NATIONAL HALLOWEEN SAFETY MONTH

HALLOWEEN IS AN EXCITING TIME FOR CHILDREN AND PARENTS ALIKE. BUT THE HOLIDAY ISN'T JUST ABOUT COLLECTING CANDY! ACTIVELY OBSERVING NATIONAL HALLOWEEN SAFETY MONTH HELPS TO KEEP YOU AND YOUR LOVED ONES SAFE. BELOW ARE SOME TIPS TO HELP YOU WITH HALLOWEEN FUN AND SAFETY.

BEFORE YOU LEAVE THE HOUSE:
- MAKE SURE AN ADULT IS ACCOMPANYING ANY CHILD UNDER THE AGE OF 12
- PLAN AND DISCUSS THE ROUTE FOR YOUR TRICK-OR-TREATERS TO FOLLOW
- INSTRUCT CHILDREN TO TRAVEL ONLY IN FAMILIAR AREAS & ONLY GO TO HOUSES OR APARTMENTS THAT ARE WELL LIT

COSTUMES:
- MASKS SHOULDN'T OBSTRUCT THE CHILD’S VISION OR AIRWAY
- COSTUMES SHOULD BE SHORT ENOUGH SO THAT THEY DO NOT POSE A TRIPPING HAZARD
- PIN A SLIP OF PAPER WITH YOUR CHILD’S NAME, ADDRESS, AND PHONE NUMBER IN CASE THEY ARE SEPARATED FROM YOU OR THE GROUP
- KNIVES AND SWORDS SHOULD BE MADE OF FLEXIBLE MATERIAL
- BAGS CARRIED BY CHILDREN SHOULD BE LIGHT-COLORED & REFLECTIVE

HOME, SAFE HOME:
- REMOVE ANYTHING A CHILD COULD TRIP OVER IN THE FRONT YARD
- RESTRAIN PETS SO THEY DON’T JUMP ON CHILDREN
- CHECK OUTDOOR LIGHTS AND REPLACE BURNED-OUT BULBS
- CHECK ALL CANDY BEFORE ALLOWING CHILDREN TO EAT THEM

MOTORISTS BE ALERT!
- WATCH FOR CHILDREN DARTING OUT BETWEEN CARS
- WATCH FOR CHILDREN WALKING ON ROADWAYS, MEDIANs, AND CURBS
- ENTER AND EXIT DRIVEWAYS AND ALLEYS CAREFULLY
- AT TWILIGHT AND LATER IN THE EVENING, WATCH FOR CHILDREN IN DARK CLOTHING

LOCAL TRICK OR TREATING TIMES
MARQUETTE: NO SET HOURS, DAY-TIME RECOMMENDED
NEGAUNEE: 4PM—7PM
ISHPeming: 4PM-7PM
GWINN: 5PM-7PM

*SOURCE: WWW.WELLSPHERE.COM

October marks the 25th anniversary of National Breast Cancer Awareness Month. This month is dedicated to promoting awareness of breast cancer issues. Aside from certain types of skin cancer, breast cancer is the most common type of cancer in women. Mammograms are the best way to detect breast cancer in the earliest stages when treatment is the easiest. The American Cancer Society recommends that all women over the age of 40 should have a mammogram performed yearly. The most common symptoms of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast.

Locally, the following events concerning breast cancer will be taking place:

October 7th—Free breast cancer screening at Marquette General Hospital from 10-2 pm
October 8, 15, 22, and 29—Journey Through Breast Cancer at Marquette General Hospital from 7-8:30 pm. MQT General is located at 580 W. College Ave in Marquette. For more information please call the hospital at 228-9440.

*Source: www.nbcam.org

Celebrating National Breast Cancer Awareness Month
Sugar vs. Substitutes: The Debate

At one time sugar substitutes seemed to be a person’s dream—come true—all the taste, sweetness, and satisfaction of sugar coupled with zero calorie consumption. To good to be true? Just maybe…Considered below are some of the common sweeteners.

Sucralose (Splenda):

This non-caloric sweetener’s tag line is that it is natural and “made from real sugar.” Splenda is actually made by replacing two of the molecules from table sugar with chlorine. This synthetic compound passes undigested through the body and is 600 times sweeter than sugar. Although approved by the FDA, research on rodents has shown that sucralose causes shrinkage to the thymus gland (a gland essential to a healthy immune system), as well as some enlargement of the kidneys and liver. These conditions were the result of consuming high doses of sucralose.

Among average consumers there have been complaints of stomach cramps, moodiness, and generalized pain.

