



October 2009



With Halloween right around the corner, here are some tips to keep your boys and ghouls safe.

~Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.

~If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire.

~Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.

~Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

~Treating your kids to a spooky Halloween dinner will make



Food For Thought



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You're in for a real treat!

them less likely to eat the candy they collect before you have a chance to check it for them.

~Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.



Top 5 Good News Stories

Lift up your spirit with these Uplifting Stories

- **[University of Denver students launch free bike lending library.](#)**

A student-led bike library opened Sept. 24 at the University of Denver offering high-tech bikes on loan for free, and a glimpse of the citywide bike sharing program that gets rolling next spring. The free DU lending library is open to all students, faculty and staff using the same bikes that will dot the city landscape in early 2010.

- **[5000 UCLA Freshmen Fan Out Across City for Day of Service](#)**

An army of 5,000 college freshman dressed in blue tee shirts boarded 100 buses on their first day at UCLA, fanning out across Los Angeles to 26 worksites, the biggest, one-day volunteer campaign any school has ever mustered. "It's the most incredible outpouring of volunteerism I've ever seen."

- **[American Girl's Latest Doll is Homeless](#)**

American Girl dolls are expensive and extremely popular among girls from ages four and up. In this year's collection a doll named Gwen was introduced, with its own storyline portraying her as homeless. A range of reactions to the doll, which retails for \$95.00, continue to stir a controversy. The company, owned by Mattel, says the dolls "offer valuable lessons about life." (WOAI w/ Video)

- **[How a Good Deed Turned a Bad Day into a Holiday](#)**



Give Your Mood A Boost

Dedicated to the thought that something as simple as FUN is the easiest way to change people's behaviour for the better, this site has some great, "feel-good" videos.

www.thefuntheory.com



Good Samaritan Brian Tapp found a wallet and passport "waiting to be run over" on a six-lane road and rushed them to the airport after noticing a trip itinerary. Adam Morison arrived at Sydney Airport at 10am for a noon flight to Bali and realized he did not have his wallet, his passport or his money. He thought his surfing holiday was over before it had started... but he didn't know about Brian. (SM Herald)

- **[How One Family Eliminated \\$106,000 of Debt](#)**
Frugality and hard work led to a debt-free lifestyle in five years for the Hildebrandt family of Wisconsin, who successfully paid off \$106,000 in credit card and personal debt. Several steps were key to making the plan work, including eliminating discretionary spending. (MSNBC)



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[Brian's Blog](#)



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Happy Halloween