When faced with disappointment or failure you have two choices:
► to seek comfort or
► to seek a solution and move on.

Perhaps the best approach is to do some of both. First, it’s okay to take some time to obtain some comfort. The catch is, don’t get stuck just staying comfortable. Get some support - talk to someone you trust, try writing down your feelings, find out how others handled disappointment and what they learned.

Then move on to a solution.

Keep your eye on the goal and have faith in your ability to reach it. If you’ve done your homework and done your best, don’t put yourself down for a failure, but concentrate on the truth. Perhaps the old saying "Better to try something and fail than to do nothing and succeed," is the best lesson.

Put your goal in perspective, take positive action and focus on what you’ll do next. Take advantage of the lessons you have learned.

The key skill needed to handle or avoid failure and disappointment is adaptability. How you adapt to change can be your greatest challenge and your greatest opportunity.

Set your own internal standards for excellence; accept yourself as you are; adapting your behavior to the situation. Above all remember: the ability to adapt is everything.

Source: adapted from “Being the Best,” Dennis Waitley, Oliver-Nelson Books
**ANSWER CORNER: “E. coli”**

With recent issues regarding bagged spinach contamination from E. coli, we thought we'd provide some basic information about this foodborne illness.

*Escherichia coli O157:H7* is a leading cause of foodborne illness. People can become infected with *E. coli* O157:H7 in a variety of ways. Though most illness has been associated with eating undercooked, contaminated ground beef, people have also become ill from eating contaminated bean sprouts or fresh leafy vegetables such as lettuce and spinach. Person-to-person contact in families and child care centers is also a known mode of transmission. In addition, infection can occur after drinking raw milk and after swimming in or drinking sewage-contaminated water.

People generally become ill from *E. coli* O157:H7 two to eight days (average of 3-4) after being exposed to the bacteria. *Escherichia coli O157:H7* infection often causes severe bloody diarrhea and abdominal cramps. Sometimes the infection causes non-bloody diarrhea or no symptoms. Usually little or no fever is present, and the illness resolves in 5 to 10 days.

In some persons, particularly children under 5 years of age and the elderly, the infection can also cause a complication called hemolytic uremic syndrome (HUS), in which the red blood cells are destroyed and the kidneys fail. About 8% of persons whose diarrheal illness is severe enough that they seek medical care develop this complication.

**What can you do to prevent *E. coli* O157:H7 infection?**

- Cook all ground beef and hamburger thoroughly. Because ground beef can turn brown before disease-causing bacteria are killed, use a digital instant-read meat thermometer to ensure thorough cooking. Ground beef should be cooked until a thermometer inserted into several parts of the patty, including the thickest part, reads at least 160º F. Persons who cook ground beef without using a thermometer can decrease their risk of illness by not eating ground beef patties that are still pink in the middle.

  - If you are served an undercooked hamburger or other ground beef product in a restaurant, send it back for further cooking. You may want to ask for a new bun and a clean plate, too.

  - Avoid spreading harmful bacteria in your kitchen. Keep raw meat separate from ready-to-eat foods. Wash hands, counters, and utensils with hot soapy water after they touch raw meat. Never place cooked hamburgers or ground beef on the unwashed plate that held raw patties. Wash meat thermometers in between tests of patties that require further cooking.

  - Drink only pasteurized milk, juice, or cider. Commercial juice with an extended shelf-life that is sold at room temperature (e.g. juice in cardboard boxes, vacuum sealed juice in glass containers) has been pasteurized, although this is generally not indicated on the label. Juice concentrates are also heated sufficiently to kill pathogens.

(continued on page 3)
UPCOMING EVENTS
October Health & Nutrition Forum
“Fat Facts”

Reducing fat intake in the American diet has been a recommendation for a long time. But confusion continues regarding the types of fat like saturated fat, trans fats, omega, monos, and polys. Come and learn more about the basics of healthy eating and how you can make smart food choices when shopping or eating out.

Speaker .................... Angela Brown, RD, CDN, Clinical Dietician, St. Elizabeth Medical Center

When ....................... Tuesday, October 17, 2006
3:30 to 5:00 PM

Where ....................... Basloe Library, Main Street, Herkimer

To Register .............. Please call Cornell Cooperative Extension of Herkimer County at 866-7920

All Forums are free and open to the public.

