

OCTOBER NEWSLETTER



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It must be October, the trees are falling away and showing their true colors.

~Charmaine J. Forde



October is a good time to take a fresh look at something we often take for granted: fire safety at home.

Fire Prevention Week is observed each October, but preparing your home and family for a fire is something worth doing year-round. According to the American Red Cross, a home fire can spread quickly, and you may have as little as two minutes to get out safely. A few simple steps now can make a big difference if you ever need them.

Start with your smoke alarms. Test them to make sure they are working properly, and make sure you have alarms on every level of your home, inside bedrooms, and outside sleeping areas. If you have carbon monoxide alarms, test those as well. It is easy to ignore an occasional chirp or assume an alarm is still working, but this is one home maintenance task you don't want to put off.

Have an escape plan. Everyone in your household should know at least two ways out of each room, if possible. Pick a meeting spot outside, such as a neighbor's driveway or a tree across the street, where everyone can gather after getting out. Most importantly, practice the plan. Knowing where to go in advance can help eliminate confusion when every second counts.

Take a look around your home for potential fire hazards. Keep things that can burn away from space heaters and other heat sources. Check electrical cords for damage and avoid overloading outlets or extension cords. In the kitchen, don't leave cooking unattended, especially when frying or using the stovetop. Candles, fireplaces, grills, and portable heaters are also worth a quick safety check.

If you have children or pets, include them in your planning. Make sure children recognize the sound of a smoke alarm and understand that when it goes off, it is time to get outside. Also consider how you would safely get pets out of the house if you had to leave quickly.

Finally, make sure your house number is easy to see from the street. In an emergency, being able to quickly identify the right home can help first responders get to you faster.

October may be when fire safety gets extra attention, but these are good habits to keep throughout the year. Take a few minutes this month to test your alarms, review your escape plan, and walk through your home with a fresh set of eyes. It is a small investment of time that can help protect the people and place that matter most.

SLOW COOKER APPLE COBBLER

Ingredients:

- 6 cups peeled and sliced apples
- 1/2 cup packed brown sugar
- 1 teaspoon cinnamon, divided
- 1/4 teaspoon allspice
- 1 box yellow cake mix
- 8 tablespoons (1 stick) butter, melted

Directions:

- Spray your slow cooker insert with cooking spray.
- Add apples to slow cooker.
- Add brown sugar, 1/2 teaspoon cinnamon, and allspice. Stir.
- Sprinkle cake mix on top of apples.
- Sprinkle remaining cinnamon on top and drizzle evenly with butter.
- Cover and cook on HIGH for 2 1/2 hours to 3 hours.



Spicy Southern Kitchen



MAKE THE MOST OF FALL

Fall has a way of making us want to slow down and enjoy the little things. Cooler days, changing leaves, football games, seasonal foods, and weekends spent with family and friends all make this a great time of year to get out and enjoy where we live.

But fall can pass quickly. Before you know it, the holidays are here, and you're wondering where the season went.

One way to make the most of it is to create your own fall bucket list. It doesn't need to include 40 things. Just choose a handful of activities that sound fun and make time for them.

Get Outside

Take advantage of the cooler weather with a walk, hike, or scenic drive. Visit a pumpkin patch, explore a farmers market, attend a local fall festival, or find a new park to explore. If you have kids, let them choose a few activities for the list, too.

Try Something New

Fall is a great excuse to break out of your usual routine. Try a new recipe, visit a local attraction you've never been to, take a day trip, or find a seasonal event happening nearby. You may discover a new favorite tradition.

Make Time for People

Some of the best fall activities don't cost anything. Invite a neighbor over for coffee, meet a friend for lunch, spend an afternoon playing games with the family or reconnect with someone you haven't seen in a while. You can even add a volunteer activity or food drive to your list and give back to your community.

The best part about a fall bucket list is that there are no rules. Pick the things that make you happy, put a few on the calendar, and enjoy the season before it slips away.

After all, home isn't just about the house we live in. It's also about the people, experiences, and memories we create there.

The Crowned Goat



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