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HALLOWEEN HEALTH AND SAFETY TIPS

by 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.

PARK LAKES

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 parklakesgerald@gmail.com

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 parklakestaylor@gmail.com

Zachary Stewart – Ex-Officio (Resident Non-Voting Member)
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10 Tips for a Healthy Fall

by Laura McMullen



Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like

a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering

from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

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PARK LAKES

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And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili

into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.



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October is National Breast Cancer Awareness Month

From WhatHealth.com

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 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/>



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The Houston Choral Society Announces 2018-2019 Season

Houston, TX – The Houston Choral Society (HCS) launches its 32nd season, “A Journey of Song,” which is made up of seven unique concerts. Under the direction of Artistic Director Dr. Kevin Klotz, the HCS 2018-2019 season features a breadth of music from classical masterpieces to 21st-century works, patriotic selections, and popular tunes from well-known movies. The musical programming provides a diversity of style and genre that provokes thought, dazzles, and surprises; and takes both the choir and audience on a musical journey, highlighting the versatility and musicianship of the chorus.

HCS 2018-2019 Concert Season opens in October with “A Poet Sings,” featuring outstanding musical settings of poems by William Shakespeare, Robert Frost, Emily Dickinson, Langston Hughes, Sara Teasdale, and more.

In November, HCS presents “A Salute to Our Veterans” featuring well-known patriotic numbers.

HCS helps bring in the Christmas season in December with its annual Christmas Concert “A Glorious Christmas” and a second concert of the cherished Handel’s Messiah performed by the HCS Chamber Choir.

In March the chorus performs some of the greatest hits from the silver screen in “Music from the Movies.”

In May, HCS presents the beautiful and comforting Requiem for the Living by Dan Forrest alongside Brahms’ Schicksalslied, accompanied by orchestra.

The 32nd season closes in June with the HCS Chamber Choir performing “Sounds of Water,” music inspired by the many facets of water.

Patrons can get more bang for entertainment buck by taking advantage of one of Houston Choral Society’s two season ticket packages! The FOUR-concert season ticket for performances at Foundry UMC costs only \$85 for adults; \$68 for Seniors/Veterans/Students; and \$34 for Children 5 and under. The SEVEN-concert season ticket, includes all the concerts performed at Foundry, Tallowood Baptist Church and All Saints Catholic Church by the Houston Choral Society and the HCS Chamber Choir, costs only \$127 for Adults; \$102 for Seniors/ Veterans/Students; and \$51 for Children 5 and under. Season ticket holders save 15% from the price of individual concert tickets and get **PREFERRED SEATING!** Season ticket holders will be seated before the door opens for other patrons. Season tickets are available online at www.houstonchoral.org.

Houston Choral Society 2018-2019 Concert Season

THE POET SINGS

Saturday, October 6, 2018 (7:30 pm) at Foundry United Methodist Church

Our 2018-2019 Concert Season opens with outstanding musical settings of poems by William Shakespeare, Robert Frost, Emily Dickinson, Langston Hughes, Sara Teasdale, and more. Come and

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explore with us the intimate connection between poetry and music, featuring music by Randall Thompson, Gwyneth Walker, Z. Randall Stroope, Benjamin Britten, and others. The pre-concert lecture at 7:00 PM will be provided by a Writers in the School volunteer and HBU English Professor Dr. Matt Boyleston; a reception follows this concert.

A SALUTE TO OUR VETERANS

Friday, November 9, 2018 (7:30 pm) at Tallowood Baptist Church Worship Center

The Houston Choral Society will present a program honoring our veterans and all who serve, with patriotic music, readings, letters, and reflections. This concert is FREE to veterans and active duty military.

A GLORIOUS CHRISTMAS

Saturday, December 1, 2018 (7:30 pm) at Foundry United Methodist Church

Our annual holiday concert will feature traditional and new settings of your favorite carols, plus Randol Bass' festive Gloria and Christmas Flourish, set for brass quintet, percussion, and organ. We are honored to collaborate on this exciting program with the Strake Jesuit and St. Agnes Double Triple Trios (Art Buckley, Director). There will also be audience caroling and a special visit by Santa Claus! Pre-concert presentation will be at 7:00 PM and a silent auction during intermission; a reception follows this concert.

HANDEL'S MESSIAH - performed by the HCS Chamber Choir

Friday, December 21, 2018 (7:30 pm) at Tallowood Baptist Church Chapel

Our HCS Chamber Choir and soloists, along with a chamber orchestra, will perform the Christmas portion of Handel's Messiah. Come and experience this dramatic oratorio along with the ever-popular "Hallelujah" chorus! This is a smaller venue, and tickets are expected to sell out. Don't miss the opportunity to include this beautiful oratorio as a part of your Christmas tradition.

MUSIC FROM THE MOVIES

Saturday, March 9, 2019 (7:30 pm) at Foundry United Methodist Church

You won't want to miss hearing the Houston Choral Society perform some of the greatest hits from the silver screen, including many that were Academy award nominees and winners! Pre-concert lecture at 7:00 PM; reception follows this concert.

REQUIEM FOR THE LIVING

Saturday, May 18, 2019 (7:30 pm) at Foundry United Methodist Church

For this special concert, HCS will perform the beautiful and comforting Requiem for the Living by Dan Forrest, accompanied by orchestra. The program also includes Johannes Brahms' Schicksalslied, one of the composer's most profound and exquisite smaller choral works. Pre-concert lecture at 7:00 PM; a reception follows this concert.

SOUNDS OF WATER - performed by the HCS Chamber Choir

Friday, June 21, 2019 (7:30 pm) at All Saints Catholic Church in the Heights

The HCS Chamber Choir will present a program of music inspired by the many facets of water, featuring motets by Palestrina, Water Night by Eric Whitacre, as well as popular songs, folk songs, and spirituals. Free admission.

About Houston Choral Society

Under the direction of Dr. Kevin M. Klotz, the Houston Choral Society (HCS) is a not-for-profit professional-quality civic chorus known for its stirring and engaging performances. HCS concerts feature versatility in music styles including classic works, folk songs, show tunes and their ever-popular Christmas programs. The chorus sang Haydn's Lord Nelson Mass at Carnegie Hall this past June. HCS has completed five international tours performing in England/Scotland, Italy, Hungary/Austria/Czech Republic, Ireland, and Germany/Austria. In addition to other venues, HCS performs at The Foundry Church, one of the premiere choral venues in Houston with extraordinary acoustics - 8350 Jones Road, Houston, TX 77065. The Houston Choral Society is a member of Chorus America, an association of professional and volunteer vocal ensembles. HCS is funded in part by grants from Harris County and the Texas Commission on the Arts through the Houston Arts Alliance. For more information or to purchase tickets, please visit the HCS website at www.houstonchoral.org or call 832-478-6986.

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