

Red Cliff Education Division NEWSLETTER: November 2010

Gashkadino-Giizis Ice is Forming Moon

Inside this issue:

Classroom Updates

Events Calendar

Community Pow Wow

Family Literacy

Coloring Sheets

Dramatic Play Education

Energy Assistance Info

Policy Council Minutes

Special points of interest:

- * ECC Closed: Thursday, November 11th
- * ECC Holiday Break: November 24th, 25th and 26th. Classes resume Monday, November 29th
- * Community Pow Wow and Feast: Tuesday, November 23rd @ 10:30am
- * EHS Outdoor Play Space under construction.....
- * ECC Awarded ANA Language Grant!

Is your child in the correct safety seat?

Having your child in a safety seat is the first important fact in providing a safety seat; having the correct seat is the MOST IMPORTANT!

- Infants typically ride in a rear facing infant seat until they outgrow or out weigh the seat.
- Infants typically move into a convertible seat around 20 pounds and/or when they out-grow the seat in height.
- Infants are recommended to stay rear facing in a convertible seat until 35 pounds.
- Infants are turned forward facing in a convertible seat around 35 pounds and stay in a convertible seat until they outgrow the seats height and weight restrictions.
- Toddlers typically move into a combination seat (forward facing) around 30-35 pounds and stay in this seat unit they outgrow the harness weights (typically 40 pounds). After this a combinations seat's harnesses should be removed and the seat can then be used as a booster seat with a regular adult seat belt.
- Children who weigh more than 40 pounds should use an appropriate booster seat until they fit into an adult seat belt comfortably and appropriately. This can be until a child is 4 foot 9 inches and can vary for each child and each vehicle.

The ECC and Health Center have Child Passenger Safety Technicians available who can help you determine if your child is in the correct seat and if you are using it right (car seat check). Feel free to ask for this at any time. If you are in need of a safety seat, please contact ECC Family Services or the Health Center anytime.

Congratulations Johnson O' Malley Committee!

Congratulations to the following individuals who were appointed to the

Johnson O'Malley committee:

Gina Mertig

Terry Barningham

Julie Gordon

Kim Gordon

Beth Peterson



November 2010



Gashkadino-Giizis (Ice is Forming Moon) *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tribal Council Meeting 6:30pm	2	3 SBS/SIDS Training @ ECC Health Fair @ Bingo Hall 9-1 Sewing Class 5pm	4	5 Immunization Clinic 8-4:30 Bayfield School Early Release @ 12:45 pm	6
7 Church Bazaar: 10:am @ Bingo Hall *Daylight Saving Time Ends	8 Special Policy Council meeting 12:00	9 Picture Retakes 8:00am	10 Sewing Class 5pm	11 ECC CLOSED Veteran's Day Bayfield School Parent Teacher Conferences-Red Cliff Bingo @ 4:00	12	13
14	15 Policy Council Meeting 12:00 ECC Ojibwe Language Committee Meeting @ 3:00 pm	16 Immunization Clinic 8-4:30 Bayfield School Parent Teacher Conferences-Bayfield @ 4:00	17 Sewing Class 5pm	18	19 *ECC All Staff Meeting: 9:00 am-noon ~Home Base Socialization 10-12 @ ECC	20
21	22 Breastfeeding Support Group 10-12 @ Health Center	23 <u>Community Pow Wow & Feast @ ECC:</u> <u>10:30 am</u> *Tribal Council Meeting 4:30	24-26 Holiday Break! ECC CLOSED			27
28	29	30				

EHS PLAYGROUND IMPROVEMENT GRANT

Submitted by: LaVonne Chenault-Goslin
Early Head Start Director

Maybe some of you have noticed the new improvements to the Early Head Start playground as you drive in with your children. Yes, there have been steady improvements being made to our playground since the beginning of September with approval from the funding agency to use leftover funds from our Spirit Heart Program. The Spirit Heart Program ended its fifth year of funding at the end of September as was planned.

We are very, very lucky to have a very skilled carpenter doing most of the work for us in our playground. We would like to thank David Andrews for all of his efforts and patience with us as he and I worked with a playground consultant—Mr. Gerry Slater, from Design4Kids, out of Milwaukee. Also, we have enlisted the help of Ed Boyd to remove some structures for us. They all have been wonderful. And we can't forget our ECC maintenance staff and all their help as well: Marvin Morris and David Boyd.

Some of the cool structures that have been changed or added since September are:

- Both back and front gates now have the proper grounding to keep them shut
- The kitchen exhaust behind the building, but where the kids come from Esiban classroom into playground has been enclosed with safety fence
- New sidewalk was poured behind the playground—where Esiban children enter
- A *Bye Bye Buggy garage* was built extending out of the fence to house four of our big buggies. This was done to increase play space in the playground.
- A child's *Observation Tower* was built with two sets of stairs and railings in the southwest corner of the playground next to the gravel driveway. Other items will be added to it for the childrens' playing enjoyment soon.
- Three *Tiki Huts* were added for safety purposes and beautification to enclose an air conditioner unit as well as two compression units in the playground

More exciting news for our EHS children, families, and staff!!! We applied for additional funding to finish all the other improvements recommended to us by Mr. Slater through the *Buffett Early Childhood Fund*. We were just awarded the entire amount of \$35,871. A check made out to the Red Cliff Band of Lake Superior Chippewa was received yesterday.

We will be setting a timeline for when we can do each project (due to winter snowfall). Some of the expected projects coming next week are:

- A *rocking bench*
- A low rider toddler swing
- Infant play panels, mirror, crawl-about tunnel in Infant fenced-in play area

Other big projects coming in the next year are:

- Cedar stage/platform in middle of fence on west side
- Cedar bridge with dry-rock stream bed
- Walking path around circumference of west playground
- New toddler playhouse
- Two toddler-sized wigwams w/imitation birchbark on canvas covering
- Infant slide/ramp
- Trees and plants
- Birchbark stumps for small *Gathering Circle*
- Bye Bye Buggy coverings for the two doors
- Canvas Drop Down Coverings with 3' x 4' heavy plastic windows for baby area (pavilion)
- *Trike Garage*
- Rustic Arbor Entry into playground
- Painted trike road onto concrete
- Other surprises to come!!!

NOVEMBER 2010

Home Base News

Birthday wishes go out to:

Brooklyn Milligan 11/1

Jeremy Peterson 11/12

Brittney Pratt 11/13

**Don't forget the
ECC will be
closed on
November 11 for
Veteran's Day
and the 24, 25
and 26 for a
holiday break!**

Join us for our Socialization/play day on
November 19 at 10:00 am ~ Noon
We will be scrapbooking so bring your photos
and scrapbooks and we'll supply the rest!
Lunch will be served at 11:00

*Everyone is invited to the ECC on
November 23rd for a Community
Pow Wow and feast at 10:30 am.*

Gashkadino-Giizis

Waabooz Abiwin

All of the babies are doing so well. Everybody is pretty well adjusted to the daily schedule. Now we are working on becoming aware of each other and our space.

What Have We Done So Far?

We have gotten used to our daily routines. We have worked on our Introduction Interviews and almost have everyone recorded. We have begun to know what we like and what don't like for food, comforting and play.

Ari likes to stand up but she does not like bananas. Braun likes to play outside, but he does not like smushy food. Brody likes to hide under the cribs, but he does not like to wait for his food. Elliott likes to walk everywhere, but she does not like when her teachers leave too suddenly. Mariah likes to smile, but she does not like chunky food. Nakita likes to dance, but she does not like it when other kids cry. Preston likes eating, but he does not like sitting at the table when he is ready to be done.

Shane likes everyone! But he does not like staying awake when he is ready for bed.

What are we Working on Now?

We will continue to explore our space in the center and each other's personal space. We will be working with each child to promote their individual physical needs as we have so many different ages.

What's coming Next?

Cold weather, fun holidays, art projects, and Ojibwemowin!

Please remember to keep the kids dressed for the weather. Yucky bugs are everywhere this season and as the youngest group, our kids are the most susceptible to getting sick. Some tips to think about...

