ECC Fall Harvest!!

The ECC will host its annual Fall Festival on Thursday, October 27th from 9:00am-11:00am at the ECC. This will be a regular school day with parents and home base families invited to join center based children!! The morning will consist of games, gifts and a feast!! We will have cookie walk, fish pond, pin the nose on the pumpkin and cat, face painting and a special feast! Please come visit the center for the morning and enjoy the fun times with the children and a great lunch! Any questions, please call Nicole (ext 253) or Nicky (ext 243) at 779-5030.

GED/Basic Education at ECC!!

If you or someone you know is interested in retrieving their GED/HSED or brushing up on Basic Education courses, WITC is offering classes at the Red Cliff ECC every Tuesday from 2-5pm.

No pre-registration is required, simply call or stop at the ECC to sign up. Enroll at any time! Completing a TABE assessment is the first requirement, developing a personal, self-paced plan is the next, and completing the official test is the final step! Please bring a form of identification with you.

Any questions, call Nicole Boyd @ 779-5030 ext 253 or Sue Hopkins (WITC) 800-243-9482 ext. 3118.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>ECC Picture Day 8-12</td>
<td></td>
<td></td>
<td>Applefest</td>
<td></td>
</tr>
<tr>
<td>9 Applefest</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13 Noon/i infant feeding group 10-12 @ Clinic ~Traditional Healing Edu. Session 6-8 @ Casino</td>
<td>14 Harvest Dinner 6:00 Elderly</td>
<td>15</td>
</tr>
<tr>
<td>16 Applefest</td>
<td>17</td>
<td>ECC Ojibwe Language Committee Mtg: 2:15</td>
<td>18 ANA Team Mtg: 4-6pm @ ECC</td>
<td>19 Health Division Open House 4-6 @ Clinic *Mashko Field Trip to Library</td>
<td>20</td>
<td>21 ECC All Staff Mtg 9-12</td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22 Applefest</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ECC Ojibwe Language Committee Mtg: 2:15</td>
<td>Health Division Open House 4-6 @ Clinic *Mashko Field Trip to Library</td>
<td></td>
<td>ECC All Staff Mtg 9-12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>ECC Fall Harvest 9am (Regular School Day) *Home Base Social *Infant Group 10-12 *Newsletter Articles Due</td>
<td>*Migizi Field Trip to Library</td>
<td></td>
<td>Flu &amp; Pneumonia Vaccine Clinic 9-12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>Nov 1</td>
<td>Nov 2</td>
<td>Nov 3</td>
<td>Nov 4</td>
<td>Nov 5</td>
</tr>
<tr>
<td>Happy Halloween</td>
<td></td>
<td>9-1 RC Health Fair *JOM Mtg 4:30</td>
<td></td>
<td></td>
<td>SIDS/SBS Training</td>
<td></td>
</tr>
</tbody>
</table>
HOME BASE NEWS FOR OCTOBER

OCTOBER BIRTHDAYS
CALEY- OCTOBER 4TH
JEWEL- OCTOBER 14TH

RED CLIFF GATE NIGHT
OCTOBER 30TH
(PLEASE BE SAFE)
USE FLASHLIGHTS OR WEAR REFLECTIVE CLOTHING

PICTURE DAY
WILL BE OCT. 4TH
TIMES WILL BE ANNOUNCED

Fall Harvest Festival
will be on October 27th
Starting at 9:00 A.M.

If you need to reach us,
715-779-5030
Amber Ext. 235
Cindy Ext. 238
Gena Ext. 236

50th Bayfield Apple Festival
October 7th, 8th, and 9th
We are in October and now all the children are in school all week long! Thank you all for being patient while we transition the children. Just a reminder to all the Parents: We will be having Parent Teacher Conferences on November 14th.

Parents: We go outside every day, weather permitting, so please make sure that your child has the appropriate clothing to go outside in.

Here is a look at what your child likes to do in the classroom:

Maylean—likes to look at herself in the mirror
Zaiden—likes to smile and watch his friends
Jose—likes to get up on all fours and scoot backwards
Charlotte—likes to smile and look around the room
Shaun—likes to coo and lay on his belly
Connor—likes to be talked to and smile
Robert III—likes to sit in the bouncer and look at the hanging toys
Oliver—likes to come to school and play on the ramp

~Jamie, Wendy & Fred

Parents: Just remember that if your child is going to be late, please call and let us know. :) ext 224
Binaakwii Giizis

Amik Abiwin

Boozhoo gakina awiiya!
We hope your first month of school went well...

What we did:
We got used to our routine and our new room.
We played in the woods.
We remembered how to play with our friends.

What we are doing now:
We are spending a lot of time outdoors—FAMILIES please send appropriate gear for outdoors. It is chilly and wet so we need dry boots, warm coats, hats and extra clothes.
It is important for us to get outside everyday to get the exercise we need.

What we will be doing:
We will be incorporating a few new times into our routine—art and circle time.
PLEASE NOTE: It is important for us to get on a regular routine, TOGETHER.
Drop off is at 8am and pick up is at 2pm.
This schedule allows teachers time to prepare the room and children time to enjoy their day. Please speak to us right away if special arrangements are needed.
Have a great fall!
Makwa News

We have had a great start into the new school year. The children have transitioned in very well and pretty much have gotten back into the swing of things.

**FOR THIS MONTH, WE WILL BE FOCUSING OUR LESSONS ON HIBERNATION AND WILD RICING.**

Children are learning so many Ojibwe words! They are using words during meal times and while talking with niijis. Our new words for October are hibernation- gigishimon, your turn-ginitam, and look-inashke.

The weather is cooling down now, so PLEASE dress your child warm. We DO make it outside daily! Chi Miigwetch....**Also,** now is the time to start bringing out the winter gear from 'hibernation'!

All the children are liking the story of Goldilocks and the 3 Bears. We are using props along with the story and some of the children can recite some of it and play with it daily. Take out some props (teddy bears, chairs, bowls, etc) at home and play with along your child—they’ll love it!!

Karen & Teresa

Victoria likes stamping
Eric likes re-enacting out the 3 Bears
Aura likes the electronic kitty
Sebastian likes the flashlights
Bella likes art
Isaiah likes making roads for the cars
Stella likes the storyboard
Deacon likes the train set

We say goodbye to our little guy, Maddox.
We know you’ll have lots of fun in your new classroom. We will miss you.
You can visit us anytime!! Linnea, it was a pleasure having your little one with us for 2 years...The Makwag Class

Family Night: Wednesday, September 28
Boozhoo,

Everyone had a great transition to the Esiban Room. Miigwetch to all the families who made this time a success.