Wash fruits and vegetables under running water, especially those that will not be cooked. Be aware that bacteria are sticky, so even thorough washing may not remove all contamination. Remove the outer leaves of leafy vegetables. Children under 5 years of age, immunocompromised persons, and the elderly should avoid eating alfalfa sprouts until their safety can be assured. Persons at high risk of complications from foodborne illness may choose to consume cooked vegetables and peeled fruits.

Drink municipal water that has been treated with chlorine or another effective disinfectant.

Avoid swallowing lake or pool water while swimming. (For more information, see the CDC Healthy Swimming website at http://www.cdc.gov/healthyswimming/)

Make sure that persons with diarrhea, especially children, wash their hands carefully with soap after bowel movements to reduce the risk of spreading infection, and that persons wash hands after changing soiled diapers. Anyone with a diarrheal illness should avoid swimming in public pools or lakes, sharing baths with others, and preparing food for others.

Source: Department of Health & Human Services Center for Disease Control and Prevention Fact Sheet (9/24/06)
VENISON TIPS

If your family has venison to enjoy, you're lucky. The meat is an added bonus for your freezer and many families use venison in place of beef.

Cooking Basics

The tender cuts of meat, ribs and back portion, have muscles which are not exercised as much as the legs & neck muscles. These muscles have less developed connective tissue. This meat can be cooked by fast dry heat method, such as oven roasting or broiling.

The leg cuts and the shoulder muscles are more developed and are usually tougher. These should be cooked with added liquids, such as sauces or tomato juice. Slow cooking also helps to tenderize.

The flavor of venison depends on the animal’s food and the tenderness of the meat depends on the age of the animal. Venison flavor is sweeter than most other meats so you can cut down on the sugar if called for in your recipes. There is little marbling fat in venison, so be careful not to use high temperatures. Adding beef or pork fat to lean venison makes the meat taste better and juicier. It is best served medium done, not rare nor overcooked. Do not add salt as it will dehydrate the meat and will result in tough meat.

Venison fat is usually strong flavored, and tends to become rancid quickly. Remove fat before cooking.

Venison can have a gamey taste. There are two things to do. Either mask the flavor with spices, herbs or other concentrated flavors, or dilute the flavor by adding fruits, bread or cereal crumbs.

Grinding helps break up the muscle fibers and connective tissue making the meat more tender.

For information on proper care and handling of venison, brochures are available free of charge from the Penn State web site at http://pubs.cas.psu.edu/Publications.asp.

Here are some recipe ideas:

Venison Chili

1 pound ground venison
1 medium onion, cut in large sections
1 medium green pepper, cut in slivers
1 can (16 ounce) chopped tomatoes
1 can (16 ounce) kidney beans
1 teaspoon chili powder
1/4 teaspoon crushed red pepper
pinch of paprika
black pepper to taste

In a large skillet, brown meat. Drain if needed. Add onion and bell pepper; cook until tender. Add tomatoes, beans and spices; simmer for 1 to 2 hours.

Yield: 8 servings; serving size 1 cup, (141 calories, 1.5 grams fat, 55 mg cholesterol, 310 mg sodium)

Rice and Venison Porcupines

1 pound ground venison
1/2 cup raw rice
1/4 cup chopped onion
1/4 teaspoon black pepper
2 Tablespoons vegetable oil
2 cups tomato sauce
1 cup water


Yield: 20-25 meatballs; serving size 4 meatballs, (60 calories, 1.5 grams fat, 15 mg cholesterol, 115 mg sodium)

Shared by: Mary Ann Walrath, Nutrition Staff
“Let us savor the fleeting delights of our most beautiful days!”
- Alphonse de Lamartine

Fall brings the opportunity to share an Even Start favorite. On Market Street by Arnold Lobel and illustrated by Anita Lobel is our book of the month.

It’s a delightful and unusual alphabet book with a simple story of a little boy who went shopping on Market Street. He bought a gift for each letter of the alphabet. It tells a heartwarming tale with poetry and Caldecott Honor Book Award illustrations.