Rest Well—good sleep helps the kids fight off sickness

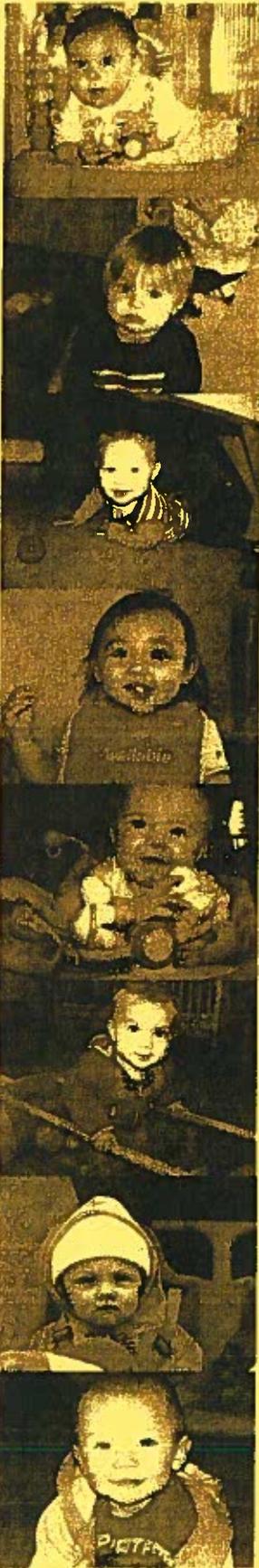
Good Nutrition—this means healthy foods, healthy portions, and lots of liquids

Keep Warm—our little bodies need to be dressed for the weather. This means foot, head, and hand gear.

NOTE! If a child is showing two signs of being ill, s/he must be sent home. Please look in the school calendar at December to see which symptoms require the child to stay or return home.

We would like to officially welcome Reggie Cadotte to the Waabooz Abiwin. Reggie is our ANA Project Coordinator and will be keeping the language project organized and helping all of us to work together. He will be helping to hire two language teachers, one for our class and one for the parents, by the end of November.

He is very helpful and is excited to work with us, so feel free to contact him with any questions, comments or suggestions in his office during regular business hours or through telephone at 715-779-5030 ext. 233.



Amik Room

We have been exploring and making friends.

We have been working hard on our self help,

Washing up, brushing teeth, using our silver ware, and helping with jacket.
We like gathering time our new song and and flannel pieces are:

Five little pumpkins

five little pumpkins sitting on the gate.

The first one said "oh, my it's getting late!

The second one said, "There are witches in the air."

The third one said, "But we don't care"

The fourth one said, "Let's run, let's run

The fifth one said, "Isn't Halloween fun?"

Then Woooooo went the wind

and OUT went the lights

and five little pumpkins rolled out of sight.

Our weather is changing so make sure your child has winter gear, for we go try to go outside everyday.

Our Ojibwe words for November are:

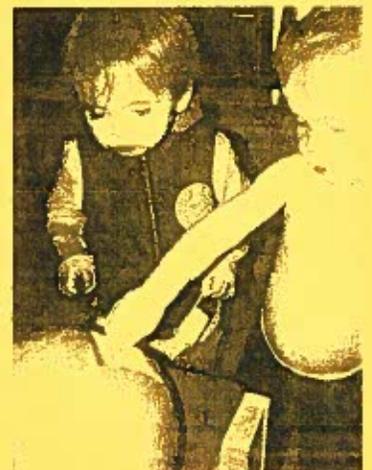
minikwen- drink

mizise-turkey

Karen and Teresa have enjoyed seeing your children grow so much!



Teresa and Karen

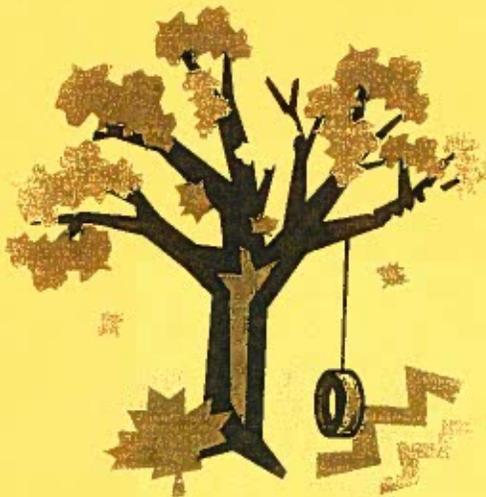


Makwa Room



Wow... it is already November! Parents, the weather is getting colder and that means hats and mittens! We go outside on a daily basis, so please make sure to send your child with mittens, hats, heavy jackets, snow pants and boots. Also, please make sure your child has two sets or extra clothes in their cubbies. We do different activities on a daily basis and sometimes it gets a little messy!

This month we will be working on using silverware, shapes, finger plays (look for flyers to be sent home), cutting and naming body parts. If there is something you would want your child to learn, please feel free to let us know.



If at any time you have questions or concerns please feel free to contact us at 715-779-5030 ext. 244

Thanks,

Ms. Jamie, Ms. Liza and Ms. Vicki



Esiban News

We are having a blast in our room this year! Everyone has adjusted to the room very well. Fun and learning take place every day! We have introduced circle time and the kids are having fun! Some songs we are learning are Twinkle Twinkle Little Star, ABC's, Three Little Monkey's and It's Raining It's Pouring! We would like to welcome Wendy Fletcher to our room. Wendy is doing a practicum in our room through WITC and will be in our room on Wednesday's. We are learning to count to ten in Ojibwe; your kids are doing great and some can go to three or four. If you would like a list to work on at home let us know! If you are currently working on skills at home that you would like us to incorporate at school let us know and we would be happy to help with your goals!

Davis loves to do puzzles!

Ross enjoys playing with the costumes!

Skyler loves to play with the Esiban puppets!

Olive enjoys playing in the water!

Jacob enjoys practicing his cutting skills!

Ira has fun playing with the potato heads!

Abby loves to swing!

Teegan enjoys playing with cars!

Thanks so much for calling in if your child will not be at school!

-Nadine, Amber and Britany



Mashkodebizhiki Room

Boozhoo. The leaves have fallen and the weather is getting colder. Just a little reminder that we do go outside every day and that warm clothes make it a much more enjoyable time outside. Please make sure your child has a warm jacket and appropriate foot wear for outside. Gloves and hats are just around the corner so it is something to think about. Please remember to label all of your child's outer wear. We have 15 children and that means a lot of gloves and hats to keep track of. Help your child get in the habit of putting gloves and hats in their jacket sleeves to help ensure their safety.



This time of year also brings colds and other nasty germs our way. Please remember to encourage your child to cover their cough and wash their hands. We would like to thank you in advance for keeping your children home when they aren't feeling well. This helps keep our whole room healthy.

We have started small groups so that we can focus on specific areas of development. There are currently three children in each group and they get fifteen to twenty minutes a week to work on a specific area based on that week's lesson plans and the groups area of need. Things that we have been working on have been writing names and other letters and identifying colors and shapes. All kindergarten bound kids are grouped together and first year children are grouped together. The small groups allow us to focus on each child and give them the attention and help that they need. IF you have any questions or have something specific that you would like us to work on with your child please let us know. We recently sent home paper, crayons and file folders. Please use these to play with and encourage your child to write, cut, and be creative. If there is anything that you need to assist your child in their efforts please let us know, we would be glad to help find materials.

Happy 5th Birthday to Emily!!

Just a few closing reminders...
We will be closed on November 11th for Veteran's Day
And
November 24th—26th for Thanksgiving break.

We hope you have a great month.

Ms. J, Ms. Virginia and Ms. Jenn

MIGIZII CLASSROOM

This month the Migizii Classroom is getting ready for the fall activities, decorating our room for fall, putting out pumpkins, scarecrows and colorful fall leaves!

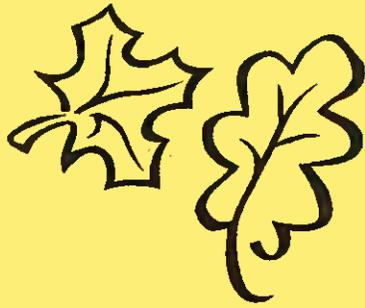


WHAT WE'RE LEARNING in class:

- *Water Table filled with assorted types of paper for practicing cutting and snipping for the younger ones.*
- *Printing our first name*
- *Shape Recognition: Oval, square, triangle, hexagon and circle*
- *Learning self-help skills such as serving ourselves, pouring milk, scooping, using a knife and buttering our own bread*
- *Learning Finger plays "Five Jungle Monkeys"*
- *Painting colorful fall leaves*
- *Movement of shake it down and turn around*
- *Alphabets A to Z*
- *Ojibwe Numbers :Bezhig, niizh, niswi, niiwin, naaanan, ningowaswi, niizhwasswi, ishwaaswi, zhaangswi and midwaaswi.*
- *Ojibwe words: oksimaan, zhigaag, mishiimin, mishiiminaatig, namadabin, ajidamoo, animosh, giigoo and others.*
- *Learning about Our Feelings: using our words instead of hands.*
- *Outdoor learning environment: going to the corn maze, finding colored coins, walking, hiding inside a maze and running.*
- *Next will go visit a neighbor's home to see all their Halloween lawn decorations and have a visit from our local Fire Department!*



~Tracy, Patsy and Diann



Dagwaaging-nikag izhaawag
zhaawanong.