We continue each day to use as much Ojibwe in the Classroom. We encourage all families to practice the words they know at home.

**Dates to Remember!!**

Apple Festival is Oct 7, 8, 9, and 2011.

Fall Harvest Activities at ECC Thursday Oct 27, 2011.

Red Cliff Health Fair Nov 2, 2011

Parents and families are welcome into our classroom at any time and are also welcome to join us for any special events each month.

<table>
<thead>
<tr>
<th>Daga: Please</th>
<th>Double Vowel Pronunciation Guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boozhoo: Hello</td>
<td>A  = uh as in lug</td>
</tr>
<tr>
<td>Wiisini: Eat</td>
<td>AA = ah as in autumn</td>
</tr>
<tr>
<td>Gigaawaabamin:</td>
<td>E   = ay as in bay or hay</td>
</tr>
<tr>
<td>Namadabin: Sit</td>
<td>‘   = glottal stop = brief pause</td>
</tr>
<tr>
<td>down</td>
<td>I   = ih as in ick or ish</td>
</tr>
<tr>
<td>Giziibiigininji:</td>
<td>II  = ee as in seen or bean</td>
</tr>
<tr>
<td>Wash hands</td>
<td>O   = oh as in Ojibwe</td>
</tr>
<tr>
<td>Agindaasdaa:</td>
<td>OO  = oo as in moon or loon</td>
</tr>
<tr>
<td>Let’s Read</td>
<td></td>
</tr>
<tr>
<td>Agwajiing Izhaadaa: Let’s go outside</td>
<td></td>
</tr>
<tr>
<td>Badaka’igan:</td>
<td></td>
</tr>
<tr>
<td>Fork</td>
<td></td>
</tr>
<tr>
<td>Emikwaan: Spoon</td>
<td></td>
</tr>
</tbody>
</table>
Migizi

We are having fun making new friends and connecting with old friends.

This month we have some field trips planned. The first trip will be to the apple orchards, then we will be going to the corn maze and pumpkin patch. At the end of the month we have been invited to go on another field trip to a past Migzi student’s home to look at Halloween decorations.

We will be learning this month about Fall. Projects will be about leaves, harvest and changing of the temperature.

October has Fire Prevention week in it so we will focus on fire safety and playing with matches. Hopefully the fire dept. will make a visit to our school to show the children their equipment and talk to them about safety.

Ms. Diann, Ms. Tracy, Ms Patsy
Boozhoo Mashkodezhiki class families,

For the month of October we will be talking about proud to be anishinabe, wild rice, apples, pumpkins and fall harvest. We have many activities planned. Some are: making a medicine wheel, learning the four values song, exploring the inside of a pumpkin, making apple sauce, reading stories about anishinabe people, apples and pumpkins just to name a few. We will be working on your child's individual portfolio which contains: pictures, observations, work samples, etc.

Ojibwemowin for Oct: Counting, greetings and the following phrases
Ishpenimitago: I'm proud of you
Gibiiniichige: you clean up
Daga giichibiliniizikawaagane: please take off your coat.

Just a reminder we sanitize toys that are put in mouths daily. All other toys every week. We also wash hands frequently throughout the day with the children, especially after potty breaks and before meals. We sanitize the tables and bathrooms each day. We are trying all that we can to keep your children healthy. We ask that you get them to bed on time each night and eat healthy meals at home. Remember, if your child is too sick too play outside please keep them home. As part of our performance standards we need to go outside daily. We don’t have extra staff to stay inside to watch children. If you have any questions about any of this please call the center 779-5030 ex 246 or 247. Have a great dagwagi (fall).

Minodibishkagezhegud to Connie Gordon who turns five on Oct.3rd!!!!. Happy Birthday Connie!!!!!

Giigawabamin,
Ms. Virginia, Ms. Jennifer, and Ms.J
Hello Families!

Wow! Cooler weather is approaching fast but that hasn’t slowed us down at all. The children are very busy learning new and exciting things at school, and making new friends.

We have been learning about how unique we are, what favorite foods we like to eat, what our favorite color is, and what’s our favorite toys or games. What we want to learn more about. Children in our room are so curious to learn about everything inside and outdoors. We would like to invite families into our classroom to visit and see what we do throughout our day. It’s a very proud moment for children to have their own families at school to visit. They talk about it all the time!

This month we will be focusing on emotions, fall themed projects, and some more all about “Me” projects so we can get to know all of our students!

**Ojibwe Colors To Practice!**

Blue = O-zhaa-wash-kwaad
Green = O-shki-bag-ong-in-aan-de
White = Waa-bish-ka

~Linda, Alicia & Beth
Ext. 245

Please wish these students a Mino Dibishkaad
Giizhikaad!

Happy Birthday!
October Newsletter
Wrap around Childcare

We are just getting ready we have 13 Child Care and 6 Early Childcare. There are no more openings but we have a waiting list. You can contact Kim Gordon about the list. If you have any questions or concerns you can contact Kim Gordon, Shenna Poch, or Fred Pillinger here at the E.C.C. The number is 715-779-5030

Happy birthday
Connie Gordon on October 3rd
Join us as we celebrate Fall and all its beauty at the ECC!! We will have games, special activities for the children and a feast!! Center and Home Based families invited!!

* Face Painting  
* Pin the Nose  
* Pumpkins!!  
* Fish Pond  
* Feast

Thursday,  
October 27th  
9:00am-11:00am

Parents are invited and welcome to attend this event. This is a regular school day. Any questions, call 779-5030.
Boozhoo!

ECC Fall Conferences are the week of November 14-17, 2011. Your child’s teachers will be contacting you to set up a conference time. Conference times are available from 2:00 – 4:00, unless other arrangements are made with your child’s teachers.

Parent Tips for Successful Teacher Conferences

- Please be on time for your scheduled conference
- Jot down what you want to talk about at the conference and bring that with you
- Stay positive
- Be open minded about suggestions from your child’s teacher
- Talk with your child about school before the conference

Remember, as a parent, you are the most important teacher in your child’s life. We are looking forward to having the opportunity to talk with you about your child.

