

A story is told of a man driving through the countryside. While he was driving and reading a map, he ran into a ditch. Unable to get himself out, he walked to a nearby farm and asked for help. The farmer obliged saying, "Warwick can get you out of that ditch." The farmer hitched his mule to the car, snapped the reins and shouted, "Pull Fred! Pull Jack! Pull Ted! Pull Warwick!" The mule pulled hard and the car came out of the ditch with little effort. The man thanked the farmer and asked, "Why did you call all those names before calling Warwick?" The farmer grinned and said, "Old Warwick is about blind. As long as he believes he is part of a team, he doesn't mind pulling." Brighton Bank wants to be part of your business team. We consider it an opportunity and responsibility to "pull" and provide options to help your business grow and succeed. Our entire team is highly qualified and knowledgeable with many members having over 30 years of banking experience. Our loan officers can assist you with all types of loans processing them quickly and efficiently. Trained team members are available to explain updated business products and discuss those that are best suited for your business. We are a lot like Warwick; we work better when we are part of your team. Call or come in and see us today!

A thought question is designed to make one think about where they have been, where they are and where they are going in life. It helps one determine what is and what is not important to them. Ask yourself these thought questions and see where you are in life.

- If you had the chance to teach the world one thing what would you teach?
- How do you define success?
- Are you holding onto things that you should let go?
- Have you done anything lately worth remembering?
- What impact do you want to leave on the world?
- Do you celebrate the things you have?
- When all is said and done will you have said more than you've done?
- What is the difference between living and existing?
- Do you do enough of the things that make you smile?
- What's something you are truly grateful for that you take for granted?
- In the haste of this busy life what are you missing?
- What small thing can you do today to make someone's life better?

## Prepare Your Home For Winter

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**1. Tune-up the furnace** A professional inspection can make sure your system is clean, in good repair and running efficiently, and measure for carbon-monoxide leakage. **2. Prevent ice dams** Fix air leaks and inadequate insulation in the attic to protect leakage from ice dams. **3. Check the roof** Fix or repair loose and missing shingles and repair breaks in the flashing seals around vent stacks and chimneys. **4. Caulk windows and doors** Add or repair weather stripping around doors and caulk around windows. Use exterior caulking. **5. Clean gutters** This also includes fixing or replacing damaged gutters and fascia boards. **6. Divert water** Add extensions to downspouts so water runs 3 to 4 feet away from the foundation. **7. Turn off faucets and drain the sprinkler system** Disconnect hoses and drain the water from the sprinkler system pipes and spigots. **8. Call a chimney sweep** To help prevent chimney fires, make sure your chimney and vents are clean and in good repair. **9. Restock winter essentials** Get your ice melt, needed shovels and make sure the snow blower is ready to go.

## From the Center for Disease Control and Prevention (CDC)

According to the CDC, the flu/cold season can start in October.

Using the following preventative tips can help keep your family healthy:

**1. Add fall vegetables to your diet.** Add sweet potatoes and carrots. Both are high in antioxidants, which support your immune function. Get extra vitamin C by eating brussel sprouts, broccoli, cauliflower, kale, tomatoes, and red, green, and yellow peppers. **2. Eat more garlic and onions.** Garlic and onions are full of allicin, which fight infection and bacteria. Studies show that allicin has the ability to lower total cholesterol which in turn may aid in the prevention of heart attacks, atherosclerosis, and strokes. **3. Take vitamin D.** In addition to strong bones, vitamin D also helps boost your immune system. The most important immune boosting supplement to load up on in early fall is vitamin D, so talk to your health care provider for proper dosages. **4. Eat more soup.** The salty broth can help thin out mucus, just like cold medicine! **5. Get more sleep.** Sleep is a great immune-booster! **6. Stay hydrated.** Water helps to prevent and fight germs and keeps the skin and kidneys in tip-top shape. **7. Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches an item that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## TO USE A FIRE EXTINGUISHER:

- ❖ Pull the Pin
- ❖ Aim at the base of the fire
- ❖ Sweep side to side

When tempted to fight fire with fire, **remember** that the Fire Department usually uses water.

Dana Barzilai

## Fire Prevention Week... October 8<sup>th</sup> through the 14<sup>th</sup> "Every Second Counts: Plan 2 Ways Out."

The National Fire Protection Association (NFPA) 2017 campaign messages include:

- Draw a map of your home marking two exits from each room and a path to the outside from each exit.
- Practice a home fire drill twice a year. Do one at night and one during the day. Practice using two exits.
- Teach children how to escape on their own in case you are not there to help them.
- Make sure the number on your home is clearly marked and easy for the fire department to see.
- When exiting, close the doors behind you, this may slow the spread of smoke, heat and fire.
- Once you are outside, stay outside. Never go back inside a burning building.