Encourage your child to look, really look, until they are immersed in the pictures. The magnificent illustrations will create an excitement that makes turning pages an adventure with new things each time it is read! Lobel’s gifted letters will have your child visualizing information that would take chapters to describe in words. Enjoy!

The fall season also gives us the gifts from farmer’s markets. Even Start has our own alphabet list for your food shopping and meal planning.

- Antipasto
- Burrito
- Cornish Hens
- Divan
- Enchiladas
- Frittata
- Gumbo
- Hot and Spicy Spaghetti
- Indian Curries
- Jambalaya
- Kielbasa and cabbage
- Layered Seasonal Salads
- Melts
- Noodle Soup
- Open-faced Sandwiches
- Pizza
- Quesadillas
- Roll-Ups
- Stir-Fry
- Tetrazzini
- Upside Down Cake
- Vermicelli and Turkey Salad
- Winter Vegetable Pot Pie
- X-Mas left over casserole
- Yogurt Dressing over Fruit Salad
- Zippy Southwestern Chili

Shared by: Becky Benson,
Even Start Program Educator
You’ve heard, “an apple a day will keep the doctor away.” While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are still very inexpensive.

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incidence of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple’s fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.

There are hundreds of varieties of apples on the market today, although most people have only tasted one or two of the most popular such as Red Delicious or Granny Smith. Remember, some apple varieties are best for eating fresh while others are best for cooking. Some varieties can do double duty. For more information on selection, go to our website and see “Know Your Apples: Varieties Descriptions and Uses” at http://counties.cce.cornell.edu/herkimer/applevarieties04.htm

Timing is everything in attaining optimum quality apples. When normal, unblemished fruits start to drop, the time is just about right plus the “under color” or “ground color” is a clue to maturity or ripeness.

The “under color,” that is the same color as the peel in yellow or gold varieties and can be seen around the core or stem cavities in red varieties, changes from green to yellow or greenish-yellow as apples mature. Watch for that color change to make sure you’re picking apples that are ready to use.

Ripe apples should be easy to pick with stems attached. You should be able to roll or twist the apple so its stem separates from the tree - not from the fruit and remains on the tree. Handle fruit carefully after picking to avoid bruising.

Once you’ve made a decision on which variety you need and have picked them, you can enjoy at least a few as low-calorie snacks or desserts before getting to work with those you plan to preserve and enjoy later.

(continued on page 7)
Squash and Apple Crisp

6 cups butternut squash
3 cups chopped apples
1/4 cup trans free margarine
1/4 cup brown sugar
1/4 cup flour
1/3 cup old-fashioned oatmeal

Stir together cooked squash and chopped apples. Spread squash and apples in a lightly oiled 9X13-inch pan. Combine margarine, sugar, flour and oats until crumbly and sprinkle over squash and apple mixture. Bake in 350º oven for 35 to 40 minutes or until hot and brown. Serve warm. Makes 18 servings.

Yield: 18 servings; serving size 1/2 cup, (80 calories, 2.5 grams fat, 0 mg cholesterol, 5 mg sodium)

Apple Butter

9-10 apples, peeled, cored and cut into small chunks
1 cup apple cider
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon allspice

Place apples and cider in a large enamel, stainless steel, or other nonreactive saucepan. Cover and cook over low heat for 1/2 hour, or until the apples are soft. Remove from the stove and allow to cool. Divide into two or three batches and purée each in a blender or food processor. Pour the puréed mixture into a 9X13-inch baking pan. Sprinkle the spices over the surface and mix in. Place baking pan in a preheated 300º oven. Bake for about 2-3 hours. Stir every 20 minutes or so. The apple butter will darken to a rich brown and will become very thick. Remove from the oven, cool and keep in a container with a tight-fitting lid. Apple butter keeps up to three weeks in the refrigerator.