See you soon!
Head Start Fall Library Field Trips

October 12    Maiingan classroom
October 19    Mashkodebzhiki classroom
October 26    Migizi classroom
November 2    Maiingan classroom
November 9    Mashkodebzhiki classroom
November 16   Migizi classroom

We plan on loading the bus at 9:00, arriving at the Bayfield Library at 9:30, and returning after story time. If the weather is nice, we can take a walk downtown, go to the park, etc. We will be back at the ECC for lunch.

This is a wonderful literacy activity and a good way to promote future library use.

Families are welcome to join us!
COMMUNITY EDUCATION SESSION # 2
ON
TRADITIONAL HEALING
WITHIN A TRIBAL COMMUNITY

October 13, 2011

LEGENDARY WATERS RESORT & HOTEL
CONFERENCE ROOM

6:00PM to 8:00PM

ECC & K-3 Parents Encouraged to Attend
Elders and Community Welcome to Come and Participate

INVITED PRESENTERS AND TOPICS:

SARA GORDON- (RED CLIFF BAND)  Traditional Tea
LINDA LEMIEUX (BAD RIVER)  Bear Grease Salve
TONY DEPERRY (RED CLIFF BAND)  Herbal Remedies

Meal Menu - Chicken Wild Rice Soup
Fried Bread and Dessert, Coffee/Punch

Door Prizes & Lots of fun!!!

Sponsored By: Red Cliff Health Clinic and ECC Project LAUNCH
Harvest Dinner
Friday, October, 14th, 2011
Time: 6:00 p.m.
Location: Elderly Center
Donations will be accepted and are appreciated and will go towards a memorial in honor of Jean Buffalo at the Red Cliff Farm

Agenda
Welcome
Opening Prayer
Dinner

If you have any questions, or would like to make a donation, please call Jeanne Gordon at 715-779-3700
Ojibwe Drum & Dance Troop

Date: Every Tuesday Beginning
September 13, 2011

Time: 6pm to 8pm

Where: Red Cliff Youth Center
New Housing Rd

Questions please contact Gretchen Morris @
715-779-0134

The goal of this community function is to provide teaching of drum and dance to all community members and visitors alike. So kids, youth, moms, dads, and elders please come to share and learn Ojibwe drum and dance with us.
Ojibwe Drum & Dance Troop

Our goal is to make regalia with those who want to but can not afford it.

Please contact

Gretchen Morris @715-779-0134
Trick or Treat Safety

When it comes to Trick or Treat Halloween night, it is important to sit down with your children ahead of time, and go over some safety tips. After you discuss the tips with your child, give them a mini quiz to make sure they fully understand the importance of following your guidelines.

Here are 10 safety tips you need set into motion for Trick or Treat Night.

1. Children should always be accompanied by a responsible adult, preferably the parent. Your child needs to listen to the adult that is accompanying them.

2. Give children flashlights and glow sticks so that others can see them coming. Instruct your child to use them while outside.

3. Instruct your children to never go inside another person's home; they are to remain outside the front door.

4. Let them know that they cannot eat any candy until they get home. This will allow you time to inspect the candy to make sure it's sealed and hasn't been tampered with.

5. When possible, children should walk in groups or in pairs. They should never be out alone.

6. Have a preplanned route and go over that route with your child. If you accidentally get separated, mark off a few spots where you can rejoin up.

7. Every year, children get hit by cars on Halloween night. It is better for your child to walk than to ride their bicycles when out Trick or Treating.

8. If your child is wearing a mask with their costume, make sure the mask properly fits and is not obstructing their view. Personally, I prefer face paint and hats, over full frontal face masks for safety reasons.

9. Go over stranger danger safety tips with your child before they go out. Instruct your child to never get in a stranger's car.

10. Children need to remain on well lit streets and on the sidewalks. They should never be running through dark yards or playing on the street or intersections.

By being prepared ahead of time and talking with your child about Trick or Treat night safety tips, you can have a fun and safe Halloween evening!
FLU & PNEUMONIA
VACCINE CLINIC

FRIDAY, OCTOBER 28TH
9 am to 12 pm
Red Cliff Community Health Center

WEDNESDAY, NOVEMBER 2ND
9 am to 1 pm
 Legendary Waters Casino Conference Center

MONDAY, NOVEMBER 14TH
11 am to 2 pm
Elderly Nutrition Feeding Site

FRIDAY, DECEMBER 9TH
1 pm to 4 pm
Red Cliff Community Health Center

***APPOINTMENTS STRONGLY ENCOURAGED FOR HEALTH CENTER DATES***

To schedule an appointment for one of the clinic dates at the Health Center, please contact

Tony Bondioli at (715) 779-3707
Diseases like polio, measles, mumps, and influenza once caused millions of deaths, especially among children. Thanks to vaccines, many dangerous diseases do not spread as easily as they used to. However, infants and children are still vulnerable to the effects of these diseases. That's why medical experts recommend starting a child's immunization schedule at birth. Infants and toddlers who are not immunized may be exposed to germs too strong for them to fight. Check with your child's healthcare provider to find out what vaccines your child needs to be protected. The chart below can be filled out by your child's healthcare provider with specific recommendations, or you can use it to keep a record of your child's immunizations.