When it is fall- Canada geese are going to
the south.

Aaniin from Ma'iingan class! It has been a beautiful fall and the children have been able to spend a lot of time agwajiing enjoying the changing season. We have gone on nature walks, learned how to call our friend aandeg (we like to fool the teachers as they walk by) and have found fairy houses in the woods! It is going to be so exciting to start exploring the new wooded area of the playground.

We welcome Zoe Basina to our class and have had fun meeting her family too! Some of our recent projects have been: helping our new friend transition into the classroom, thinking about our feelings and how to manage them, writing our names, shape tracing and other fine motor activities-AND we painted a HUGE, LONG ginebig (snake) gourd! (It looked like a rainbow.) New Ojibwemowin focuses on animals (awesiiyag) and action verbs: wiisini (s/he eats), minikwe (s/he drinks), bimose (s/he walks), bimise (s/he flies), bimibatoo (s/he runs) and nibaa (s/he sleeps).

Birthdays and holidays this month: Happy birthday Jasmine! No school Nov.11, Veteran's Day, and Holiday break Nov. 24-26. Happy Thanksgiving!

Families, please come visit our classroom; come play or read us a story! You are always welcome. Here is a list of activities we especially enjoy:

Jasmine: dress-up	Logan A: art projects	Zoe: being in school
Animikiikwe: puzzles	Harmony: coloring	Logan G: singing and moving (IMIL)
Giizhik: playing pretend	Aaricka: circle time	Emily: playing with shaving cream
Alyna: cooking	Kyra: drawing in her journal	Zachary: exploring the woods

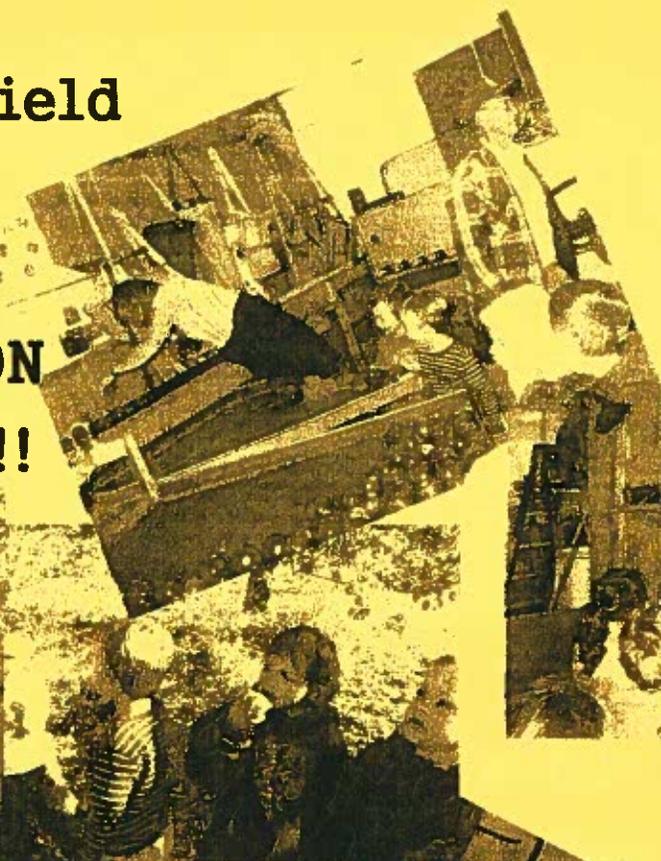
MII' IW- GIGAWAABAMIN -that's all, see you!

~Ms. Linda, Ms. Alicia and Ms. Barb

Head Start Field Trip to the CORN MAZE.....!!



Head Start Field
Trip
to
**ERICKSON
ORCHARD!!!**



ECC Community Pow Wow & Feast

Join us as we celebrate Native American awareness month with a special community Pow Wow and feast. Children



are welcome to wear their own regalia; the ECC will provide some regalia for children too.

Parents, family members and community are welcome and encouraged to come and spend the morning with the children and then join us for a feast!

Tuesday, November 23rd
10:30am @ ECC

To: Red Cliff Community Members

From: Victoria Gokee-Rindal 

Wednesday October 13, 2010

I am applying to be an AFS (foreign exchange student) in Italy during the next 2011-2012 school year. I am fundraising to cover the cost by collecting recyclable items such as cell phones, laptops, ink jet cartridges, ipods/MP3 players, etc.

I am asking for your assistance by helping me with this fundraiser. I will be proud to represent our tribe, Miigwetch.



**Save on Taxes.
 Help an AFS student.
 Protect the Environment.
 Donate your used electronics & jewelry!**

To Whom It May Concern:

AFS is conducting a recycling fundraiser. There's nothing to buy. We are simply asking you to protect the environment by donating your used consumer electronics and unwanted, broken or mismatched jewelry. Your used item(s) may be tax deductible and will be recycled in accordance with EPA regulations. 100% of the proceeds will help fund a local student to study abroad in Italy.

We are currently collecting the following items:

- | | | | |
|--|-------------------------|---------------------------------|---------------------|
| Cell Phones (no chargers, cases, or earpieces) | Laptop Computers | Inkjet Cartridges | MP3 Players/ I pods |
| Digital Cameras | Digital Video Cameras | Handheld Game Systems | GPS Devices |
| Radar Detectors | Electronic Book Readers | Gold, Silver & Platinum Jewelry | |

Please drop off any items you would like to recycle at: 37630 Bishop Lane Bayfield WI, 54814 OR at the Bayfield High School Office labeled "RECYCLING FUNDRAISER" in a bag or box.

We greatly appreciate your support! Thank you for supporting an AFS student while going green!

Best regards,

AFS
Victoria Gokee-Rindal / (715)209-0569

.....
 (Tear along dotted line and retain for your records)

Tax Deductible Donation Acknowledgement

Thank you for your donation. We cannot make any determination as to the value of the specific item(s) you have donated to us. Generally speaking, older items will not warrant a tax deduction (but still can be recycled). You should consult your tax advisor regarding value determination for tax purposes. The IRS requires the following information for tax deductions of \$250 or less. Please fill in the information indicated below and retain this for your tax records.

(Insert organization name here)

Donation Organization

Donation Date

Description of item(s)

\$

of Items

Value of Donation

Donor's Name

Donor's Address

WHAT parents need to know about INFLUENZA

WHAT IS influenza?

Influenza, commonly called "the flu," is a highly contagious disease that is caused by a virus, which infects the respiratory tract (nose, throat, and lungs). Unlike many other viral infections, such as the common cold, influenza causes severe illness and life-threatening complications in many people. Young children, *particularly those with long-term medical conditions such as asthma*, are at high risk for severe illness, hospitalization, and even death, if they get influenza.^{1,2}

HOW DOES it spread?

The influenza virus spreads from person-to-person via respiratory droplets when an infected person coughs or sneezes. Unfortunately, people can spread influenza before they realize that they are ill. In general, adults are infectious for about 2 days before symptoms start until about 5 days after the start of the illness. Children spread more influenza viruses for even longer periods.³

WHEN IS influenza season?

Influenza season can run from late fall through early spring. The best time to get the influenza vaccine is September through November. Influenza season usually peaks between December and early March. So getting the influenza vaccine in December, or even later, can be beneficial.^{1,7}

September	October	November	December
January	February	March	

WHO should get influenza vaccination?

- ▼ Children 6–59 months of age¹
- ▼ Children with high-risk conditions, such as asthma¹
- ▼ Adults 50 years of age and older¹
- ▼ Adults with high-risk conditions, such as diabetes¹
- ▼ Health-care workers¹

Children who are younger than 9 years of age and getting the influenza vaccine for the first time should get 2 doses, given at least one month apart.¹

WHY should children be vaccinated?



