

DAYS THAT MATTER

Our calendar is full of National Holidays that aren't really recognized. Did you know that October 2nd is National Name Your Car Day? My car is pretty private. She's never told me her name and I'm pretty certain she would be irked if I chose one for her.

Or what about October 12th? That is *International Moment of Frustration Scream Day*. I had better mark that one on my calendar!! I think I may want to observe that holiday!

On November 11th, however, we will honor a holiday that our Congress got right, Veterans Day. Veterans Day began as Armistice Day in 1919. It was a day to honor and remember those who had given their lives in service to our country. In 1954, Armistice Day was changed to Veterans Day. It became a day to honor all who had served our country in the military.

Every year, as I see the flags flying in honor of our Veterans, I think of my grandfather and uncles. I remember the stories they told me through the

years and how their eyes gleamed with both pride and sorrow as they shared their experiences with me.

It seems especially fitting that HACF will take pride on this Veterans Day as we participate in the VASH program (vouchers for homeless veterans) and strive to give back to some of those who have given so much to us.

Thank you Veterans! Words cannot express the gratitude we have for you. Of all the days we should remember, yours is among the most important!

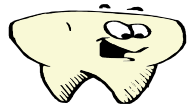
Sunny

Contracting Opportunities for the City of Pocatello

As part of its RENEWAL Program, the City of Pocatello's Neighborhood & Community Services Division offers bidding opportunities to area contractors. Rehab projects include plumbing, electrical, and HVAC work, as well as roof replacement or repair and sidewalk installation. Interested contractors can request to be placed on bid mailing lists by calling 234-6255, or can view current bids at the Housing Authority office, at City Hall or on the City's website at www.pocatello.us. Preference is given to Section 3 residents and business concerns. For more information, please call 234-6185

DENTISTRY FROM THE HEART

On October 5th, Kidds Dental will be hosting a FREE DENTAL CARE DAY. Patients will have the opportunity to receive a free filling, extraction or cleaning if they cannot get dental care elsewhere. The first 75 patients are guaranteed to be seen so ARRIVE EARLY! Registration begins at 7:30 a.m. Kidds Dental is located at 716 Yellowstone. The event will go from 8 am to 5 pm.



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HACP will be closed on the following days throughout the rest of the year:

October 14<sup>th</sup>  
November 28<sup>th</sup> & 29<sup>th</sup>  
December 24<sup>th</sup> & 25<sup>th</sup>



## FOOT EXAMS & COMMUNITY HEALTH CHECK

The NAACP along with ISU and Southeastern Idaho Public Health will be offering free foot exams and health checks on Wednesday November 13<sup>th</sup> from 9 to 11 a.m. at the Pocatello Community Center (427 N 6<sup>th</sup>). Services offered include: foot exams, medication reviews, blood pressure, nutritional counseling and more! To make an appointment, call Pastor Jacqueline Thomas at 478-1200.

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Remember! Maintenance can always be reached at 220-9621!!