Local Bicycling  The City of Marquette maintains twelve miles of paved bike trails which lead through some of the most beautiful scenic areas in the country. The path leads along the shores of Lake Superior, past boating marinas, north to Presque Isle a 328 acre park and large outdoor pool with a waterslide. The path proceeds along the Tourist Park Campground and Picnic Area and wooded areas surround the path to the south area of Marquette. Source: www.michigan.org Photo: Dan Maas pops a wheelie over the weekend in Baraga County.

Ten Tips for Safe Enjoyable Bicycling

Cycling to work and for errands is safe and fun if you do it right. But there is much more to driving a bicycle than balance and steering. Many of the "bike safety" things we were taught as kids are wrong and some are dangerous. A common misconception about cycling is the extent and source of danger. Most people think that the greatest danger is getting run down by cars passing from behind. Cars are fast and noisy and we cannot see them coming, so the fear is natural. But it is wrong. These accidents represent less than one-half of one percent of urban, daylight accidents to cyclists. In rural areas, the ratio is slightly higher. About 90 percent of car-bike collisions involve turning and crossing traffic. Most of the rest are caused by wrong way riders or by swerving in front of traffic. The danger is right in front of you where you can see and avoid it if you are watching. Below are ten tips to make your cycling safer, more useful and more fun.

1. Avoid riding on sidewalks
2. Be visible, use reflective clothing
3. Learn proper lane position
4. Be courteous
5. Keep your bicycle in safe condition
6. Ride on the right with other traffic
7. Follow the rules of the road
8. Be predictable
9. Protect yourself, wear a helmet
10. Learn from the experienced cyclists

Source: www.bikecommute.com and www.michigan.gov  Photos: Lynn and Robert
October is **Breast Cancer Awareness Month**. Breast cancer is the second leading cause of cancer-related deaths in American women. During National Breast Cancer Awareness Month, we renew our commitment to fighting this disease, raising awareness, and supporting those affected by breast cancer. Research has shown that several factors may increase the risk of developing breast cancer, including family history, age, genetics, and obesity. Healthy lifestyle choices and regular exercise can help reduce the risk of developing breast cancer. Mammograms, regular self-exams, and clinical breast exams can help doctors diagnose cancer before it has a chance to spread. When breast cancer is detected early, treatment is more effective, giving hope to patients and helping save lives. - George W. Bush

**Ways You Can Help Lower your Risk of Breast Cancer**

- Control your weight and exercise. Make healthy choices in food and drink.
- Stay active. Keep a healthy weight and increase activity.
- Know your family history. If you have a mother, sister, or daughter with breast cancer, ask your doctor how you can lower your risk.
- Some women use hormone replacement therapy to treat the symptoms of menopause. Ask your doctor about the risks and benefits of HRT.
- Limit the amount of alcohol you drink.

Source and photos: http://www.cdc.gov/features/breastcancerawareness/

**Healthy Lung Month** is sponsored by the American Lung Association (ALA) and focuses on several areas affecting healthy lungs including Asthma, COPD, Hay Fever, Allergies, Lung Cancer, Smoke Free Air and Smoking Cessation. The ALA calls upon the higher education community to join the *Smoke free Air 2010 Challenge*, a nationwide movement to eliminate exposure to secondhand smoke in public places and workplaces no later than 2010 and reduce smoking-related illnesses, by suggesting the following policies and initiatives in this school year:

- Prohibit tobacco use at all indoor and outdoor facilities, private offices, residence halls and dormitories.
- Stop the sale and advertising of tobacco products on campus and in college controlled publications, properties and events.
- Refuse all research and sponsorship funding from the tobacco industry.
- Provide smoking cessation programs to all students, faculty and staff.
- Implement and enforce strong policies to aid in the prevention, cessation and elimination of tobacco use across campus.
- Educate students and faculty about the harmful effects of using tobacco products, the resources available for cessation and campus policies.
- Promote and fund research to design and implement smoking and tobacco use interventions that specifically target college students.
- Lobby state legislatures to create laws to prohibit tobacco use on campus.

For a copy of American Lung Association's report on smoking trends on college campuses titled: *Big Tobacco on Campus: Ending the Addiction*, visit: www.lungusa.org. Additional resources for students can be found on our Facebook community at: http://apps.facebook.com/healthylungs/.