Children under 5 years of age are at increased risk for influenza-related hospitalization.^{1,3} In fact, influenza causes more hospitalizations among young children than any other vaccine-preventable disease.^{3,4} Additionally, influenza/pneumonia is the **6th** leading cause of death among young children (1 to 4 years old) in the United States.⁵



INFLUENZA VACCINE: MYTH OR FACT?

MYTH: *The vaccine can cause influenza.*

Fact: The injectable influenza vaccine is made from inactivated (or killed) viruses. This means that people **cannot** get influenza from the vaccine.¹

MYTH: *Influenza is not a serious disease.*

Fact: Influenza is more than just a bad cold; it is a very serious disease. It is estimated that influenza causes more than 200,000 hospitalizations and 36,000 deaths each year in the United States. Most of the people who die are 65 years of age and older. However, young children (under 5 years old) are hospitalized due to influenza-related complications as often as older people.^{1,2}

MYTH: *The side effects of the vaccine are worse than influenza.*

Fact: Serious problems from the influenza vaccine are very rare. The most common side effect that a person is likely to experience is soreness where the injection was given. This usually goes away after a day or two.¹ However, there are people who **should not** be given influenza vaccine—

- Infants less than 6 months of age¹
- People who are allergic to eggs, egg products, or to any component of the vaccine¹
- Anyone with a history of Guillain-Barré syndrome (GBS)¹
- Anyone who is sick and has a fever; in this instance, influenza vaccination should be rescheduled¹

MYTH: *You must be vaccinated in the fall.*

Fact: The influenza vaccine can be given before or anytime during the influenza season. The best time to get vaccinated is September through November. However, because influenza season typically peaks in February or March, getting vaccinated through March can still be beneficial.¹

MYTH: *Only old people need influenza vaccine.*

Fact: People of all ages can get influenza. Anyone with a chronic medical condition like asthma, diabetes, heart disease, and kidney disease needs to be vaccinated. Influenza vaccination is also recommended for all children 6–59 months of age and close contacts and caregivers of these young children.¹

MYTH: *The influenza vaccine doesn't work.*

Fact: The influenza vaccine prevents illness in approximately 77% to 91% of children (1 to 16 years old).⁶ It is possible for some people to still get influenza even after getting vaccinated. This may occur because a person is exposed to the influenza virus right before getting vaccinated or before the vaccine has taken effect. However, these people usually get a milder case of influenza. Remember, it can take up to two weeks for your body to develop protective antibodies against influenza. During that time, you are still at risk for getting influenza.^{1,2}

MYTH: *Getting the influenza vaccine every year isn't necessary.*

Fact: Strains of the influenza virus change every year, and a new influenza vaccine is developed to match these specific strains and stop their ability to cause infection. In addition, after you get vaccinated your immunity declines over time. So the vaccination you had last year will not provide protection against this year's influenza virus.^{1,2}

MYTH: *The influenza vaccine makes asthma worse.*

Fact: A study conducted by the American Lung Association in over 2000 children and adults (3 to 64 years old) with asthma demonstrated that the injectable influenza vaccine does not worsen asthma or even severe asthma.⁷ Given the seriousness of influenza and the findings of this study, people with asthma should receive the influenza vaccine every year.¹

★ **GOOD HEALTH STARTS BEFORE YOUR CHILD IS BORN**

If you are pregnant, it is very important that you give your child the advantage of a healthy start in life. Make sure you are receiving proper pre-natal care including regular check-ups, taking pre-natal vitamins, eating well, and avoiding alcohol, drugs, and tobacco.

★ **THE IMPORTANCE OF GOOD DENTAL HYGIENE**

Taking good care of teeth is part of staying healthy. Poor dental care can lead to other illnesses. You can help protect your children's teeth by following these habits:

- Don't allow your baby to fall asleep with a bottle
- Offer healthy foods that are low in sugar
- Develop teeth brushing routines after meals and before bedtime
- Schedule a first dental visit by the time your child is three years of age



CREATE A HEALTHY LIFESTYLE

GET ENOUGH SLEEP

Without enough rest children are more likely to become sick, as well as have a harder time physically, emotionally, and socially. Make sure your child is getting the right amount of sleep, depending upon his or her age. Creating a relaxing bedtime routine that may include putting on pajamas, brushing teeth, and reading stories, helps children fall asleep more easily.

EAT WELL

Eating properly is an important part of illness prevention. A balanced diet, including drinking enough fluids, is certain to reduce illness. By shopping, cooking, and eating healthfully as a family, you can help your children develop healthy eating habits now that will last a lifetime.

EXERCISE REGULARLY

Another important part of creating a healthy lifestyle is making sure your children are getting enough exercise. By limiting the time children spend watching television and playing video games, and increasing their level of daily activity, you can increase their

THE DIFFERENCE BETWEEN A COLD AND A FLU

Flu symptoms are usually worse than cold symptoms, but sometimes it can be hard to tell the difference.

Symptom	Flu	Cold
Fever	High	No or mild
Energy level	Low	Normal or slightly low
Cough	Dry	Severe or hacking
Sore throat	Yes	No
Headache	Yes	No or mild
Loss of appetite	Yes	No
Muscle aches	Yes	No
Chills	Yes	No

HOW TO CARE FOR A COLD OR A FLU

Below are things that you can do to help ease your child's discomfort:

- Make sure your child gets plenty of rest
- Give your child lots of fluids to drink
- Use a humidifier while your child is sleeping
- Use a bulb syringe to clear your baby's nose
- Teach your child to blow his or her nose into a tissue

TO LEARN MORE

Wisconsin County Energy Assistance Program Coordinators

If you or someone you know will need help paying winter energy bills, call your county energy assistance program coordinator for more information.

Ashland	715-682-7004	Popple	715-672-8941
Barron	715-537-5691	Pierce	715-273-6788
Bayfield	715-373-5144	Polk	715-485-8400
Beford	608-585-4112	Price	715-339-2158
Berrien	715-349-2131	Rusk	715-532-2299
Chippewa	715-726-7840	St. Croix	715-246-8257
Clark	715-743-5233	Sawyer	715-634-4806
Crawford	608-326-0248	Taylor	715-748-6123
Dane	715-232-1116	Traverse	715-538-2311
Eau Claire	715-839-6905	Vernon	608-637-7434
Iron	715-561-3636	Vilas	715-479-3668
Jackson	715-284-4301	Washburn	715-468-4747
La Crosse	608-795-6001	Tribal Agencies	
Lincoln	715-536-6200	Bad River	715-682-7127
Marathon	715-842-3111	Red Cliff	715-779-3706
Maone	608-266-5621	Lac Courte Oreilles	715-634-8934
Ozaukee	715-352-5695		ext #246

Earned Income Tax Credit

The Earned Income Tax Credit is a refundable federal income tax credit for low to moderate income working individuals and families. To qualify, you must meet certain requirements and file a tax return, even if you did not earn enough money to be obligated to file a tax return.

For More Information

Contact the IRS at:

- www.irs.gov
- 1-800-TAX-1040 for inquiries
- 1-800-TAX-FORM for a free EIC booklet
- Ask for publication EIC 596 or 596-Spanish

or

Contact the Wisconsin Department of Revenue Individual Income Tax Assistance:

- www.dor.state.wi.us
- 608-266-2772



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Budgeting Made Easy

Auto Pay and **Averaged Monthly Payment**, two free programs from Xcel Energy, that work together to provide you with consistent bill amounts and automatic payments. **It couldn't be easier.**

Automatic Payments

Your energy payment will be automatically withdrawn from your bank account each month on its due date. You'll save time and mailing costs, not to mention the environmental benefits of automatic payment withdrawal. And you'll get the peace of mind that comes from knowing that your payments will always be on time.

- Your bank will automatically deduct your payment amount from your checking or savings account on the date it is due.
- You'll have two records of your payment – your Xcel Energy statement and your bank statement.
- If you have multiple accounts with us, you can pay them all by setting up Auto Pay on one bank account. You'll then have more control over your energy payments and a single point of reference for tracking them.

No Surprises

You'll pay about the same amount for your energy every month and eliminate big surprises in your bill. That's because your energy costs are spread over an entire year with an averaged monthly payment calculated from last year's bills. At no cost to you, we'll take into account energy costs, historical usage and seasonal fluctuations in energy use to give you a more predictable bill each month. And if you're new to your home, we'll work with you to determine an appropriate amount.