Yield: 32 servings; serving size 2 Tablespoons, (20 calories, 0 grams fat, 0 mg cholesterol, 0 mg sodium)

Apple Tips:

- To prevent apples from getting soft too quickly, store in the refrigerator and take them out only as needed.
- Always wash apples before eating or cooking with them.
- Peeled or cut apples discolor quickly. To prevent this, place cut apple pieces in a solution of 1 tablespoon of lemon juice in one quart of water.
- Do not store apples near cut flowers or leafy vegetables. A natural gas called ethylene given off by the apples will encourage the blossoms to fade and wither more quickly and may damage the leafy vegetables. For the same reason, placing apples with bananas, peaches, avocados, and other fruits will help them to ripen more quickly.

Source: Chautauqua Living, October 2004 & 2005
Family Home Energy Quiz

How energy efficient is your home?? Here’s an easy quiz you can do to find out!

Attic Insulation
TEST: How much insulation do you have in your attic?
- 6 inches or less (2 points)
- 7 to 11 inches (4 points)
- 12 inches or more (6 points)

Furnace Filters
TEST: How often were your furnace filters cleaned or changed in the last year?
- Not at all (0 points)
- 1 to 3 times (2 points)
- 4 or more times (4 points)

Lighting
TEST: How many compact fluorescent light bulbs do you have in high-use areas such as hallways, living rooms, kitchen, and outdoor?
- No compact fluorescent (0 points)
- 1 to 4 compact fluorescents (2 points)
- 5 or more compact fluorescents (4 points)

Refrigerator
TEST: Close the door over a dollar bill so it is half in and half out of the refrigerator. Is it
- Easy to pull out? (2 points)
- Hard to pull out? (4 points)
- Almost impossible to pull out? (6 points)

Thermostat
TEST: What is the temperature on your thermostat in winter and summer?
**WINTER**
- 74° or higher (2 points)
- 71° to 73° (4 points)
- 70° or lower (6 points)

**SUMMER**
- 74° or lower (2 points)
- 75° to 77° (4 points)
- 78° or higher (6 points)

(continued on page 9)
Adapted from the EnergySmart Schools Program, part of Rebuild America and U.S. Department of Energy - Office of Energy Efficiency and Renewable Energy.

Water Heater

TEST: Locate the Energy Guide label to determine your water heater's energy efficiency rating. How much energy does it use compared to similar models?

- Uses the most energy (2 points)
- Uses an average amount of energy (4 points)
- Uses the least amount of energy (6 points)

Weather Stripping

TEST: Open your front or back door and check the condition of your weather stripping between the door and the door frame.

- None (0 points)
- Poor condition (2 points)
- Good condition (4 points)

Windows

TEST: How many layers of glass do your windows have? Is there a special label on the glass? Do you also have storm windows?

- Single-pane with no storm windows (2 points)
- Single-pane with storm windows or double pane windows (4 points)
- Double-pane, either gas-filled or with reflective coating (6 points)

TOTAL: __________

Add up your score and see where you fit in.

12-29 There are lots of ways to improve the energy efficiency of your home! Call 1-877-NY-SMART and get a free brochure and video tape on the Home Performance with ENERGY STAR® program and a list of contractors in your area. They can help you save energy, money, and the environment!

30-39 Your house could be more energy efficient and comfortable. Visit www.GetEnergySmart.org to learn more about our home energy efficiency programs and learn more about ENERGY STAR® lighting and appliances.

40-48 Congratulations! You are well on your way to becoming an Energy Superstar! To order our brochure on-line and find more ways to save energy, visit www.GetEnergySmart.org.
Too many snack foods are low in nutrients and high in calories from sugar, fat or both. Eating too many of these extras often becomes nothing more than consumption of empty calories.

According to a study conducted at the University of California-Berkeley, sweets, chips and sugary sodas account for nearly one-third of the calories consumed by Americans. Gladys Block, professor of epidemiology and public health nutrition at the University of California-Berkeley, notes, "It's important to emphasize that sweets, desserts, snacks and alcohol are contributing calories without providing vitamins and minerals. In contrast, such healthy foods as vegetables and fruit make up only 10 percent of the caloric intake in the U.S. diet. A large proportion of Americans are undernourished in terms of vitamins and minerals. You can actually be obese and still be undernourished with regard to important nutrients. We shouldn't be telling people to eat less, we should be telling people to eat differently."