### Your Child's Immunization Schedule

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccine</th>
<th>birth</th>
<th>1 month</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>12 months</th>
<th>15 months</th>
<th>18 months</th>
<th>4-6 years</th>
<th>11-12 years</th>
<th>14-16 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphtheria, Tetanus, Pertussis (DTP)</td>
<td>H. influenzae type b (Hib)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polio (IPV or OPV)</td>
<td>Measles, Mumps, Rubella (MMR)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B (Hep B)</td>
<td>Varicella (Var)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disease</td>
<td>Description</td>
<td>Notes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphtheria</td>
<td>A rare but highly contagious infection of the throat, mouth, and nose. Diphtheria can block airways, making it difficult to breathe. If not treated, it can lead to pneumonia, heart failure, and paralysis. The DTP vaccination helps to prevent diphtheria.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus</td>
<td>Caused by bacteria found in soil and rusty metal, tetanus can enter the body through a cut or wound. Tetanus is a painful disease that can cause muscle spasms, lockjaw, and death. The DTP vaccination can help to protect your child from tetanus.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pertussis</td>
<td>Also called whooping cough; pertussis is a life-threatening disease, especially for infants. It causes a thick mucus to clog airways, leading to a severe cough. This cough, which may sound like a “whoop,” can last for 2 to 10 weeks. Pertussis can lead to pneumonia, bronchitis, brain or lung damage, and death. The DTP vaccination helps to prevent pertussis.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haemophilus influenzae type b</td>
<td>Haemophilus influenzae type b (Hib) causes a variety of infections in infants and toddlers. It can cause croup, pneumonia, and meningitis, which can be fatal. Hib may also infect blood, bones, and the membrane surrounding the heart. Hib infections are most damaging to babies under a year old. The vaccine that helps to prevent this disease is called a Hib vaccination.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polio</td>
<td>Polio is a virus that attacks the nerves that control muscles. Early symptoms, such as fever, sore throat, and headache, are followed by neck and back pain. The disease can progress quickly, leading to permanent paralysis or death. Two types of polio vaccines, the inactivated polio vaccine (IPV) and the oral polio vaccine (OPV), are used for immunizations.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td>Easily spread when an infected person coughs or sneezes, measles often causes high fever, cough, diarrhea, and a skin rash. It can lead to complications such as ear infections, pneumonia, and encephalitis. If it infects the brain, it can be fatal. The MMR vaccine helps to protect against measles, as well as mumps and rubella.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td>Mumps can become serious, causing meningitis, encephalitis, or hearing loss. The main signs of mumps are painful swelling under the jaw, fever, headache, and fatigue. The MMR vaccine helps to prevent mumps.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rubella</td>
<td>Rubella (German measles) usually has mild effects, such as fever, swollen glands, and a rash. However, if a pregnant woman gets rubella, she may miscarry or deliver a baby with heart disease, hearing loss, blindness, or mental retardation. The MMR vaccine helps to protect against rubella.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Hepatitis B is usually spread through blood, body fluids, or sexual contact. The disease infects the liver and causes flu-like symptoms such as weakness, nausea, loss of appetite, and jaundice. In later stages, it can result in liver failure, cancer, or death. Although children are not at great risk for hepatitis B, experts recommend immunizing infants with the Hep B vaccine for lifelong protection.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella</td>
<td>More commonly known as chickenpox, varicella is a common childhood disease that causes a rash of small, itchy, red spots on the body. It is often accompanied by a mild fever. Although the disease is not usually dangerous, it can cause more serious complications like pneumonia. The shot that helps to prevent chickenpox is called the Var vaccine.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Vaccine Safety: The Facts

Why vaccinate? Vaccines save lives and protect against the spread of disease. If you decide not to immunize your child, you put your child at risk. Your child could catch a disease that is dangerous or deadly. Getting vaccinated is much better than getting the disease.

Your pediatrician knows that you care about your child’s health and safety. That’s why you need to get all the scientific facts from a medical professional you can trust before making any decisions based on stories you may have seen or heard on TV, the Internet, or from other parents. Your pediatrician cares about your child too and wants you to know that…

- **Vaccines work.** They have kept children healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90% to 99% effective in preventing disease. And if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn’t been vaccinated. There may be mild side effects, like swelling where the shot was given, but they do not last long. And it is rare for side effects to be serious.

- **Vaccines are safe.** All vaccines must be tested by the Food and Drug Administration (FDA). The FDA will not let a vaccine be given unless it has been proven to be safe and to work well in children. The data get reviewed again by the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and the American Academy of Family Physicians before a vaccine is officially recommended to be given to children. Also, the FDA monitors where and how vaccines are made. The places where vaccines are made must be licensed. They are regularly inspected and each vaccine lot is safety-tested.

- **Vaccines are necessary.** Your pediatrician believes that your children should receive all recommended childhood vaccines. In the United States vaccines have protected children and continue to protect children from many diseases. However, in many parts of the world many vaccine-preventable diseases are still common. Since diseases may be brought into the United States by Americans who travel abroad or from people visiting areas with current disease outbreaks it’s important that your children are vaccinated.

Also, children with certain health problems may not be able to get some vaccines or may need to get them later. Since each child is different, your child’s doctor will know what is best for your child. You should get information about each vaccine at the doctor’s office. Ask your child’s doctor if you don’t understand what you’ve read.
Vaccine Safety: The Facts

- **Vaccines are studied.** To make sure the vaccine continues to be safe, the FDA and the CDC created the Vaccine Adverse Event Reporting System (VAERS). All doctors must report serious side effects of vaccines to VAERS so they can be studied. Parents can also file reports with VAERS. For more information about VAERS, visit www.vaers.hhs.gov or call the toll-free VAERS information line at 800/822-7967.

Based on VAERS reports, vaccine safety professionals continuously look for any problem with a vaccine, study the problem, and decide what to do. And if there is a problem, changes are made as soon as possible. For example,

- If a vaccine is no longer safe, it is no longer given.
- If there are new side effects, safety alerts are sent out to your health care providers.

Another way the CDC checks vaccine safety is by studying information about side effects collected from 8 large insurance companies. The Vaccine Safety Datalink (VSD) helps identify if there are any serious problems or safety issues from the records of thousands of children.

In the rare case that a child has serious side effects to a vaccine, parents can contact the National Vaccine Injury Compensation Program (VICP) at 800/338-2382 or www.hrsa.gov/vaccinecompensation. This federal program was created to help pay for the care of people who have been harmed.

**Resources**

**American Academy of Pediatrics**
www.aap.org
www.cisp.immunize.org

**Food and Drug Administration**
www.fda.gov

**Centers for Disease Control and Prevention**
www.cdc.gov/vaccines

**National Network for Immunization Information**
www.immunizationinfo.org

---

**From your doctor**

If you have any questions or concerns, feel free to ask your pediatrician.

---

Please note: Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Phone numbers and Web site addresses are current as possible, but may change at any time.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.
People Who Will Help
For a free Positive Parenting Kit...
call 1-866-640-3936.

For parent discussion groups and communication skills workshops in your area, call your County Extension Family Living Agent or Prevent Child Abuse Wisconsin, 211 S. Paterson St., Suite 250, Madison, WI 53703, 1-800-CHILDREN.