- We review your account periodically to see if small adjustments are needed to allow for changes in your energy use or the cost of energy.*
- You have an averaged monthly bill amount during the first 11 months of your program year then "true-up" your balance in the 12th month.
- The true-up amount represents the difference between what you paid each month for energy and what you actually used. This could be a credit to your account or an amount due. The periodic adjustment keeps this amount as small as possible.*

*Automatic periodic adjustments are not available in Texas. To request a mid-year adjustment, please call Xcel Energy at 1-800-895-4999.

To enroll in Auto Pay and Averaged Monthly Payment, fill out the form on the back.



Visit xcelenergy.com/paysmart for more ways to simplify your billing or call us at 1-800-895-4999.



LIHEAP

Low Income Home Energy Assistance Program

Home Energy Health and Safety Alert Fall, 2010

About LIHEAP:

- Federally-funded block grant program for aid with:
 - ◆ home heating bills
 - ◆ home cooling bills
 - ◆ emergency assistance to avoid shut-offs
 - ◆ home weatherization
 - ◆ home energy equipment repair/replacement
- Assistance available to low-income households susceptible to health and safety effects of insufficiently heated or cooled homes, especially "vulnerable" households with at least one person who is either elderly (60 years or older), disabled, or a young child (five years or younger)
- Grantees include the 50 States, the District of Columbia, Indian Tribes, and U.S. territories
- **To apply for assistance,** call the National Energy Assistance Referral Hotline at **1-866-674-6327**

Weatherize Your Home in Time for Winter:

In addition to weatherization assistance from LIHEAP, there are numerous rebates, bill credits, and tax incentives available to help you weatherize your home, including:

- 30% federal tax credit, up to \$1,500, to purchase and install energy efficient technologies; and
- Federally insured energy efficient mortgages.

For details and a complete list of federal, state, and local energy efficiency incentive programs, visit www.dsireusa.org.

Learn How to Become an Energy Saver:

With winter fast approaching, now is the perfect time to take control of your home's energy usage. Log on to the Lawrence Berkeley National Laboratory's Home Energy Saver tool to quickly calculate customized potential energy savings, learn simple energy-saving actions, and compare energy-conserving upgrades that can make your home more efficient and comfortable. Visit <http://hes.lbl.gov/consumer> to get started.

Fireplace safety:

According to the U.S. Fire Administration, 36% of residential fires are caused by fireplaces or other heating fires. Keep your family safe this season by following these practical tips:

- **Keep Fireplaces and Wood Stoves Clean**
 - Have your chimney cleaned and inspected annually to prevent dangerous buildup;
 - Keep the hearth area free of flammable decorations and items; and
 - Use a metal mesh screen on fireplaces, and keep glass fireplace doors open while the fire is burning.
- **Fuel Safety**
 - Never use flammable liquids to start a fire;
 - Build small fires that burn completely and produce less smoke;
 - Never leave a fire unattended;
 - Soak ashes in water and place them in a metal container outside your home; and
 - Never burn cardboard, trash, or debris in a fireplace or wood stove.
- **Protect Your Home**
 - Cover your chimney with a mesh screen spark arrester;
 - Install smoke alarms and test them regularly;
 - Ensure all equipment is properly vented; and
 - Stack firewood at least 30 feet from your home.

For more information, visit the U.S. Fire Administration's website at: <http://www.usfa.dhs.gov>

Recent Studies:

The Energy Information Administration has released its October 2010 *Short Term Energy Outlook*, predicting a modest increase in home heating costs this winter. The average household will likely spend about \$24 more this year to heat their home compared to last year. For more information, visit:

<http://www.eia.gov/emeu/steo/pub/contents.html>

Do you know where to go with questions about your child passengers?

- Can my child ride safely in the front seat?
- Is my child in the right car seat?
- Is my car seat installed correctly?
- Is my child safe in other people's cars?
- What's the **Safety Belt Fit Test**?
- When can my child fasten the safety belt without my help?
- Will my child use a safety belt in other people's cars if they don't buckle up?

Many families ask these same questions. Safe Kids coalitions are a place to find answers and best practices. We want to be sure you use the right safety equipment for the age, weight and height of your child.

Every state has a child passenger safety law. To find the child passenger safety and safety belt use laws in your state, go to www.usa.safekids.org.

You can also find a Safe Kids coalition near you at www.usa.safekids.org. Coalitions offer current information and child safety inspections in many communities. Safe Kids nationally certified technicians perform all inspections.

Safety Belts

- Move children from booster seats to safety belts in a back seat only after the **Safety Belt Fit Test** is passed in every vehicle. Return your child to a booster seat if the safety belt does not fit perfectly.
- Use the **Safety Belt Fit Test** on any child you transport in your car.
- Ensure that all kids sit upright when using safety belts. Never let them lean against windows or car doors or lie down. Never put the shoulder belt under the child's arm or behind the child's back.
- Inform every driver who transports your child that safety belt use is a must when your child is in their vehicle.
- Teach your child to use a safety belt in a back seat in every vehicle he or she uses. This is most important when the child rides unsupervised in vehicles driven by family and friends.
- Wear your safety belt correctly every time you are in a car. Children learn from adult role models.

Safety Belt Fit Test

1. Have your child sit all the way back on the vehicle seat. Do his or her knees bend at the front edge of the seat? If they bend naturally, go to #2. If they don't, return to the booster seat.
2. Buckle the lap and shoulder belt. Be sure the lap belt lies on the upper legs or hips. If it does, go to #3. If it lies on the stomach, return to the booster seat.
3. Be sure the shoulder belt rests on the shoulder or collarbone. If it does, go to #4. If it's on the face or neck, return to the booster seat. Never put the shoulder belt under the child's arm or behind the child's back.
4. Check whether your child maintains the correct seating position for as long as you are in the car. If your child slouches or shifts positions so the safety belt touches the face, neck or stomach, return to the booster seat.



BUCKLE UP EVERY TRIP, EVERY TIME

- Always buckle up children 12 years and under in the back seat. It's the safest place.
- Always use a child safety seat appropriate for the child's age, weight and height.
- Never place a rear facing child safety seat in the front seat of a vehicle where an airbag is present.
- Always install and use the child safety seat correctly, following the manufacturer's instructions.
- Always set a good example by wearing your own seat belt.



INFANTS

Birth to 1 year, and 20 lbs. or less

Use **Forward-Facing** infant seat



Less than 1 year, and 20 to 35 lbs.

Use **Rear-Facing** convertible seat recommended for heavier infants



TODDLERS

1 to 4 years, and 20 to 40 lbs.

Use **Rear-Facing** convertible seat, or high back booster with harness



YOUNGER KIDS

4 to 8 years, and At least 40 lbs., and Less than 4 ft 9 in.

Use **Forward-Facing** belt positioning booster seat



OLDER KIDS

Over 8 years, or At least 4 ft. 9 in.

• Snug and low over the upper thighs, not over abdomen. Snug across the chest.

TOLL-FREE NUMBERS FOR NUTRITION & HEALTH INFORMATION

Aerobics & Fitness Association of America	1-800-445-5950
American Association of Retired Persons	1-888-687-2277
American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-232-3472
American Dietetic Association's Nutrition Information Line	1-800-366-1655
American Heart Association	1-800-242-872
American Red Cross	1-800-RED-CROSS or 1-800-733-2767
Arthritis Foundation	1-800-283-7800
Cancer Information Service	1-800-422-6237
FDA Center for Food Safety & Applied Nutrition	1-888-723-3366
National Dairy Council	1-800-426-8271
National Health Information Center	1-800-336-4797
National Heart, Lung, & Blood Institute	1-800-575-9355
Osteoporosis & Related Bone Disease National Resource Ctr.	1-800-624-2663
Poison Control Center	1-800-222-1222
USDA Meat & Poultry Hotline	1-800-535-4555

WINTER SPORTS AND FITNESS

Living in the Midwest means living with long, cold, and snowy winters. But this is no reason to stop being active! The winter months offer different and enjoyable exercise opportunities for everyone. If you have the equipment, winter activities like cross country skiing, downhill skiing, ice skating, ice hockey, and snow shoeing are excellent aerobic activities that will burn calories and get your heart pumping! No equipment? No problem. Play in the snow with your family, make a snowman or go sledding. Take a winter walk. Walking in the snow is harder and it burns more calories than walking on grass or pavement. Outdoor chores like shoveling snow and splitting wood are also excellent calorie burners. It is important to dress properly and drink plenty of water, even though you might not feel as thirsty as you would in warmer weather.