We all enjoy having extras or treats, but the problem is how much and how often. The newly revised Dietary Guidelines recommend limiting discretionary calories, which are calories left in your calorie allowance after meeting your nutrient needs. (To compute your calorie allowance, go to www.mypyramid.gov.) The bad news is that most of us don't keep close enough track of what our calorie allowance is, and an extra 100 calories per day can result in a weight gain of 10 pounds in one year. It's easy to exceed our discretionary allowance when the average calories in a serving of soda, candy bar or chips exceed 100 calories.

Since going cold turkey and totally eliminating the extras isn't realistic for most of us, here are a few ideas of how to make gradual changes that may start you down a new path of better nutrition.

♥ Limit how often and how much extras are eaten. If you pack your lunch, include only one small treat. Eat your "fun food" only once a day - perhaps for a morning or afternoon snack. Candy bars come in a "fun size," which average around 40 calories. Sodas are available in 8 oz. cans for 100 calories. Share a dessert when you eat out.

♥ Reduce temptations. Even though the economy size bag of chips is a good deal for your wallet, it's not necessarily the case for your waistline if you can't control how much you eat. Buy the small single-size packages instead. Minimize the amount of extras kept in your pantry, refrigerator and freezer.

♥ Look for healthier choices that are similar to the high-calorie options. If you like salty snacks, choose pretzels or popcorn over chips. Try a cup of hot cocoa made with nonfat milk if you want chocolate. If you crave ice cream, look for lower fat alternatives to the high-fat options. Keep your favorite fresh crunchy veggies on hand, washed, ready-to-go and, most importantly, visible in the refrigerator to satisfy that urge to crunch.

♥ Do something physical to take you away from food temptations. Take a walk or get your family involved in a game or other physical activity.

Changing one's diet and snack habits takes time. A variety of benefits over time are likely to occur, including better sleeping patterns, less indigestion, less irritability, increased stamina and even weight loss for some.

Don't be surprised if you find you have less interest in returning to your former eating style. Healthy habits can make you feel great!

Source: Shirley Perryman, Colorado State University (9/29/06)
HALLOWEEN TIPS FOR GOOD TOOTH TREATERS

Halloween brings out the kid in all of us. It's fun to get dressed up in a strange costume and parade around the neighborhood or go to a special party. Treats are a part of that fun. But treats don't have to mean sticky gooey candy.

This year, when you buy treats to hand out to the little ghosts and goblins that knock on your door, think beyond the traditional candy bars, suckers and gum to the variety of non-sweet and non-edible treats now available. All sorts of miniature toys, stickers and non-food favors can be found amidst the candy bars and suckers in the Halloween treat section of your local supermarket or department store.

Choose one of these or use them as a springboard for other possibilities throughout the store. Examples of non-food treats that make great Halloween treats include crayons, Halloween-themed pencils or stickers, temporary tattoos, whistles, miniature plastic animals, miniature cars, packages of baseball cards and rubber spiders or worms. According to a study published in the Journal of Nutrition Education and Behavior, when given a choice, kids aged 3 to 14 are just as likely to choose a toy as a piece of candy.

Offering non-food treats benefits not only the Halloween doorbell ringer, but the person handing out the treats as well. Why? Because there is no leftover candy sitting around giving out "eat me" messages. Any favors not given out can simply be boxed up and stored for next year's trick-or-treaters.

If you're not interested in giving out non-food treats, at least consider offering a non-sweet alternative. Some examples include cheese and cracker packages, sugar-free gum, cheese sticks, individually wrapped sticks of beef jerky, juice box packages, and small packages of nuts, raisins or pretzels. Or, on chilly Halloween nights, what would be more welcome than a package of instant cocoa mix? Once home, it could be combined with warm milk to help wash down other treats received.

Parties are another solution. Today, many parents organize Halloween parties for the neighborhood children instead of sending them out trick-or-treating. Some nutritious treats to serve at these parties are plain or cheese-coated popcorn, not-too-sweet cookies, apples, grapes, bananas and other fresh fruit, unshelled peanuts and witch's brew made with orange juice, lemonade and apple cider.