Helplines: Milwaukee – 414/671-0566
Madison – 608/241-2221

Others who will help...
Look in the yellow pages of your telephone directory under social or human service organizations. Examples might include:
Mental Health Association
Children’s Service Society
Catholic Social Services
Lutheran Social Services

Contact your county...
Social or Human Service Department

Some Stress Relievers
When you feel overwhelmed with stress and need to calm down, here are some tips...

- Breathe deeply or count to ten. Put your child in a safe area and go outside or to another room for a few minutes.

- Lie on the floor with your feet up on a chair. Place a cool cloth on your face and think of a peaceful scene. Stay for five minutes.

- Stop. Try to think what is making you so angry. Is it the children or is it something else? Are you taking your frustrations out on them?

- Designate a place, even a chair or a corner, as a “time-out” spot where you can go when you feel you are losing your temper. Designate a safe, separate place for your child. When you are cool and collected, tell your child what made you angry.
On Being a Parent

Being a parent, you may have found, is one of the hardest jobs in the world. It places constant demands on your time and patience. The pressures can be overwhelming.

These pressures can make you feel frustrated, irritated, resentful and helpless — all normal feelings. The word for these feelings today is STRESS.

If you consistently have any of these feelings, you could be under stress.

Lonely and cut off
“I’m always tied down to the house and kids!”
“I don’t have anyone to talk to.”
“Nobody could understand...”
“If I were only closer to my family.”

Resentful and angry
“No one appreciates me.”
“Why does the burden fall on me?”
“I can never do what I want to do.”
“Being a parent is sure not what I thought it would be.”

Up the wall with your kids
“I lose my temper more often lately.”
“I can’t stand the crying another minute.”
“I’m afraid of what I might do to him.”
“I’m in constant conflict with my teenager.”

Down on yourself
“I can’t do anything right.”
“I feel so unimportant.”
“I try hard, but never get anywhere.”

Unsure
“I don’t know what to do with this child.”
“I can’t decide what to do next.”
“I want to be a ‘good’ parent, but I don’t know how.”
“I never know if I’m doing the right thing.”

Stress Takes Its Toll

When you are under stress, you may lash out at those closest to you — even your children. Lashing out can cause more stress — for you and your child. It’s painful for your child. It’s painful and scary for you. It can be a vicious circle.

Or you may just withdraw or escape by whatever means — watching TV, overeating or drinking or spending time away from your family — so you won’t have to deal with the problems. This doesn’t help either.

No One Can Do It Alone

When these stresses build and you find yourself losing control or giving up, there are people who can help. You have only to reach out to them.

Talk It Out

Share your feelings with someone you trust — a friend, a relative, your spouse, your clergyman, your doctor, a close neighbor.

Or call a parent support group or parent education course in your area. (See back page for agencies that can help you and your family.)

When You Reach Out

You will discover that...
You are not alone... other parents have problems like yours.
There are people who care about you... and will listen to you.
There are people who can help you with your children.

You will learn...
How to meet your own needs and take time for yourself.
How to deal with the stress in your life — in a constructive way.
What to expect of children at each stage of their development.
Ways to discipline that may work best for you... and reduce stress for you and your children.

You will realize...
That you are important.
When you feel better about yourself, you are better able to deal with the day to day crises.
When you feel good, you help everyone near you feel good, too.
Activities: Math in the Home

Knowledge in math and science begins at birth and is especially important when children enter more formal educational settings—like preschool. Teachers and parents can help encourage children’s interest and curiosity in the world around them. This resource offers many suggestions to use at home and school to promote math and science education.

The following is an excerpt from Helping Your Child Learn Math.

Activities: Math in the Home

Activities
Math in the Home
Your home is full of opportunities to explore math with your child and, at the same time, build his or her self-confidence and understanding of mathematical ideas. This is a chance for you and your child to "talk math" that is, to communicate about math while discovering relationships between numbers. Being able to describe mathematical patterns and relationships, such as those between "addition and subtraction" or "odd and even numbers," is important to later success in math. The activities in this section are intended to be enjoyable and inviting and use items that can be found in your home. While doing the activities, keep in mind that an understanding of math and a sense that math is enjoyable will help children develop skills that they will need for success their entire lives.

Fill It Up
Grades K-2

What you'll need
A measuring cup, 4 glasses of equal size, and water

What to do
1. Pour water at different levels (1/3 cup, 1/2 cup, 3/4 cup and 1 cup) in each glass. Put the glasses next to each other. Ask your child: Are all the water levels the same or different?

2. Ask your child questions to encourage comparison, estimation, and thinking about measurement. Which glass has more water? Which has less? How many glasses of water do you estimate it will take to fill the container?

3. Pour more water into one of the glasses to make it equal to the amount of water in another glass. Move the glasses around so that the glasses that have the same amount of water are not next to each other. Ask your child: Which glasses do you think have the same amount of water?

4. As your child begins to understand more, do activities using different-shaped containers that hold the same amount of a substance (water, rice, and popcorn kernels). This helps your child see comparisons, as well as the various capacities of different-sized and -shaped containers.
Fractured Fractions
Grades K-3

What you'll need
Clear container, masking tape, marker, measuring cups (1/2, 1/3, or 1/4 cup measure), uncooked rice or popcorn kernels, and water

What to do

1. Have your child stick a piece of masking tape straight up one side of the clear container from the bottom to the top.

2. For younger children, use a 1/2 cup measure. For older children, use a 1/3 or 1/4 cup measure. Choose the unit of measure and fill the measuring cup. Then let your child pour the substance from the measuring cup into the clear container. Continue to pour the same amount of the substance into the container.

3. As each equal amount of the substance is poured, mark the level on the container by drawing a line on the tape. Write the cup size or appropriate fraction on each line. The fraction for one-third cup would be 1/3.

4. Follow this procedure until the container is full and the tape is marked in increments to the top of the container.

5. Fill the container again and again using different measures each time. Ask your child "thinking" questions.
   
   o How many whole cups do you think this container will hold? How many 1/2 cups, 1/3 cups, or 1/4 cups do you think the container will hold?
- How many 1/2 cups equal a cup?
- How many 1/4 cups equal 1/2 cup? A cup?
- How many 1/4 cups equal 3/4 cup?

