



GAIL & INGRID'S...

# OCTOBER NEWSLETTER

## Monthly Tips & Timely Advice!



# JACK-O-LANTERNS 101

The Jack-O-Lantern tradition springs from an Irish folktale about a man named Stingy Jack who invited the devil to share a drink one night. In the end, Jack tricked the devil so he couldn't lay claim to his soul... but he was denied entrance into heaven due to his shifty ways. Fated to wander the earth for all eternity with a makeshift lantern carved from a turnip, the ghost of Stingy Jack came to be known as "Jack of the Lantern."

**S** Swords, knives, and other costume accessories should be short, soft, and flexible.

**A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F** Fasten reflective tape to costumes and bags to help drivers see you.

**E** Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H** Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A** Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L** Look both ways before crossing the street. Use established crosswalks wherever possible.

**L** Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O** Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

**W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E** Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

**N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

# FUN GAMES FOR HALLOWEEN...

## Donut Eating Race



Eating donuts has never been so fun! Hang several donuts with string from a tree branch or a sturdy rod. Blindfold the contestants and, on the count of three, have each player try to eat their donut – the first one to finish wins!

## Mummy Wrap



This game will leave you all wrapped up! Divide your party-goers into teams of two, and give each a roll of toilet paper, white crepe paper, or fabric. At the sound of the music, one team member must wrap the other from head to toe (leaving the head free and not binding the arms to the body.) Once completely wrapped, the "mummy" must run to cross the finish line before the others.

## Whats in the bowl



Spaghetti brains! Grape eye balls! Jell-O guts! This classic guessing game will leave everyone screaming (from fun, of course)! Fill separate bowls with prepared Jell-O or pudding, peeled grapes, cold spaghetti, and anything else you can think of that feels slimy and gross. Cover each bowl with black and orange felt so nobody can peek inside, and have everyone try to guess what it is they're touching.



Thank you for your continued support and referrals!

*Experience isn't expensive... it's PRICELESS!*

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