

## Did You Know?

The first jack-o-lanterns were made in Ireland out of hollowed out turnips! A piece of coal was inserted inside and the "lantern" was meant to guide the way of poor old "Jack" who wasn't welcome in Heaven but was barred from entering Hell for tricking the devil.



According to legend, the devil gave this crude lamp to Jack so that he could walk the earth forever in limbo.

When the tradition was brought to America, pumpkins were found to be easier to carve and the modern day jack-o-lantern was born!

## Halloween Health and Safety Tips!

Nobody wants an accident to happen on a holiday, especially on a night meant to be fun for the whole family. Trick-or-Treating is a great Halloween adventure that should be free of trouble and pain. Here are some easy tips to keep your child healthy and safe this Halloween:

- Help your child pick out or make a costume that is fire proof, has no dangling pieces, and with eye-holes large enough for good peripheral vision.
- If your child is carrying a prop (like a knife or pitchfork), make sure that the tips are smooth and flexi-



ble enough not to cause injury if fallen on.

- Make sure your child carries a flashlight, glow-stick, or has reflective tape on their costume to make them more visible to passing motorists.
- Treat your kids to a spooky but filling Halloween dinner to make them less likely to eat the candy they collect before you have a chance to check them. Instruct your children not to eat any treats until they bring them home to be in-

spected.

- Make sure your children know basic safety

such as not talking to or getting into cars with strangers and looking both ways before crossings streets.



- If you aren't going with them, have another adult or teenaged sibling accompany them. Know the route they will be taking as well.
- Set a time that they should be home and stress the importance of sticking to the schedule.
- Let your children know not to cut through dark, empty roads, fields, or jungle areas. Have them stay in populated and well-lighted places.
- Stay together as a group

## Save Your Breath America!

- ➔ Do you or have you ever smoked cigarettes?
- ➔ Do you have a cough, wheezing, chest tightness, or shortness of breath?
- ➔ If you cough, do you bring up mucus with your cough?
- ➔ Have you ever been exposed to fumes that may have affected your lungs?

If you answered "YES" to one or more of these questions, talk to your doctor!



You may need to do a breathing test, called a spirometry, to see how your lungs are working and to see if you may have chronic obstructive pulmonary disease (COPD), in which you have problems with breathing air out of your lungs. The most common forms of COPD are chronic bronchitis and emphysema.

COPD affects an estimated 24 million Americans, but only half of those have been diagnosed. Early discovery of COPD and appropriate treatment can often prevent the disease from progressing to the



## Did You Know?

Samhainophobia refers to an abnormal and persistent fear Halloween!

This time of year may also stir up other phobias related to the holiday, such as the fear of cats (ailuro-phobia), witches wiccaphobia), ghosts phasmophobia), spiders (arachnophobia), the dark (nyctophobia), and cemeteries coimetrophobia!



# Did You Know? 🍌 🍌 🍌

Halloween dates back to an ancient Celtic festival known as "Samhain," or the Celtic New Year. It was believed that the spirits of everyone who had died during the year would return on the eve of Samhain to seek living bodies to possess for the following year.

The Celts would dress in ghoulish costumes and hold noisy revels in an attempt to



frighten away these spirits. Food and drink was also offered to pacify the dead.

There are many tales of unfortunate souls being burned at the stake because they were perceived to have been possessed by a returning spirit. Around the turn of the 1st century, however, the custom of sacrificing of humans was abandoned in favor of burning effigies.

## A Healthy Smile That Lasts a Lifetime!

The signs and symptoms of many diseases appear in the mouth first. A proper oral health care routine can help promote a healthy mouth & a healthy body. Here are some quick tips to help give you and your family a healthy smile that lasts a lifetime!

- Oral health practices should begin from day one, even before baby has teeth. Wipe down gums with a damp washcloth and avoid bottles at bedtime
- Change toothbrushes 3-4 times a year and after every illness to avoid bacteria and germs
- Limit the amount of sugar you eat – opt for fruits and veg-



gies instead of candies and cookies – and try to stay away from sticky foods

- & make sure you brush afterward
- Set good examples for your children by flossing and brushing regularly, at least twice each day
- Schedule regular dental exams for yourself and your family every 6 months
- Dentures (if any) should be cleaned daily, and remaining natural teeth and gums should also be brushed

## Mental Health Awareness Month: Know the Symptoms

Depression is a serious & common mood disorder that can affect anyone of all ages.

Depression can cause you to become withdrawn, en-

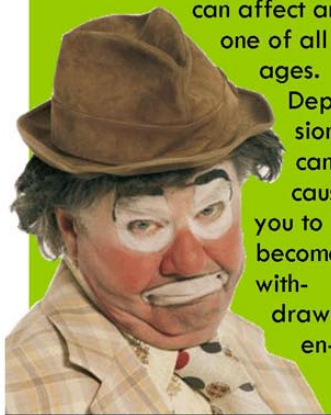
gage in risky or dangerous behavior, become angry, frustrated, and abusive, and even lead to suicide.

It is important to know the symptoms of depression and to seek help if you or anyone you know may be suffering from a mood disorder.

### Symptoms of Depression:

- Persistent sad, anxious, or empty mood
- Feelings of hopelessness or pessimism

- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in ordinary activities
- Difficulty concentrating or making decisions
- Restlessness or irritability
- Inability to sleep or oversleeping
- Changes in appetite or weight
- Unexplained aches or pains
- Thoughts of death or suicide



## Raspberry - Cream Cheese Muffins



Yield: 2 dozen muffins

- 2/3 cup reduced-fat cream cheese, softened
- 1/3 cup butter, softened
- 1 1/2 cups sugar
- 1 1/2 tsp. vanilla extract
- 2 large egg whites
- 1 large egg
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup low-fat buttermilk
- 2 cups fresh or frozen raspberries
- 1/4 cup finely chopped walnuts

Preheat oven to 350 degrees. Combine cream cheese & butter in bowl; beat with mixer on high speed until blended. Add sugar; beat until fluffy. Add vanilla, egg whites, and egg; beat well.



Combine flour, baking powder & soda, & salt. With mixer on low speed, add flour mixture and buttermilk to cream cheese mixture, beginning & ending with flour mixture. Fold in raspberries and walnuts.

Spoon batter into lined muffin pans. Bake at 350 degrees for 25 minutes. Remove from pans; cool.

### Nutritional information:

Calories: 142  
 Fat: 4.7g  
 Saturated Fat: 2.4g  
 Cholesterol: 19mg  
 Sodium: 138mg  
 Carbohydrate: 22.6g  
 Fiber: 1.1g  
 Protein: 2.7g



# Happy Halloween!

From the Good Guys & Gals!