For more information on the American Lung Association and the source for this article and photo go to: http://www.lungusa.org
National Disability Employment Awareness Month

National Disability Employment Awareness Month is an opportunity to recognize the contributions and accomplishments of Americans with disabilities and to underscore our Nation’s commitment to advancing employment opportunities for all our citizens. Americans with disabilities strengthen our country’s workforce, and their achievements help keep our Nation the world’s economic leader. Landmark reforms such as the Americans with Disabilities Act of 1990 have helped to ensure that individuals with disabilities are better able to engage in productive work and participate fully in the life of our Nation. It is important that we continue to expand on these opportunities for Americans with disabilities by eliminating the barriers and false perceptions that hinder them from joining the workforce. By enhancing the workplace environment for people with disabilities, employers can help provide access to jobs that allow these individuals to demonstrate their potential and realize their dreams. — George W. Bush


Judi Chamberlain, Steven Hawking, Franklin Roosevelt

BCBSM Online Claims Status Check Feature

BCBSM Online Claims Status Summary

Blue Cross Blue Shield of Michigan now provides an online claims status feature that allows customers to view their claim status and those of dependents with the click of a mouse. Information available online includes: claim number, service date, member name and birth year, provider name, claim charge, member balance, and claim status.

The online tool currently provides information to BCBSM members but not to those members covered under the Medicare Advantage and Blue Basic plans. The online tool does not provide information on dental, vision, hearing, or prescription coverage. These areas of coverage are being considered for future online services.

To access the online claims status tool:

Go to http://www.BCBSM.com.

Log in to the Member Secures Services.

Click on Claims Summary, currently under the Coverage and Claims section.

Claims summaries can be searched by:

- Patient
- Service dates
- Status
- Claim type

Oral Hygiene Month and Links Between Oral and General Health

Problems in the mouth can signal trouble in other parts of the body. AIDS and osteoporosis are examples. Saliva, like blood and urine, can also be used to detect and measure many compounds in the body. Saliva collection is noninvasive. The human mouth is home to millions of microorganisms, most of them harmless. Under certain conditions, however, some can cause oral infections such as tooth decay or gum disease. Oral bacteria may also enter the bloodstream if normal protective barriers in the mouth are breached. In people with healthy immune systems, the influx of oral bacteria into the bloodstream is harmless. If the immune system is weakened by disease or medical treatments, however, oral bacteria can cause infection in other parts of the body.

Recent studies point to associations between oral infections — primarily gum infections — and diabetes; heart disease; stroke; and preterm, low-weight births. To date, there is not enough evidence to conclude that oral infections cause these serious health problems. Research is under way to determine if the associations are causal or coincidental. Source: http://www.cdc.gov
Celebrate Wellness

Don’t forget our ongoing effort to control health care costs and promote wellness. The Wellness Committee invites you to participate in this unique 11-week program. At the end of the 11-weeks, those individuals who have participated in eight of the 11-weeks will be eligible for a special drawing for 2 grand prizes. Winners will be announced in the Healthy Notes Newsletter. Week One winners are: JoDee Larsh and Maggie Salinger. Check our web-page: http://webb.nmu.edu/Wellness/Images/Celebrate_Wellness_2008.pdf

Barbecue Roasted Salmon

“Simple seasonings perk up the salmon with a sweet spicy rub. Easy to make and enjoyable to eat.” – Holly Clegg, coauthor of Eating Well Through Cancer:

Ingredients
* 4 (6-ounce) salmon fillets
* 2 tablespoons light brown sugar
* 4 teaspoons chili powder
* 1 teaspoon ground cumin
* ¼ teaspoon ground cinnamon
* Salt and pepper to taste

Instructions
Preheat oven to 400 degrees. In a small bowl, mix together the brown sugar, chili powder, cumin, cinnamon and salt and pepper. Rub over the salmon and place in an 11x7x2-inch baking dish coated with nonstick cooking spray. Bake for 12 to 15 minutes or until fish flakes easily when tested with a fork.

Makes 4 servings.

Food Facts
* Calories - 234
* Protein (g) - 34
* Carbohydrate (g) - 8
* Fat (g) - 6
* Calories from Fat (%) - 25
* Saturated Fat (g) - 1
* Dietary Fiber (g) - 1
* Cholesterol (mg) - 88
* Sodium (mg) - 144
* Diabetic Exchanges: 5 very lean meat, 0.5 other carbohydrate

Source and photo: http://www.nbcam.org

Bicycle Trails and Information

http://www.exploringthenorth.com/mtbike/mtbike.html
http://www.mmba.org/portal.php

Information in this publication is meant to complement the advice of your physician, not to replace it. Before making any changes in your medications, diet or exercise, please consult your physician. Questions? Email Wellness@nmu.edu