

NOOK & CRANNY

Monthly Newsletter

OCTOBER 2021



BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, and 1 in 8 (13%) women will develop invasive breast cancer over the course of her lifetime.

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HALLOWEEN PARTY GAMES

Halloween can be a favorite family holiday. Ghosts, goblins, witches, and warlocks are lurking in the shadows. Check party games for all ages.

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LEDERHOSEN AND DIRNAL?

What is Oktoberfest? Where did it originate and who celebrates this German Festival?

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REGAL CLEANING SERVICES

Cleaning With Care...

We are a proud partner of Cleaning For A Reason. Please contact us today for yourself or anyone you know battling breast cancer.

Get your FREE quote and book your cleaning today!



314-226-1916
RegalCleansMO.com



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease.

According to the American Cancer Society, when breast cancer is detected early and localized, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

[Learn more...](#)

Regal Cleaning is a proud partner with "Cleaning For A Reason," which provides free home cleaning to patients battling cancer. When cancer makes home life difficult, the organizations with their trusted network of residential cleaners, cleaning industry volunteers, and community volunteers come together to support cancer patients and their families.

Since its founding in 2006, Cleaning for Reason and its partners have provided free home cleaning to more than 43K cancer patients and families across 50 states and Canada. These services are valued at more than \$14.1 million.

[Donate today...](#)

HAPPY Halloween

**From our family to yours -
Have a
SPOOKTACULAR
Time!**



PUMPKIN CARVING

put your skills to the test and enjoy the family time!



Cobwebs & Spider Webs

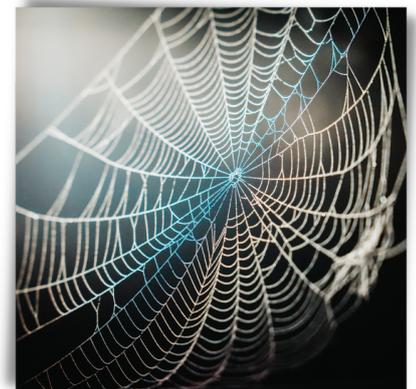
Ugh... We've all done it, step outside to enjoy the cooler autumn weather, and 'BAM', you're doing a jig because you just stepped into a spider web.

One simple and easy way to dissuade spiders from building their webs in or outside your home is to clean them with more frequency.

If you knock down those pesky little webs once a month after they've started to collect dust, you may want to consider increasing that time to once a week.

When using a broom, brush the broom bristles across the area with the cobweb and swipe them away. This is especially helpful when you are cleaning high ceilings, or along the edges of porches. If using a vacuum cleaner to suck up those wispy webs, use the extender cleaning attachment.

[Read more...](#)

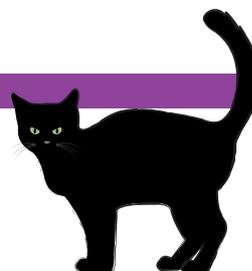


FUN HALLOWEEN GAMES FOR ALL

Whether you're planning a party for kids or adults, games are a must. These DIY games are sure to bring laughter and fun to any party.

1. **Pumpkin Checkers** - This super easy DIY involves painting a checkerboard pattern on a hearty piece of wood. After that, it's as simple as adding miniature orange and white pumpkins as playing pieces.
2. **Donuts on a String** - Kids can't use their hands to retrieve donuts hanging from a string in this classic Halloween party game that always makes for lots of laughs and funny photos.
3. **Mummy Sack Race** - Wrap up everyone's legs with white crepe paper ribbons. The first to finish with no rips wins!
4. **Bean Bag Toss** - Combine pumpkins carving with game playing. Use the pumpkins for a fun bean bag toss, and when the games are done, you can use them as a jack-o-lantern. Use foam craft pumpkins and save them for next year, and be sure to use battery-operated tea candles for safety.

[Read more...](#)





Oktoberfest

The festival is celebrated from mid-September to the beginning of October and is the largest folk festival in the world. Millions of people flock to Munich, Bavaria, Germany to eat the traditional foods, enjoy the traditional music, and of course, wear the conventional Bavarian apparel (lederhosen for men, and dirndl for women, and the tirolerhute unisex hats).

The festival begins with an opening ceremony that originated in 1950 and to this day remains unchanged. Then, the Munich mayor taps the first keg and gives the first glass to an honored person, usually the Prime Minister or another minister in attendance.

Oktoberfest was first held in 1810, honoring the Bavarian Crown Prince Ludwig's marriage to Princess Therese von Sachsen-Hildburghausen. The festivities began on October 12, 1810, and ended on October 17 with a horse race.

In the following years, the celebrations were repeated and, later, the festival was prolonged and moved forward into September.

[Read more...](#)



Pumpkin for Mutts

As we swing into autumn, everything is pumpkin - lattes, muffins, pies, etc.

Dogs love the taste of pumpkin, and it can offer [health benefits](#) (relief from diarrhea and constipation).

But your canine friend, can't enjoy sipping that pumpkin spiced latte, here are some ways you can help them enjoy the flavor of fall.



Frozen Pumpkin Dog Treats

Ingredients

- 1 cup plain yogurt
- 1 cup pumpkin puree

Directions

1. Mix pumpkin & yogurt together in a bowl.
2. Divide the mixture evenly into an ice tray or molds.
3. Free for 24 hours
4. Pop the treats out of the mold and put into a freezer bag for storage, or leave them in the ice tray if you have space in your freezer.

Note: Make sure you offer only canned pureed pumpkin, not canned pumpkin pie mix, which has added sugars and spices. As with any treat, give your dog these snacks in moderation.