If you don't like exercising in the cold, try indoor activities like an exercise video, jumping rope, or walking up and down your stairs. Chores like mopping, vacuuming, and scrubbing floors can also make you break a sweat. If you are suffering from cabin fever, take the opportunity to go walk around a local store or shopping center. Fitness centers and indoor pools are excellent winter activity options.

The *2005 Dietary Guidelines for Americans* recommendations include exercising for at least 30 minutes a day on most days of the week. Remaining active, even in the winter, is extremely important for mental and physical health. Let's embrace the winter weather and discover the fun!

Winter Activity	Calories used per hour*
Cross country skiing	612
Snow shoeing	544
Ice hockey	526
Sledding	476
Shoveling snow	408
Splitting Firewood	408
Downhill skiing	340
Ice skating	300
Walking in the snow	270
Building a snowman	238
Snowmobiling	170

*based on 150 lb. person



What Makes Fruits and Vegetables So Special?

Vitamins and minerals are natural substances that are essential to good health. Fruits and vegetables happen to be great sources of many vitamins and minerals.

Phytochemicals ("fight-o-chemicals") are natural plant compounds that may provide a variety of health benefits. Many of the bright colors in fruits and vegetables come from phytochemicals.

Fiber is the non-digestible part of plant foods and is an important and necessary part of a healthy diet.

Fruits and vegetables contain hundreds of different phytochemicals, many of which give these foods their color. They interact in a variety of ways with the vitamins and minerals in fruits and vegetables and other foods. Each fruit and vegetable has a unique assortment of vitamins, minerals, fiber,

and phytochemicals, so it is important to eat a wide variety every day. To make choosing simple, keep in mind the 5 color groups: **blue/purple**,

green, **orange/peach**, **yellow**, and **red**. The goal is to eat one or two servings of fruits and vegetables from each group every day, and remember to eat a variety within each color group.



Blue/Purple

Eating a variety of fruits and vegetables from the **BLUE/PURPLE** group will help maintain a lower risk of some cancers, urinary tract health, memory function, and healthy aging.

fruits and vegetables help maintain a lower risk of some cancers, vision health, and strong bones and teeth. Be sure to choose several different types of green fruits and vegetables every day.

Add variety to each day by choosing different fruits and vegetables from the **tan/brown** group. This group, which includes tan and brown fruits and vegetables, helps maintain heart health, cholesterol levels that are already healthy, and a lower risk of some cancers.

It's easy to eat a wide variety of fruits and vegetables from the **tan/brown** group because there are so many delicious choices. These fruits and vegetables help maintain a healthy heart, vision health, a healthy immune system, and a lower risk of some cancers.

Red

Choose a variety of **RED** fruits and vegetables every day to help maintain a healthy heart, memory function, a lower risk of some cancers, and urinary tract health.

How long can you freeze food? | Yahoo! Green

By Lori Bongiorno

Updated on August 10, 2010 11:25 AM EDT

Learn more: [The Conscious Consumer](#) | [Blog](#)



Related topics: [Food and Drink](#), [How To](#)

When it comes to preparing healthy meals at home, don't underestimate the value of your freezer. A well-stocked freezer can save you a trip to the store when you're pressed for time, which could mean the difference between making dinner and ordering in. It also lets you save meals that you prepare in big batches ahead of time, take advantage of discounts at the grocery store, and keep food that might otherwise go to waste.

Freezing is also an easy way to preserve local, in season, fruits and veggies that you buy at farmers markets or grow in your garden. If you want to eat delicious tomatoes in the dead of winter, for example, but are intimidated by canning, freezing is worth considering.

But just how long will that casserole or whole chicken last in the freezer? According to the Food Safety and Inspection Service, food stored in a freezer set at 0 degrees Fahrenheit will stay safe indefinitely. But that doesn't mean the taste and texture will remain the same.

Here is a guide to how long you can freeze foods before you sacrifice quality. Keep in mind that quality does deteriorate the longer food sits in your freezer, so aim to defrost sooner rather than later.

- **Bacon:** 1 to 2 months
- **Breads:** 2 to 3 months
- **Casseroles:** 2 to 3 months
- **Cooked beef and pork:** 2 to 3 months
- **Cooked poultry:** 4 months
- **Cookie dough:** 3 months
- **Fruit:** 8 to 12 months
- **Frozen dinners:** 3 to 4 months
- **Hot dogs:** 1 to 2 months
- **Lunch meats:** 1 to 2 months
- **Sausage:** 1 to 2 months
- **Soups and stews:** 2 to 3 months
- **Uncooked chicken (parts):** 9 months
- **Uncooked chicken (whole):** 1 year
- **Uncooked steaks, chops, or roasts:** 4 to 12 months
- **Uncooked ground meat:** 3 to 4 months
- **Vegetables:** 1 to 12 months



(Photo: Derek E. Rothchild / Getty Images)

5 tips for freezing food

- Freeze foods as close to purchase (or harvest if you have a garden) as possible. The fresher food is when you freeze it, the better the quality when you defrost it.
- While most foods can be frozen, there are some foods you should keep out of the freezer. Don't freeze [pasta, bread, or eggs in shells](#) (which can crack and allow bacteria to enter). Technically you can freeze mayonnaise, cream sauce, and lettuce, but the quality takes a big hit. Here's a [list of foods that don't freeze well](#) with details on their condition after thawing.
- Cool cooked foods down before freezing so they freeze faster, which helps [preserve quality](#).
- Use [airtight containers](#) and [varies](#) depending on what you're freezing. If you choose glass over plastic containers, wrap, or bags, you'll need to make sure it's tempered so it doesn't break.
- You can [freeze items](#) in its original packaging, but if you want to store it for long periods of time, add an additional layer of packaging, such as plastic wrap or bags.
- It's always a good idea to label items so you know what they are and how long they've been in the freezer.
- Resist the temptation to defrost foods on your countertop. The [best way to defrost frozen food](#) are in your fridge, in cold water, and in the microwave.

How to freeze fruit

- The key to [freezing fresh fruit](#) is to spread out the cleaned, dried, and prepared (cut up) pieces of fruit on cookie sheets. Once the individual pieces of fruit are frozen, you can combine and put in freezer bags. Some people prefer to pack fruits in [sugar or sugar-free](#) to help preserve texture and flavor. The National Center for Home Food Preservation has tips on how to freeze specific fruits such as [strawberries](#), [raspberries](#), [blueberries](#), and many [others](#).
- [Vegetables](#) usually need to be blanched (boiled or steamed for a short time) before freezing to maintain flavor, color, and texture. [Blanching times](#) vary depending on the vegetable. The National Center for Home Food Preservation has a chart with blanching times for everything from [broccoli](#) to [zucchini](#) and simple instructions for [how to freeze vegetables](#).

Environmental journalist Lori Bongiorno shares green-living tips and product reviews with Yahoo! Green's users. Send Lori a [comment](#) or [message](#) for potential use in a future column. Her book, *Green Greener Greenest: A Practical Guide to Making Eco-smart Choices a Part of Your Life* is available on [Amazon](#), [Barnes & Noble](#), and [iBooks](#).

Check out Yahoo! Green on [Twitter](#) and [Facebook](#).

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America's Most Fattening 'Diet' Drinks

Men'sHealth

By David Zincenko
Oct 13, 2010

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Get This, Not That

by David Zincenko

Recent Posts

- America's Most Fattening 'Diet' Drinks
- 5 Ways to Halve Your Calorie Intake (and 10 Best Survival Tips)
- The Worst Breakfast Breakfasts in America
- More Articles

I was talking with my friend Dr. Travis Stork—host of TV's *The Doctors*—about his other gig, running the emergency room at Vanderbilt Medical Center. Though he educates millions about healthy living on TV, he comes up against some tough customers in the E.R. Like the woman who came in suffering complications from diabetes ... and slurped from a 40-ounce soda as she described her symptoms! Clearly, some people still don't realize just how responsible these drinks are for the ballooning of our waistlines. So much so, in fact, that one study that tracked the diets ... of more than 800 people found those who eliminated 100 liquid calories a day lost five times as much weight as those who cut 100 food calories. That means you'll lose more weight by giving up soda than you will by passing on pizza. That's great news for you, but really bad news for the soda industry—which depends on Big Gulp and the like to sweeten its bottom line (and expand yours).

