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Paving the WAY on our Road to Recovery

By Jenny Chatman

Paving the WAY on our Road to Recovery

Every year, as autumn approaches, excitement builds around HomeTown Bank in anticipation of our annual United Way fundraising campaign. The bank's employees begin to select costumes and plan activities for the week-long event.

This year, however, those plans were interrupted. While Hurricane Harvey was approaching, none of us could possibly fathom how much devastation he would leave in his wake. Many of our bank's employees suffered devastating losses, just as so many others in our communities have. While we, as a bank, continue to support our employees and rebuild our damaged locations, the need in our immediate area makes our contributions to United Way more important than ever before.

"Help one person at a time, and always start with the person nearest you." – Mother Teresa

During the storm and the days and weeks that followed, we all witnessed this quote lived out in our communities. The United Way does just this - they help those in need right here, near us, in our hometowns. Many of United Way's affiliated agencies are meeting the needs left behind by Hurricane Harvey - The American Red Cross, Galveston County Food Bank, and the Salvation Army, just to name a few. These are the people who are helping our community recover, and HomeTown Bank is, as always, proud to support their efforts.

Our employees have the opportunity to participate in "Theme Days" during the week of our fundraising drive. If you visit one of our branches during the week of October 30th through November 3rd, please "Pardon our Wear" as we support the United Way of Galveston County in their hurricane recovery efforts.

Jenny Chatman
Assistant Vice President/BSA Officer
Chair - HomeTown Bank United Way Committee

"We can always count on HomeTown Bank."

Friendswood Football thanks HomeTown Bank for their continued sponsorship with a token of appreciation.

HomeTown Bank of Pearland was proud to attend the 2017 Rotary Club Grid Iron Football Luncheon!

Pictured are Vice President Donna Rizzo and Vice President Sean Murphy. It was a great opportunity to hear about the upcoming High School football season from Mike Allison - Clear Brook High School, James Farmer - Pearland High School, Eric Wells - Dawson High School, Mike Norman - Dobie High School, and Brad Butler - Shadow Creek. Thanks to these coaches for making a difference in the lives of our teenagers. Good luck with this season!

Trick or Treat Safety Tips

Keep your children safe this Halloween with these nine strategies

Halloween should be high on spooky fun and low on safety hazards. Keep your family protected on trick-or-treat night by applying these recommended precautions.

Plan ahead

According to Reader's Digest, it's a good idea to map out a route ahead of time. Aim for a short path to avoid tiring your children out and hindering the fun. If you're concerned about your young ones getting lost, consider a route in your neighborhood with familiar roads.



Beware of strangers

Instruct your children to stay outside of strangers' houses when trick-or-treating, as the National Safety Council advises. Tell your little ones to go only to houses with porch lights and to avoid dark houses; they should also avoid going into strangers' cars.

Illuminate whenever possible

Many Halloween costumes are dark, which can be festive but also less visible to cars. Keep your children safe by taping their costumes with some strips of reflective tape, as suggested by Reader's Digest. Flashlights are useful to carry so children avoid tripping on uneven patches of sidewalk.

Minimize tripping hazards

When planning costumes, incorporate comfortable shoes that fit snugly to reduce tripping potential. Long garments are another potential safety issue per the American Academy of Pediatrics; have your child "test walk" while wearing his or her costume to make sure it is short enough to walk in safely.

Accompany your goblins

The National Safety Council recommends that a few responsible adults go with children on their candy rounds. If possible, volunteer to chaperone their trick-or-treating group. Encourage other parents to join in on the fun, to help keep all of your little ghosts and villains safe.

Buddy system for the win

According to Instantcheckmate.com, a buddy system is another key strategy to keep children safe while on Halloween night. Pair up each kid in the group with a partner; each one is to know where the other person in the pair is at all times during the night.

Minimize fire hazards

So many costumes consist of synthetic fabrics; this includes wigs and accessories. The American Academy of Pediatrics advises that parents help their kids select costumes that are labeled as

flame-resistant. Also caution your children to steer clear of any sidewalk jack-o-lanterns or luminaries along the trick-or-treating route, so loose costumes won't get caught on them.

Cell phone check-ins

Instantcheckmate.com recommends having your kids call you via cell phone to touch base during the outing. A missed check-in call can signal that your children might be in danger.

Halloween curfew

The National Safety Council advocates that parents should decide on a set time when trick-or-treaters should be home by. If they aren't back by that time, or haven't called you to say they're running late, take action.

With plenty of forethought and parental instruction, your children will have a fun, sugary Halloween experience while staying safe.

Pearland HS Cheer Car Wash

The Pearland High School cheerleaders recently had their annual car wash at HomeTown Bank of Pearland and raised over \$2,500.00!

HomeTown Bank attends the Family Promise of Clear Creek Gala

Sr. Vice President Bill Provenzano and Vice President Jim Goebel, along with their spouses, attended the Family Promise of Clear Creek Gala and Silent Auction at Gloria Dei Lutheran Church where HomeTown Bank was recognized as a Searchlight Sponsor. Galveston County DA Jack Rody was the event emcee and auctioneer. The Founder of Family Promise, Karen Olson, was the Key Note Speaker.

Importance of Breast Cancer Screenings

Breast cancer screenings help detect breast cancer before you even notice it

October is Breast Cancer Awareness Month and, according to the American Cancer Society, breast cancer is the second leading cause of death among women in the United States. In 2012, breast cancer was the cause of an estimated 783,000 years of potential life lost, making it a serious concern.

Thankfully, with our constantly improving medical technology and outstanding physicians, deaths caused by breast cancer have reduced drastically over the last 30 years. On top of improved treatment options, these leaps in breast cancer survival rates are also based on early detection of the cancer itself. Those early detections often happen during annual breast cancer screenings.

Catching it early

Science has proven, time and time again, the time at which the cancer cells are discovered plays a huge role in a patient's chances of survival. With annual screenings, breast cancer cells can be detected before patients are even symptomatic. Cecilia M. Brennecke, M.D. and an expert for BreastCancer.org explains that research spanning back to the 1960s proves that mammograms are the only proven way to detect breast cancer before symptoms emerge.



Self-exams

In addition to annual mammograms, individuals can perform self-exams, checking for irregularity in their breast tissue. During your next appointment, ask your doctor about the process of self-exams and what you can do to best detect abnormalities during your self-exams.

Many doctor's offices, including obstetrician-gynecologists (OB-GYN), have small pamphlets that will walk you through the steps of performing a self-examination. If you're not as comfortable asking for one in person, the National Breast Cancer Foundation will send you self-exam instructions directly to your email, free of charge.

Self-exams can be performed as often as you feel necessary, but doctors recommend these self-exams at least once per month or 12 times per year. If you notice any changes or abnormalities, consult with your physician. Even if it turns out to be nothing, it's better to be safe than sorry.

When you should begin

The American Cancer Society recommends women begin annual breast cancer screenings at the age of 45. However, those with pre-dispositions for certain cancers or a family history of breast cancer may need to begin these exams earlier in life.

As you age, you may be recommended by a physician to have breast cancer screenings two or three times per year, depending on your personal health and history. If you are concerned about your risk,

talk to your doctor about the frequency of your screenings.

Talk to your doctor

Speaking with your personal physician, regardless of your age, will help you make an informed decision about your health care. It's never too early to start asking questions and be prepared.

Breast cancer can be a scary, life-threatening disease. But annual breast cancer screenings can help detect the disease early on, increasing survival rates exponentially.

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