the best stuff!

Instruct your child to never go into the home of a stranger or get into their car. Explain why this is not a good idea and what to do if someone approaches them and tries to talk to them.

Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.

Let them know that they should stay together as a group if going out to Trick or Treat without an adult.

Voting is it a Privilege or a Right?

Michael A. Bates , Executive Director

National Voters Registration Day was September 23, 2014. I asked the question. Why is it necessary to set aside a day in America to encourage eligible adult men and women to do something as fundamental as registering to vote? It is every simple to do but statistics show that less than 50% of Americans actively participate in local, state or national elections. If you are a registered voter but never exercise your **right** to vote, laws that are passed locally, statewide, and nationally will shape your way of life without your voice.

Non-registered citizens or residents of Gallatin, Tenn. must understand the power in their vote and the importance of their participation in all elections. Your vote is your voice; therefore, let it be heard in the ballot booth on Election Day. Be a part of the change in your community by electing those who care about issues that you feel strongly about. Be a leader in your family by making sure you, and every person of voting age in your household, are registered to vote. And, then go and exercise your power in the ballot booth. Change doesn't come unless you help make it come.

October 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<i>1 Rent Due</i> <i>Air Filters Changed 11</i>	<i>2</i> <i>Air Filters Changed 14</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> <i>Air Filters changed 1,2,4</i>	<i>7</i> <i>Air Filters changed 5a & 5b</i>	<i>8</i> <i>Rent Late 10%</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> <i>Columbus Day Office Closed</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i> <i>Last Day to Pay</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i> <i>Happy Halloween</i>	

October is Breast Cancer Awareness Month

A few facts about breast cancer: Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.

Men also get breast cancer, but it is not very common. Each year in the United States, about 2,000 men get

breast cancer and about 400 men die from the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Black women have the highest breast cancer death rates of all racial and ethnic groups, and are 40% more likely to die of breast cancer than white women.

Please contact your local health provider to set up an examination.

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