Aspartame (NutraSweet, Equal):

This is one of the most widely used sugar substitutes to date. It is also one of the most controversial. Aspartame is produced by combining two amino acids, aspartic acid and phenylalanine. It also contains ten percent methanol, which is an alcohol that breaks down into formaldehyde within the body. Aspartame is responsible for eighty five percent of complaints made to the FDA. Headache, dizziness, depression, breathing difficulties, menstrual irregularities, and hyperactivity are just some of the ninety different symptoms included in these complaints.

Results of aspartame research have also supported the claim that sweeteners may actually cause weight gain. When your body craves something sweet, serotonin levels go down—it’s a physiological reaction. When you eat sugar, your serotonin level goes back up. If you eat aspartame, the level does not go back up, it actually continues to go down. This can just lead to stronger urges to eat sweets.

(continued on bottom of page 3)

2009 Hayes Corn Maze

Located at 3474 St. Nicolas Rd. in Rock, the Hayes Corn Maze opened this for another year of what has become a fall UP family tradition.

For the past eight years, the Hayes family has entertained children and adults alike with a seven acre corn maze and numerous other festivities. Guests can “get lost” in the smaller one acre hay maze, pick a pumpkin from the pumpkin patch, visit the Noah’s Ark petting zoo, sit by the campfire, take a tractor ride, or climb hay mountain, and much more!

In you are looking for something a little spookier, bring a flashlight for after-dark fun, or join them Halloween night for Spook night when the maze comes to life!

For the 2009 season, Hayes Corn Maze & Pumpkin Patch will be open from September 19th—November 1st. This year’s theme is Big Boy Restaurants. The seven acre maze has been designed to look like the trademark boy holding the “original Big Boy” sandwich.

For pricing and hours (plus a list of all activities), visit www.hayescornmaze.com or call 906-359-4825.

Soup Symposium—“From the Earth to Your Palate”

October’s soup symposium will be hosted by Dining Services Registered Dietitian, Robin Rahoi. The presentation will focus on making participants more comfortable with foods that some may avoid buying, often because they aren’t aware of how to prepare or eat them.

Come join us and discover some facts about “scary” foods and enjoy an interactive lunch and learn soup symposium. Robin will be serving a delectable kale, sausage, and sweet potato soup. She’ll even let you play with your food!

The symposium will be held on Wednesday, October 21st from noon–1 pm in the Charcoal room located in the university center.

Please reserve your spot and RSVP to: wellness@nmu.edu
Food for Thought: Sausage and Lentil Soup

October is the perfect month to cozy up with a dinner of homemade sausage and lentil soup. This is one of my fall favorites.

Ingredients
- 1 Tbsp olive oil
- 1 carrot, diced
- 2 celery stalks, diced
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 1 lb bulk hot Italian sausage, bulk
- 8 cups chicken broth
- 28 oz can crushed tomatoes
- 2 cups dried lentils
- 3/4 tsp black pepper

1) In a large saucepan, heat oil. Add carrot, celery, onion, and garlic. Sauté until tender.
2) Remove vegetables from the pan and add sausage, brown and drain off fat.
3) Place chicken broth, sautéed vegetables, and tomatoes in with the meat.
4) Add lentils and seasonings.
5) Simmer until lentils are tender (30-45 minutes). Remove 1/3 of the soup and puree it (using a blender), then return to pot.
6) Correct seasoning and remove bay leaf.
7) Serve with fresh bread and parmesan cheese for sprinkling on top.

Enjoy!

* Source: www.joyofsoup.com

Women and Heart Disease

Women are six times more likely to die of heart disease than of breast cancer. Take this quiz to help predict your risk for developing heart disease.

1) Coronary heart disease develops gradually over many years and can easily go undetected.
   T or F

2) Women are less likely to get heart disease after menopause than before.
   T or F

3) If a woman has a heart attack, she is more likely to survive than a man.
   T or F

4) When men reach about 55, their blood cholesterol levels start to rise, but women's seem to stabilize.
   T or F

5) African American females are more likely than Caucasian females to die from coronary heart disease or stroke.
   T or F

6) Women smokers double their chances of having a heart attack over those that don’t smoke?
   T or F

7) Women with heart disease have a lower risk of stroke.
   T or F

“One out of two women are going to have, live with, or die from heart disease and stroke... It is amazing women still aren’t getting the message, and one has to ask why.”

~ Martha Hill

(answers on back)

Sugar vs. Substitutes (cont.)

Saccharin (Sweet ’N Low, Sugar Twin):
Briefly banned in 1977 for being linked to causing bladder cancer in rats, this sweetener was required to carry a warning label, citing it as a possible carcinogen until the year 2000. The label was removed because scientists have been unable to prove that what is true for rats is also true for humans. Saccharin is arguable the world’s oldest sugar substitute with it’s date of development going back to 1879 at John Hopkins University. It is 200-700 times sweeter than sugar and remains to be as popular as it is controversial.

