



Monthly Newsletter

Volume 22 Issue 3

October 2023

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DON'T FORGET...FALL BACK

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

Be sure to set your clocks back one hour at 2 AM on Sunday, November 5, 2023.

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

Change your clock,



CHANGE your batteries



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OCTOBER IS BREAST CANCER AWARENESS MONTH

HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.



CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society’s breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network’s Web site at www.breastcancer.net.

Hello All!

My name is Tatyana Krivoruchko. I'm a 15-year real estate veteran with experience as a developer, a marketing specialist, and property manager.

Before joining Core Realty Assoc, L.L.C., I partnered in acquiring, developing, marketing, and selling residential estate properties in Chicago, IL.

My clients would describe me as a mature, dependable, and high-energy RE Agent with a passion for the highest degree of excellence in her work; valued not only for warmth, professionalism, dedication, and excellent judgment but for her unwavering commitment to ensure that the deal comes through.

Testimonial: "Tatyana did a fantastic job closing our transaction! She has a great deal of integrity when it comes to protecting her client's best interest and insuring a smooth transaction." - Mila & Elijah R.

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NATIONAL DENTAL HYGIENE MONTH

National Dental Hygiene Month began in 1985 as National Dental Hygiene Week, as an observance designed to raise awareness about preventive oral health care and promote the role of dental hygienists. By 1993, activities had grown so varied and widespread that a week was not enough, so the observance was expanded to include the entire month of October.



IT'S A FACT

- Tongue and lip piercing can cause blood poisoning, prolonged or permanent drooling, damaged sense of taste, toxic shock syndrome, permanent damage to tooth enamel and oral tissue, and transmission of infections such as hepatitis B and HIV.
- Tobacco is the primary cause of oral cancers. Smoking a pack of cigarettes a day or using smokeless tobacco quadruples the risk of developing oral cancer. Oral cancer occurs twice as frequently in men as women.
- Toothbrushes should be replaced every two-three months and after illnesses, like a cold or flu. Three out of four patients don't change their toothbrush as often as they should.
- Two out of three dental hygienists report that they see signs of hypertension and heart disease in some of their patients.
- Chewing gum can help eliminate food particles caught between teeth after a meal and also helps prevent plaque build up by stimulating saliva production.



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PUMPKIN FACTS

DID YOU KNOW THAT:

A pumpkin is really a squash?

It is! It's a member of the Cucurbita family which includes squash and cucumbers.

That pumpkins are grown all over the world?

Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in.

That the "pumpkin capital" of the world is Morton, Illinois?

This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

That the Irish brought this tradition of pumpkin carving to America?

The tradition originally started with

the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

FUN FACTS ABOUT THE PUMPKIN!!

- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.



- The largest pumpkin ever grown weighed 1,140 pounds.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkin supply in the United States is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.

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Slow Cooker Chicken Tortilla Soup

- 1 lb shredded, cooked chicken
- 1 (15 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 (4 oz) can chopped green chiles
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 (10 oz) package frozen corn
- 1 tablespoon chopped cilantro
- Tortilla chips (crumbled)
- Toppings (optional)

Directions

Place chicken, tomatoes, enchilada sauce, green chiles, onion, and garlic into a slow cooker. Pour in water and chicken broth; season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Sprinkle tortilla chips, and serve with grated cheese, sour cream and any other topping you like!





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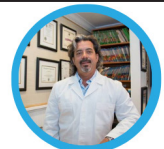
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