So now the beverage industry is responding by casting their beverages in a new light. Today we hear of sweetened tea drinks brimming with antioxidants ... 1,200-calorie smoothies that are "all natural" (so are sharks and hurricanes, by the way), and vitamin drinks that give you super-human strength. Not all of these drinks explicitly brand themselves "diet" drinks—the FDA would never allow that. But they are using clever marketing campaigns to convince us that they're vastly superior to the sugary syrups of yore. Problem is, many of these fluid flab-makers are actually worse than the drinks they aim to replace! But the good news is ... you can fight back—and lose up to 20 pounds annually, for starters, just by swearing off the soda and iced tea. Then, shed even more weight by avoiding these dangerous "diet" drinks, compliments of the latest research from *Journal of the American Medical Association*.

#7. WORST 'HEALTHY' JUICE

V8 Splash Mango Peach (8 fl oz)

80 calories

0 g fat

18 g sugar

What could possibly be wrong with a juice made from mangoes and peaches? Well, only 10 percent of the liquid in this bottle comes from fruit, and much of that is actually sugar-loaded apple juice. The other 90 percent is a blend of water and high fructose corn syrup. Sounds remarkably similar to soda, doesn't it?

**Drink This Instead!**

V8 Original Low Sodium Vegetable Juice (8 fl oz)

50 calories

0 g fat

8 g sugar

Bonus Tip: Salads are another surprisingly deceptive food. They look healthy, but often have more calories than fast food. Avoid these 20 salads at all costs—they're less healthy for you than a Whopper!

#8. WORST 'HEALTHY' TEA

Snapple Mango Green Tea

Metabolism (17.5 oz)

140 calories

0 g fat

33 g sugar

This isn't the highest-calorie green tea on the market, but it is the most shameless. See the word "metabolism" riding that blue banner across the bottle? That's Snapple's way of suggesting this tea will help you burn calories. And while it's true that green tea carries metabolism-boosting antioxidants, there aren't nearly enough in the bottle to transform your body into an energy-burning inferno. What's more, this tea has more sugar than it has "green tea concentrate." It also has more sugar than a Snicker's bar. If you want to drop pounds, start by cutting the sweet stuff.

**Drink This Instead!**

Honest Tea Community Green Tea (16 fl oz)

34 calories

0 g fat
5 g sugars

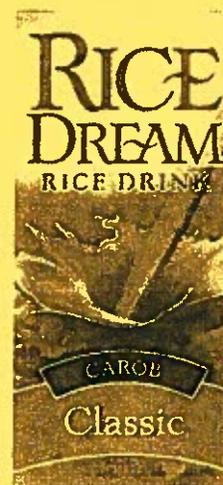
#3. WORST 'HEALTHY' SODA
Cherry 7Up Antioxidant (12 fl oz)
156 calories
0 g fat
37.5 g sugar



If antioxidants had lawyers, they'd sue 7Up for libel. This is just a can of liquefied candy. The basic recipe is carbonated water, high fructose corn syrup, and artificial coloring. And the grand antioxidant load? A touch of citric acid—commonly added to soda for added bite—and 10 percent of your day's vitamin E. Ten percent, that's it! That's less vitamin E than you'd find in a spoonful of sunflower seeds. **(Get more instant weight loss tips by following me right here on Twitter.)**

Drink This Instead!
7UP Plus Mixed Berry (12 fl oz)
15 calories
0 g fat
2 g sugar

#4. WORST 'HEALTHY' MILK
Rice Dream Carb Rice Drink
(8 fl oz)
150 calories
2.5 g fat (0 g saturated)
26 g sugar



What more would you expect from a dairy alternative made from a nutritionally feeble starch like rice? Rice milk is made by blending brown rice with water and straining out the solids.

That's why, unlike regular milk, it carries almost no protein whatsoever. What this carton has instead is an extra dose of fat, and for that you can thank the vegetable oil that Rice Milk pumps into the carton. You're better off going with low-fat chocolate milk or choosing sugar-free almond milk.

Drink This Instead!
Almond Breeze Unsweetened Chocolate
45 calories

3.5 g fat (0 g saturated)

0 g sugars

Bonus Tip: If the idea of rice milk sounds strange, wait till you see the terrors coming out of restaurant kitchens across America. We found a plate of French toast that comes stuffed with both ice cream and cream cheese—for breakfast!

Check out the worst offenders right here: [Shocking New Food Creations of 2010](#)

48: WORST 'HEALTHY' SHAKE

Boost Chocolate Plus (8 fl oz)

360 calories

14 g fat (1.5 g saturated)

14 g protein

0 g fiber

24 g sugar



The 14 grams of protein in this bottle are a nice touch, but they don't justify the nearly 100 calories of pure sugar. That's more sugar than you'd find in a Hershey's Milk

Chocolate Bar. If you're looking for an on-the-go meal replacement, find one that doesn't come with dessert already stuffed in the bottle. Our favorite is below. It packs in a sturdy cache of nutrients, 3 grams of fiber, and an equally impressive shot of muscle-building protein.

Drink This Instead!

A Atkins Advantage Milk Chocolate Delight

160 calories

10 g fat (3.5 g saturated)

15 g protein

3 g fiber

1 g sugar

49: WORST 'HEALTHY' SMOOTHIE

Naked Protein Zone Juice Smoothie (15.2 oz)

418 calories

3.5 g fat (2 g saturated)

53 g sugars

30.5 g protein

Protein is often what sets a stomach-filling smoothie apart from a fruit-flavored blood-sugar spike -- but does it justify slurping down more calories than you'd find in a Quarter Pounder? No. Especially considering the fact that this bottle goes overboard with protein (while loading you up with 13 spoonfuls of sugar). One study pinned the ideal post-workout protein load at 20 grams. Anything beyond that is just extra.

calories.

Drink This Instead!

Odwalla Strawberry Protein Monster

(15.2 oz bottle)

300 calories

6 g fat (1 g saturated)

33 g sugars

25 g protein



Bonus Tip: The healthier your eating (and drinking) habits, the less you have to worry about counting calories. Our list of the 25 Best Nutrition Secrets Ever will help you start dropping pounds fast! The best part: You'll never have to diet again!

#1: WORST 'HEALTHY' RESTAURANT SMOOTHIE

Smoothie King Cranberry

Supreme (40 oz)

1,108 calories

2 g fat (0 g saturated)

8 g protein

192 g sugar



Smoothie King has different menus to meet different dietary goals, so you'd expect to find this one listed on the "Indulge" or "Build Up" menus. But no. Instead, Smoothie King identifies it as a "Stay Healthy" smoothie. But here's the truth:

Unless you're on the verge of starving to death, taking in this many calories is the opposite of staying healthy. Plus, the barrel-sized cup in which Smoothie King serves it packs in nearly as much sugar as an entire jar of Nutella! That ain't right. Want to stay healthy? Find a leaner smoothie and stick to reasonable serving sizes.

Drink This Instead!

BlueBerry Heaven (20 oz)

305 calories

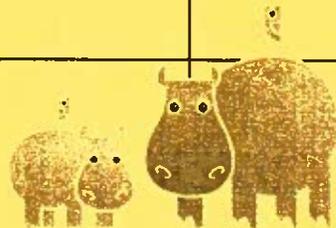
1 g fat (0 g saturated)

7 g protein

94 g sugar

Now that you've seen our list of healthy beverages that aren't, check out the **food equivalent:** 100 healthy foods that are actually unhealthy. How many have you seen on your plate in the past? We bet quite a few.

Reading

	1 Sing "Heads, Shoulders, Knees, and Toes" with your child.	2 Look at a map together. What state do you live in?	3 Talk about the letter U. Cut a large U out of paper. Help your child create a funny face for U.	4 Go for a nature walk. Talk about what you see.	5 Wet a washcloth and let your child wipe her face after a snack.	6 Identify items in the kitchen. Talk about how they are used.
7 Read <i>Blue's Clues: Shape Detectives</i> with your child. Look for shapes around your home.	8 Read for 10 minutes with your child today.	9 Sing "The Itsy Bitsy Spider" with your child.	10 Trace your and your child's hand. Let him decorate them using paint, crayons, etc.	11 Dress your child in green today. Have her point out other green objects throughout the day.	12 Look at family photos. Talk about what people are doing in the photos.	13 Put crayons in a cup. Help your child count the crayons.
14 Say a number from 1-10. Ask your child what number comes next.	15 Have your child help you count the plates to set the dinner table.	16 Count the buttons or snaps as you dress your child.	17 Have your child help add the ingredients to a bowl when baking. He can help you stir.	18 Have your child close her eyes. Give her an object, such as a teddy bear. Can she guess what it is by feeling it?	19 Talk about the letter V. Pretend you are driving a car: vroom, vroom!	20 Tell your child a story about what you used to do when you were his age.
21 Play music. March around the house to the beat.	22 Create a fort using chairs and blankets. Read inside the fort together.	23 Line up ten cotton balls. Help your child count them. Take two away. How many are left?	24 Create an indoor sandbox by pouring cornmeal in a pan. Draw letters in the "sand."	25 Talk to your child about Thanksgiving and what you are thankful for.	26 Pretend you are fishing. What do you see?	27 Show your child how to pick up his toys.
28 Ask your child what she wants to do today. Do it.	29 Mix up a few pairs of shoes. Help your child match them up again.	30 Pretend you are at the beach. Let your child wear his swimsuit and play in the bathtub.				