<table>
<thead>
<tr>
<th>Parent Pointer</th>
</tr>
</thead>
<tbody>
<tr>
<td>This hands-on activity explores whole numbers and fractions by using measurements your children can see. Your children also will learn to guess or estimate quantities.</td>
</tr>
</tbody>
</table>

---

**Money's Worth**  
**Grades 1-3**

What you'll need  
Coins, grocery store coupons, and a pencil

What to do

1. **Coin clues.** Ask your child to gather some change in his or her hand without showing what it is. Start with amounts of 25 cents or less (for first-graders, you can start with pennies and nickels). Ask your child to tell you how much money and how many coins there are. Guess which coins are being held.

   For example, "I have 17 cents and 5 coins. What coins do I have?" (3 nickels and 2 pennies).

2. **Clip and save.** Cut out grocery store coupons and tell how much money is saved with coins. For example, if you save 20 cents on detergent, say 2 dimes. Ask your child what could be purchased using the savings from the coupon. A pack of gum? A pencil? How much money could be saved with 3, 4, or 5 coupons? How could
that money be counted out in coins and bills? What could be purchased with those savings? A pack of notebook paper? A magazine? How much money could be saved with coupons for a week's worth of groceries? How would that money be counted out? What could be purchased with those savings? A book? A movie ticket? What percentage of the original price is the coupon worth?

3. **Count the ways.** How many ways can you make 10 cents, 25 cents, 30 cents, 40 cents, or 50 cents? You can help your child add the coins in various ways to get different answers.

4. Try playing the coin games with coins from another country.

<table>
<thead>
<tr>
<th>Parent Pointer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Coin games help children to learn the value of coins. They also teach counting, addition, subtraction, and multiplication. Coupons can help teach children money management, as well as subtraction and percentages.</strong></td>
</tr>
</tbody>
</table>
In the News
Grades K-2

What you'll need
Newspaper, scissors, pencil or crayon, glue, and graph paper

What to do

1. **Newspaper numbers.** Help your child look for numbers 1 to 100 in the newspaper. Cut the numbers out and glue them in numerical order onto a large piece of paper. For children who cannot count to 100 or recognize numbers that large, only collect up to the number they do know. Have your child say the numbers to you and practice counting up to that number.

   Or

2. Collect only numbers within a certain range, like the numbers 20 and 30. Arrange the numbers on a chart, grouping all the numbers with 2s in them, all the numbers with 5s, and so on.

3. **Counting book.** Cut out pictures from the newspaper and use them to make a counting book. Page 1 will have one thing on it, page 2 will have 2 things that are alike, page 3 will have 3 things that are alike, and so on. All the things on the each page have to be the same. At the bottom of each page, write the number of items on the page and the word for the item. Have your child tell you a story about what is on the page.
Treasure Hunt
Grades K-2

What you'll need
Large container, buttons, screws, bottle caps, old keys, anything else you can count, and graph paper (can be hand-drawn)

What to do
1. Find a container to hold the treasures.
2. Sort and classify the treasures. For example, do you have all the same-sized screws or keys? How are they alike? How are they different?
3. Use these treasures to tell addition, subtraction, multiplication, and division stories. For example, if we share 17 buttons among 3 friends, how many will we each get? Will there be some left over? Or if we have 3 shirts that need 6 buttons each, do we have enough buttons?
4. For older children, you can organize the treasures by one characteristic and lay them end to end. Compare and contrast the different amounts of that type of treasure. For example, there are 3 short screws, 7 long screws, and 11 medium screws. There are 4 more medium screws than long ones. Make a simple graph showing how many of each type of screw there are. This activity may also provide an opportunity to talk about fractions: 7/21 or 1/3 of the screws are long.
Tuna Casserole

2 cans cream of celery soup
1/3 cup chicken broth
2/3 cups milk
2 Tbls. Parsley
1 pkg. (10 ounce) frozen peas
2 (7 ounce) cans tuna well drained
10 ounces medium egg noodles, cooked until just tender
3 Tbls crushed potato chips

Grease bottom and side of slow cooker, In a large bowl, combine soup, chicken broth, milk, parsley and tuna. Fold in cooked noodles. Pour mixture into slow cooker and top with chips. Cover and cook on low for 5-6 hours.

Chicken Rice Casserole

1 cut up frying chicken
1 cup long grain white rice
1 envelope onion soup mix
1 can cream of chicken soup
1 1/2 cans water
4 ounces sliced mushrooms
Salt and pepper to taste

Combine everything except the chicken, mixing well, putting into a casserole arrange chicken on top. Bake at 350 for 1 hour, covered, than uncover bake for 30 minutes more stirring once.
Kids Love This Cheese Soup

1/4 c. finely chopped onion
1/4 c. finely chopped carrot
1/4 c. finely chopped celery
1 TB. Water
1 TB. Margarine
1/3 c. flour
1 1/2 c. no-added-salt-chicken broth
2 c. skim milk
4 oz. reduced-fat cheddar cheese, shredded
Paprika as garnish

In microwave dish, combine onion, carrot, celery and 1 Tb water. Cover and microwave on high power for 3 minutes. In 2-quart saucepan, melt margarine, over medium heat; than whisk in flour and than milk, blending until smooth. Add broth, vegetables, and shredded cheese, stirring until cheese melts. Ladle into bowls and garnish with paprika.
Milk, Minus the Cow

Cow-free milk is no passing trend: The milk-alternatives market grew 12.5 percent last year, according to the Beverage Marketing Corporation. "While cow's milk contains nutrients such as calcium, vitamin D, and protein, people are turning to non-dairy varieties because of allergies, lactose intolerance, and concerns about hormones and antibiotics," says Elisa Zied, R.D., author of Nutrition at Your Fingertips. Some faux milks are more beneficial than good old moo juice and clock in at fewer calories (skim has 90 per eight-ounce glass), while others lack nutritional value or harbor hidden calories and sugar, particularly the vanilla-and-chocolate-flavored ones. Consult this guide before you drink up.