For a more substantial snack that children can help prepare, consider scary pizza faces. Let your party-goers create their own faces by arranging sliced olives, green peppers, mushrooms, pepperoni and other ingredients on English muffins that have been brushed with tomato sauce. Add a little grated cheese for hair and pop in the oven or microwave for a treat that's as good to eat as it is fun to make.

Halloween does not have to be synonymous with candy. This year, why not break the sweet-tooth witch routine and fill your trick-or-treaters' sacks with all sorts of non-sticky and non-food treats.

Source: Pat Kendall, Colorado State University (11/05)
Painting Your Face: Special Effects Without Aftereffects

Decorating your face with face paint or other makeup lets you see better than you can if you're wearing a mask. A mask can make it hard to see where you're going and watch out for cars. But make sure your painted-on designs don't cause problems of their own.

- Follow all directions carefully.
- Don't decorate your face with things that aren't intended for your skin.
- Like soap, some things are OK on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes. Be careful to keep makeup from getting into your eyes.
- Even products intended for use near your eyes can sometimes irritate your skin if you use too much.
- If you're decorating your skin with something you've never used before, you might try a dab of it on your arm for a couple of days to check for an allergic reaction BEFORE you put it on your face. This is an especially smart thing to do if you tend to have allergies.

Color Additives: The "FDA OK"

A big part of Halloween makeup is color. But this is your skin we're talking about. Think about what you're putting on it. You might not want to put the same coloring on your skin that a car company uses in its paint.

Luckily, you don't have to. The law says that color additives have to be approved by FDA for use in cosmetics, including color additives in face paints and other cosmetics that may be used around Halloween time. It also includes theatrical makeup.

Plus, FDA has to decide how they may be used, based on safety information. A color that's OK on your tough fingernails or your hair may not be OK on your skin. Colors that are OK for most of your skin may not be OK near your eyes.

How do you know which ones are OK to use, and where? Do some detective work and check two places:

1. The list of ingredients on the label. Look for the names of the colors. THEN…
2. Check the Summary of Color Additives on FDA's Web site (http://www.cfsan.fda.gov/~dms/opa-col2.html)
3. There's a section especially on colors for cosmetics. If there's a color in your makeup that isn't on this list, the company that made it is not obeying the law. Don't use it. Even if it's on the list, check to see if it has FDA's OK for use near the eyes. If it doesn't, keep it away from your eyes.

(Continued on page 13)
For That Ghoulish Glow

There are two kinds of "glow" effects you might get from Halloween-type makeup. There are "fluorescent" (say "floor-E S S-e n t") and "luminescent" (say "loo-min-ESS-ent") colors. Here's the difference:

**Fluorescent colors:** These are the make-you-blink colors sometimes called "neon" or "day-glow." There are seven fluorescent colors approved for cosmetics, and like other colors, there are limits on how they may be used. None of them are allowed for use near the eyes. (Check the Summary of Color Additives again.) These are their names: D&C Orange No. 5, No. 10, and No. 11; and D&C Red No. 21, No. 22, No. 27 and No. 28.

**Luminescent colors:** These colors glow in the dark. In August 2000, FDA approved luminescent zinc sulfide for limited cosmetic use. It's the only luminescent color approved for cosmetic use, and it's not for every day and not for near your eyes. You can recognize it by its whitish-yellowish-greenish glow.

When the Party's Over...

Don't go to bed with your makeup on. Wearing it too long might irritate your skin, and bits of makeup can flake off or smear and get into your eyes, not to mention mess up your pillow.

How you take the stuff off is as important as how you put it on. Remove it the way the label says. If it says to remove it with cold cream, use cold cream. If it says to remove it with soap and water, use soap and water. If it says to remove it with eye makeup remover, use eye makeup remover. The same goes for removing glue, like the stuff that holds on fake beards. And remember, the skin around your eyes is delicate. Remove makeup gently.

But Just in Case...

What if you followed all these steps and still had a bad reaction? In March 2005, some face paint products were recalled from the market because they caused redness of the skin, a skin rash, irritation, itching or minor swelling where the paints were applied. If you have a reaction that seems to be caused by face paints, you may want to call a doctor, and they can call FDA, too. The FDA likes to keep track of reactions to cosmetics so they know if there are problem products on the market. People can report a bad reaction to face paint, novelty makeup, or any other cosmetic product to:

- Your nearest FDA district office. Their phone numbers are on FDA's Web site (http://www.cfsan.fda.gov/) and in the Blue Pages of the phone book under United States Government/Health and Human Services.