A LETTER TO FAMILIES ABOUT DRAMATIC PLAY

Dear Families,

In the Dramatic Play Area children take on different roles and recreate real-life experiences. They use props and make-believe to deepen their understanding about the world they live in.

The ability to pretend is very important to your child's development. Children who know how to make believe develop a good vocabulary, which is important for reading. They learn to cooperate with others and solve problems, and are able to think abstractly—all important skills for success in school. When children pretend, they have to recall experiences and re-create them. To do this, they need to picture their experiences in their minds. For example, to play the role of a doctor, children have to remember what tools a doctor uses, how a doctor examines a patient, and what a doctor says. In playing the doctor or other roles, children learn to cooperate with others and to share their ideas.

When children make believe, we might ask:

Is your baby sick? What are you going to do?

Are you the storekeeper here? I need to buy some food.

What are you cooking for dinner tonight? It smells so good.

We talk with children and participate in their play to extend their thinking.

What You Can Do at Home

You can encourage the same kind of pretend play at home that we do at school simply by playing with your child and providing some simple props. A sheet over a table creates a house or a hideout. A large empty cardboard box can become almost anything—a pirate ship, a doghouse, a castle, or a train. The nice thing about dramatic play is that it requires only your imagination. Here are some simple ways to encourage your child's learning through dramatic play:

- During bath time, include plastic boats, cups, and rubber dolls and play pretend.
- Save food cartons, make some play money, and play store with your child.
- Read stories together and involve your child in acting out different parts of the story.
- Collect some old clothes your child can use to dress up and make believe.
- Say to your child, "Let's pretend we're going on a train ride. What do we need? Tickets? Suitcases? Do you want to collect the tickets?"

When you engage in pretend play with your child, you are teaching important learning skills, and you are spending valuable time together.







- 1. light blue
- 2. gold
- 3. blue
- 4. red
- 5. purple
- 6. yellow
- 7. brown
- 8. pink
- 9. skin tone
- lips red
- eyes blue



Red Cliff Early Childhood Center
Policy Council Meeting MINUTES
9-22-10

Policy Council Members Present: Barb Gadbois, Candyce Holcomb, Angela Berg, Jennifer Bresette, Edwina Buffalo-Reyes

Others Present: Nicky Gurnoe, HS Director; LaVonne Goslin, EHS Director; Nicole Boyd, Family Services Manager

Meeting called to order by Barb at 10:05am

Action on Minutes: June 22, 2010

Jennifer Bresette motioned to approve the minutes. Angela 2nd, all in favor, motion carried.

No action needed for July minutes: no quorum at meeting

August HS & EHS Financial Reports:

Candyce motioned to approve the financial reports, Jennifer Bresette 2nd, all in favor, motion carried.

ECC 2010 Program Design and Management Plan

Angela motioned to approve the plan, Edwina seconded, all in favor, motion carried.

2010 Family and Community Partnerships Plan

Jennifer Bresette motioned to approve, Angela seconded, all in favor, motion carried.

Policy Council Selection Procedures

Discussion was held regarding the current procedure and changes that have to be made to it to include current Head Start Act. The new policy will include the parents voting to elect the Community Reps that have applied and then the recommendation going on to Tribal Council for their approval. Jennifer Bresette motioned to approve process and then look at changing the by-laws in the near future, Edwina seconded, all in favor, motion carried.

Picture Day Discussion

Edwina motioned to assist each child with \$10 toward picture purchase with funds coming from the EHS & HS Program Activity Funds; children with dual families/dual custody are given the option of \$5 and \$5 each. Jennifer Bresette seconded the motion, all in favor, motion carried.

Holiday Party Discussion

Parents stated that they liked the idea of puzzles, blocks and dramatic play. Nicole will share this with Directors to share with their staff and Nicole will bring back budgets for the October PC meeting.

Distribute Only:

Policy Council received the 2010 EHS and HS PIR
Policy Council received the July and August Program Summary Reports

Other

Discussion was held about the purchase of pumpkins for ECC families. Edwina motioned to purchase pumpkins for the ECC Fall Harvest with purchase not to exceed \$150 from Program Activity Funds. Angela seconded, all in favor, motion carried.

Jennifer Bresette motioned to approve the ECC October menu, Edwina seconded, all in favor, motion carried.

Executive Session

ECC Pre Application/Enrollment Criteria

Jennifer Bresette motioned to go into executive session at 11:25am, Candyce seconded, all in favor, motion carried.

Regular Session

Candyce motioned to return to regular session at 11:55am. Angela seconded, all in favor, motion carried.

Edwina motioned to approve the suggest changes and additions to the Enrollment Criteria, Candyce seconded, all in favor, motion carried.

Adjourn

Jennifer Bresette motioned to adjourn at 11:57am, Angela seconded, all in favor, motion carried.

NOVEMBER 2010

GASHDADINO-GIIZIS

MON	TUE	WED	THU	FRI
1B PANCAKES, APPLE- SAUCE L TACO'S, MANGO, GR BEANS, YOGURT S PRETZELS, JUICE	2B CORN CHEX, CINN, TOAST, ORANGES L SALMON PATTIES, CAR- ROTS, PEARS, CC S ANIMAL CRACKER/ MILK	3B CHEERIOS, BANANA, MUFFIN L CHIX VEG SOUP, CHEZZ SAND, BERRIES S FIREFIGHTER LADDER/ MILK	4B HB OATS, PEACHES, BAGEL L HAM HD, CORN, PINE- APPLE S CHEX MIX, JUICE	
8B EGGS, TOAST, OR- ANGES, YOGURT L BBQ'S, SW POT FRIY, MANGO S GR. EYES/ MILK	9B RICE CRISPIES, STRAWBERRY, MUFFIN L HAM, POT, CARROT, TROP FRUIT S JELL-O/ CRACKERS	10B KIX, PEARS, ENG MUFFIN L POT. SOUP, PBJ, YO- GURT, S VEGGIE TACO/ JUICE	VETERAN'S DAY ECC CLOSED	
15B OATMEAL, BERRIES L CHIX, PEAS/CARROT, SALAD, ROLL, POT, JELLO W/JUICE S NUTRA GRAIN BARS/ MILK	16B CHEERIOS, PEACHES, BAGEL L HAMB HD, CORN, TROP FRUIT S CHEX MIX, JUICE	17B RICE CHEX, PEARS, TOAST L PIZZA, GR BEANS, FRUIT SALAD, SALAD, S APPLE BLOSSOM, GR CRACKERS	18B KIX, BANANA, MUF- FIN L TURKEY DINNER ALL FIXINGS, PUMPKIN BARS S PUDDING, WAFFLE FIN- GERS	
22B FR TOAST STICKS, APPLESAUCE L HAMB GRAVY, M POT, CORN, ROLLS, M ORANGE S CHEESE/CRACKERS	23B CORNFLAKES, STRAWBERRY, TOAST L HAM HD, CARROTS, MANGO S BERRY PIZZA/MILK	24 ECC CLOSED	25 ECC CLOSED HOLIDAY	
28B MALTO MEAL, BER- RIES L VEGGIE SOUP, EGG SALAD, PEARS, CC S STRING CHEESE/APPL	29B HB OATS, ORANGES L CHIX, CORN, POT, ROLL, PINEAPPLE S COOKIES/MILK	30B CHEERIOS, BA- NANA, TOAST L BEEF STIR FRY, RICE, M ORANGES, STIR FRY S SLEEPY BEAR/JUICE		