Facts about white sugar (table sugar):
White table sugar is a refined sugar usually derived from sugar cane or sugar beets. It has about 15 calories per teaspoon. During the refinement process, most of the nutritional value of the natural sugar is removed leaving a simple sugar in its place. This fact is what earned refined sugar the reputation of providing “empty calories.” The body cannot discern between natural sugars (found in fruit and honey) and refined sugar (they are chemically identical) and therefore digests them the same way.

* Source: www.findingbalance.com,
* www.cbn.com
* http://caloriecount.about.com/sugar-facts
Tips to add more fruit to your diet:

1) Try fruity meat recipes, such as chicken with apricots or pork chops with apples.
2) Keep a snack of dried fruit in your bag or desk.
3) Blend fat-free or low-fat milk or yogurt with bananas, peaches, or berries in a fruit smoothie.
4) Decorate plates or serving dishes with sliced fruit.
5) Include crushed pineapple in coleslaw or mandarin organs or grapes in your lunch salad.

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www.nmu.edu/wellness

Answers to Women's Heart Disease Quiz:

1) True. Coronary heart disease takes years to develop. It can take almost a decade longer to show up in women. By this time, preoccupation with other disease concerns (such as cancer or arthritis) draws attention away from the "steadily ticking time bomb of heart disease."

2) False. After menopause, women's risk of heart attack and stroke continues to rise with age. Loss of estrogen is a significant contributor to women's developing heart disease after menopause.

3) False. Women have a lower chance of surviving heart attacks. Studies show that 38 percent of women die within a year, compared with 25 percent of men. At older ages, women who have had heart attacks are twice as likely as men are to die from them within a few weeks.

4) False. Most men's cholesterol levels become more stable around age 55, while both LDL, the "bad" cholesterol, and total cholesterol levels in most women start to rise.

5) True. African American female's death rate is 35% higher for coronary heart disease and 71% higher for stroke than for white females.

6) True. Women who smoke run more than twice the risk of having a heart attack as women who do not smoke.

7) False. Coronary heart disease is a major risk factor for stroke.

*Source: www.healthline.com

Do You Worry To Much?

For many people worrying is an emotion dealt with on a daily basis. Advice to merely "get over it" or to "chill out" rarely works. Below are four different types of worrying styles. Identify yours and follow the advice to help alleviate some of that worrying!

1) The Generalist:
You worry as a way of life, about everything and nothing in particular. Your brain is always in worry mode. You may feel significant anxiety over whether the waiter will get your order right or if you'll make it to the bank before it closes.

Coping Strategy:
To change your worry habits, you'll need to distinguish between productive and unproductive worry. Try and discern what you're worrying about. Is it helping you become more prepared or more anxious? Does it focus your attention or scatter it? For example, focusing on the outline of a speech your about to give may help motivate you to plan it carefully. But if your concerned by "what if no one shows up?" it provokes anxiety, especially since you can't control it.

2) The Control Freak:
Consciously or not, you believe that you can control the world with your thoughts. If you worry about something long and hard enough, you'll make that good thing happen or prevent a bad thing from happening. Consumed by uncertainty and fearful of change, you feel that you could stop worrying if only you had the one thing that eludes you—total control.

Coping Strategy:
It is impossible to know what is going to happen tomorrow, six months, or a year from now because life is constantly changing. Don't use worry to protect yourself from the unknown.

The notion that we can control the future with worry is inherently flawed—and impossible. To help alleviate your worrying try and focus on what's happening right now. When you walk your dog, focus on the movement of its legs. When you eat an orange become consumed by that experience—the smell, the texture. Over time this technique will help you embrace the flow of life and give worry fewer opportunities to creep in.

3) The Rehasher
You ponder over past conversations and actions all of the time. You believe that if you revisit the past enough times, you will somehow feel better about it. By worrying about it, you hope to escape regret. It never works, yet you keep at it.

Coping Strategy:
Rather than go over conversations, write down what happened, how you acted, and what you'll do differently next time.

Instead of using "worry words," (such as should, can't, no one, or everyone) use more realistic terms such as could, can, sometimes, and some people. The most valuable thing you gain from experience is the wisdom to handle the situation more wisely should it arise again. When you're done doing this—close the book on it.

4) The Worldwide Worrier:
Your concerned about the fate of the world in general and burdened with thoughts of war, hunger, or other world issues.

Coping Strategy:
Rather than exert energy worrying about the problem, transform those unproductive thoughts into actions that support the causes close to your heart. If your worried about the planet, devise a plan for making a difference. This could mean changing your buying habits or participating in a local activist group. Actions are an antidote to worrying.

*Source: www.wholeliving.com