Almond Milk: Almond Breeze Original, Per cup: 60 cal, 2.5 g fat (0 g sat), 8 g carbs (7 g sugars), 150 mg sodium, 1 g fiber, 1 g protein
Taste: Creamy, rich, and slightly nutty with a hint of sweetness
Pros: The least caloric of the bunch, it's fortified with vitamin E, a powerful antioxidant that fights UV damage, as well as calcium and vitamins A and D.
Cons: While almonds themselves are a good source of fiber and protein, the milk contains skimpy amounts of these nutrients (that's because the milk is made by grinding the nuts and mixing with water). Almond milk is also higher in sodium than other alternatives.
Best in: Smoothies, coffee, and cereal

Hemp Milk: Tempt Original, Per cup: 100 cal, 6 g fat (0.5 g sat), 9 g carbs (6 g sugars), 110 mg sodium, 0 g fiber, 2 g protein
Taste: Nutty and earthy
Pros: It's naturally rich in omega-3 fatty acids—wonder nutrients for your heart, brain, and mood. Hemp milk is made with cannabis seeds, but it won't get you high, because it lacks significant THC (the psychoactive ingredient in marijuana).
Cons: Depending on the brand, you may gulp only 10 percent of your daily calcium needs. It's not a great source of protein either.
Best in: Mashed potatoes, muffins, and quick breads. Unobtrusive in flavor, it's a good stand-in for cow's milk in baked foods.

Coconut Milk: So Delicious Coconut Milk Beverage Original, Per cup: 80 cal, 5 g fat (5 g sat), 7 g carbs (6 g sugars), 15 mg sodium, 0 g fiber, 1 g protein
Taste: Thick, creamy, and, well, coconut-y
Pros: It has the least amount of sodium and can be fairly low-cal—even some flavored kinds will cost you only 90 calories per serving. Plus, most brands are fortified with half a day's worth of vitamin B12, a brain-boosting nutrient.
Cons: "The majority of fat is saturated," says Lauren Slayton, R.D., founder of Foodtrainers in New York City. But at five grams per serving, it constitutes less than 8 percent of your total daily value for fat.
Best in: Coffee, tea, pudding, smoothies, and oatmeal—it's a go-to thickener.

Rice Milk: Rice Dream Enriched Original, Per cup: 120 cal, 2.5 g fat (0 g sat), 23 g carbs (10 g sugars), 100 mg sodium, 0 g fiber, 1 g protein
Taste: Light, watery, and sweet
Pros: The carbs. "Have a glass before or after a workout—it offers carbs to fuel and fluid to hydrate, and like a sports drink, it's a good source of electrolytes," says Nancy Clark, R.D., author of Nancy Clark's Sports Nutrition Guidebook.
Cons: The carbs. If you're trying to drop a few pounds, it's best to eat whole-grain carbs, which contain filling fiber; rice milk has zero.

Soy Milk: Silk Original, Per cup: 100 cal, 4.5 g fat (0.5 g sat), 8 g carbs (6 g sugars), 120 mg sodium, 1 g fiber, 6 g protein
Taste: Faintly sweet. Some varieties have a slight tofu flavor.
Pros: It has almost as much protein as cow's milk, plus plant chemicals that may help inhibit absorption of cholesterol. It's often fortified, so shake the carton well—added calcium tends to settle at the bottom, says Zied.
Cons: Some studies suggest that over-consuming soy promotes breast cancer. "A good guideline is about 25 grams of soy protein per day," says Zied.
Best in: Creamy soups and salad dressings, sauces, casseroles, and other savory dishes. Vanilla-flavored varieties are great in coffee or tea (or by the glass!).
Mamapedia Voices

Mamapedia City Voices highlights the inside scoop on your city by selected writers, from up-and-coming mom bloggers to well-known mom experts.

Why Toddlers Don't Eat Vegetables
September 14, 2011
by Dina Rose of "It's Not About Nutrition"

Want to know why toddlers reject vegetables? Most parents inadvertently teach them to.

No one does it deliberately, "Hey, we've got to stop this veggie-eating thing. It's time to make sure Lucy loathes lima beans."

But most parents don't actively help their children cultivate a taste for vegetables. In fact, they teach their kids to prefer other kinds of flavors instead.

Here's some counter-intuitive advice: Don't worry so much about vegetables. Pay attention to all the other foods you regularly feed your kids because therein lies the answer to veggie eating.

Instead of trying to get nutrients into your children, think about shaping their taste buds.

A recent study shows that when children favor foods that are high in sugar, fat, and salt they typically don't like natural flavored foods. Foods like vegetables.

Sadly, most "Child-Friendly" foods are high in sugar, salt and fat. This is true of sweetened yogurt, apple juice, Goldfish crackers, pizza, cheese and the list goes on.

From a nutrition perspective, these foods barely pass the parental "sniff-test."

From a habits perspective, they're a disaster. If you give your children a lot of sweet, salty, and high fat foods throughout the day then these are the flavors their taste buds will come to expect.

When it comes to feeding kids, most parents think of themselves as Nutrient-Providers and Detectives.

And this is how most parents get into trouble. Nutrient-Providers and Detectives look for foods that meet two criteria: they deliver the nutritional goods (at least minimally) and their kids will like them.

This approach ends up restricting rather than expanding, your kids' palates because it encourages you to feed your children foods that have the same taste and texture.

You need to think of yourself as a taste-bud shaper instead.

Taste-bud shapers recognize that every bite of food influences their children's taste preferences.

It's just not the number of times your kids eat peas that determines whether or not they like peas.

What matters is the range of flavors your kids are exposed to throughout the day, and how those flavors compare to peas.
If you don’t consciously shape your kids’ taste buds to like vegetables you'll end up teaching them to dislike vegetables instead.

Don’t believe me? Chart all the foods your kids eat for a couple of days, noting whether they are sweet, salty or full of fat. Go ahead. I dare you!

Then, start training your kids’ taste buds in the right direction by:

- Gradually wean your kids away from sugar, salt and fat.
- Temporarily add sugar, salt or fat to veggies so they taste more like the other stuff.
- Shift your children’s daily diet towards more fresh, natural foods.
- Use “Child-Friendly” Foods as occasional treats.

Dina R. Rose is the author of the popular blog It’s Not About Nutrition. She has a PhD in sociology from Duke University and more than fifteen years’ experience in teaching and research. Dina made helping parents solve their kids’ eating problems her life work. Most parents know what their children should eat, but have trouble putting this knowledge into practice. Dina offers parents the relief they need: practical, research-based strategies so they can stop struggling and start succeeding.

Check out Mamasource’s special Back to School section for wisdom, humor, advice, and great deals. Enter the sweepstakes to win fabulous prize packages, including a MacBook Air, iPads, a $500 gift card, and more.
5. Close your damper
Close the damper on your wood fireplace when not in use to prevent heat from escaping out the chimney.