OR...

- FDA's Center for Food Safety and Applied Nutrition (CFSAN) Adverse Event Reporting System (CAERS) by phone at 301-436-2405 or by email at CAERS@cfsan.fda.gov.

Source: U.S. Food & Drug Administration Center for Food Safety and Applied Nutrition Office of Cosmetics and Colors, 9/28/05
THE THREE R’S AT HOME

Parents can help their school-age children succeed with the three R’s in school by developing the three R’s at home.

Establish Good ROUTINES

Children perform best in an organized and predictable environment. Two routines are critical to school success: the morning and the homework routine.

Children should wake up the same time everyday and have enough time to complete all their morning tasks. These tasks include showering or washing, getting dressed, eating breakfast, brushing teeth and making beds (or other simple chores). For best results, follow the same routine every morning.

To make the morning routine go more smoothly, help children prepare the night before by choosing clothes, packing school bags and making lunch. Set up a “launching pad” where children’s school bags, coats, hats, shoes, etc., can be placed, ready to go the next morning.

Don’t let children skimp on or skip breakfast. Research has shown that children who eat a nutritious breakfast are more alert in school and have more energy for schoolwork.

Homework should be completed sometime after school, but before dinner. As the evening wears on, children become tired, inattentive and less efficient. Some children may want to play, relax or eat a snack after school, but should start their homework at least an hour before dinnertime.

Set up a space where children can work on school assignments without distractions and interruptions. Make sure they have all the resources they will need: paper, pencils, dictionary, calculator, etc.

Students should tackle the most difficult assignments first. It’s OK to do some easy assignments in order to get jump started, or to get them out of the way, but students usually spend too much time on easy work and not enough on challenging projects.

Build RESPONSIBILITY

Homework is the child’s responsibility. In fact, school is children’s work, their job. They must do well to succeed in life.

Make children responsible for their homework. Don’t let them become dependent on you to get organized, interpret assignments or solve problems. And don’t do their homework for them. Instead, teach them study and time management skills, and encourage them to make their own decisions.

Parents should check homework every night for neatness, completeness and accuracy. If homework doesn’t meet your expectations, chances are it doesn’t meet the teacher’s expectations either. If it isn’t neat, tell your child to do it over. If it contains errors, tell them something is wrong and let them find the mistake and correct it.

Praise your child for their efforts, but avoid rewarding them for doing homework. School achievement is its own reward.

(continued on page 15)
Show RESPECT for Education

- Let your children hear you speak positively about education. Let them know you believe education is important.

- Get to know your child’s teacher and support them. Don’t let your children hear you bad mouthing teachers, administrators, the school board or anything else related to education. If you have a legitimate gripe, take it to the source.

Show interest in your child’s school activities. Ask them about school every day and listen attentively when they want to talk about their experience.

Try to get involved in some way. Ask your child’s teacher how you can help. Join and become active in the PTA. If possible, serve as a volunteer for classroom or school activities.

Source: CCE Chautauqua County as printed in Extension Connection, Delaware County, September 2006

ORGANIZING YOUR MEDICAL RECORDS

When was your last physical? Does cancer run in your family? You may not know the answers to these and other medical-related questions off the top of your head. But, could you find it easily? If not, it is time to organize your home medical records.

First, start a file for yourself. Sort paperwork in reverse chronological order - or most recent first.

What should you include in your file? Here are some ideas:

- Copies of all medical and dental records, including the results of tests and screenings.

- A list of immunizations and dates received.

- Information about your health insurance.

- A family medical history listing all major illnesses.

- A one or two page summary of significant medical information, such as names and telephone numbers of health care providers, a summary of your health status, current medicines and dosages, and adverse reactions you have ever had to certain medications.

- A copy of your advance directive (living will), if you have one.

After you have sorted through all the clutter and organized your own medical records, start and maintain a file for each member of your immediate family.

Source: Connecting Lewis County, March 2006