6. Use a programmable thermostat $$$
Turning the temperature down at night or when no one is at home can save energy with most types of heating systems. Programmable thermostats automatically turn the heat and central air conditioner down and up on a preset schedule. It's an easy way to save money and energy because it can pay for itself in one to two years.

7. Use ventilating fans only as needed
Use kitchen, bath and other ventilating fans sparingly. In just one hour these fans can blow away a house full of warmed air. Turn them off just as soon as they have done their job.

8. Buy Energy Star® appliances
When replacing a furnace or other household appliances look for the Energy Star logo. Energy Star-labeled products are certified energy efficient by the U.S. government and will save you money on the operating cost of the appliance.

9. Insulate
Proper insulation keeps your home warm in winter and cool in summer. In fact, up to 20 percent of your heating energy can be lost through a ceiling that is not insulated.

COOLING
A key to cooling a home is to keep the heat out in the first place.

10. Stop the sun's rays
Close drapes or blinds to keep the sun's heat out. Solar screens and shades also can effectively block a large amount of the sun's heat before it enters your home.

11. Shade helps
Grow deciduous (leafy) trees where they will shade your house from the sun's hottest rays in summer, and allow the warming sun in during the winter.

12. Cool with fans $$$
Ceiling fans look great and help keep air moving to make you feel comfortable. Most fans use no more energy than a 100-watt light bulb.

13. Whole house fans help in the evening
To cool the whole house when the temperature goes down at night, consider installing a whole-house fan. These units draw in cool air from outside, replacing the warmer indoor air.

14. Don't overcool
Don't make the mistake of trying to speed up the cooling process by setting the thermostat at a temperature that's lower than comfortable. It will take just as long to cool.

15. Degree of comfort
If you have refrigerated air conditioning, set your thermostat at 78 degrees instead of 73 degrees. This can save you up to 5 percent on your energy costs over an 8-hour period. Also make sure you move furniture out of the way so you do not block any cooling vents.

16. Filters need cleaning $$$
Check your furnace filter once a month during the cooling season. Vacuum or replace it as necessary. The furnace and air conditioner use the same fan and filter system.

WATER HEATER
It's the second-largest energy user in the average household. Here are ways you can cut your energy use as well as conserve water.

17. Conserve water $$$
Use high-efficiency showerheads and low-flow devices for all your faucets. They can reduce your water consumption by as much as 10 percent.

18. Fix the drips
A slow drip of hot water from a faucet can waste up to 200 gallons per month as well as waste the energy used to heat that water.
19. Shower vs. bath $$$
The shower wins for using less hot water than a bath - if you keep your shower under 7 minutes.

20. Turn down the temperature
Set your water heater thermostat for 120 degrees Fahrenheit.
That's a "medium" setting if your dial isn't numbered.

21. Adjust the temperature for vacations
Set the dial on the "pilot" or "vacation" setting when you go away on vacation.

22. Insulate your water heater to save $$$
If your water heater is warm to the touch, a water heater insulation blanket can save on your water heating costs. However, before installing, check your owner's manual and be sure to follow the installation guide for insulating.

REFRIGERATOR AND FREEZER
Your refrigerator/freezer is a big energy user in your home. Here are some ways to beat the cost of keeping food cold.

23. Keep it clean $$$
Vacuum the condenser coils below or at the back of the refrigerator/freezer twice a year to keep it running efficiently and help save energy.

24. Close it
The time for decisions is not when you have the door open.
Get everything you need for a sandwich or recipe in one trip.

25. Keep it full $$$
A full refrigerator and freezer operates more efficiently than an empty one. Use plastic bottles of water if necessary to take up space.
But don't over-pack or the cold air won't circulate properly.

26. Defrost regularly
In a manual-defrost model more than 1/4-inch of frost acts as an insulator and makes the appliance work harder, so defrost regularly.

27. Keep it cool
Locate your refrigerator or freezer away from the direct flow of warm air, such as the range, a heat register or direct sunshine.

28. Keep the right temperature
Refrigerator temperature should be between 34 and 37 degrees Fahrenheit and the freezer at 5 degrees Fahrenheit. A separate freezer for long-term storage should be kept at 0 degrees Fahrenheit.

29. Unplug your second refrigerator
If your second refrigerator (or an extra freezer) is not being used to full capacity, don't use it. You'll save energy and likely more than $100 a year.

RANGE AND OVEN
It's wise to use your range and oven efficiently. Here are some tips to help hold down cooking costs:

30. Pots and pans are important
Pans that have flared sides or that are smaller than your cooking elements let heat escape; match the pan size to the heating element. For most foods, a medium-weight aluminum pan cooks faster and most efficiently. Save your heavy pans for foods that require slow, steady cooking.

31. Cover up
Use pan covers. Trapped steam cooks food faster. Also make sure you thaw foods completely before cooking them.
ECC SUBS NEEDED!!

The ECC is looking for subs!! Please stop at the ECC and see Ashley Peterson for subbing information.

PARENTS:
Subbing during the day is a great way to get involved in your child's education and ECC activities. This opens the door to many learning and working experiences. To be a sub, you must complete a "sub packet" (background information, TB Test, Drug test, Shaken baby training, SIDS training). Please stop by the ECC anytime and ask for a "sub packet"!
Legendary Waters Job Openings

Legendary Waters needs experienced Craps dealers. Wages starting at $7.00 per hour plus tips. Also Blackjack dealers, competitive wages. Contact Seth Morris at 715-779-9401

Legendary Waters is seeking night Supervisors for the hotel. Applicants should contact Seth Morris at 715-779-9401

Legendary Waters Bartenders and Cocktail servers needed, competitive wages, and anyone interested should call Seth Morris at 715-779-9401.

Legendary Waters is looking for a Manager on Duty. Also need table games and floor supervisors. Contact Seth Morris at 715-779-9401
Gourmet Garage
Assistant Baker

Job Description
Experience preferred but not necessary, will train.
Must be available on weekends.
Must be able to read and follow recipes.
No students please
Starting now through end of Dec.
For hours & rate of pay, call 715-779-5365
Ask for Judy

Contact Information
Business Name: Gourmet Garage
Street: PO Box 1226
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-5365

Big Water Cafe & Coffee Roasters
Assistant Cafe Manager

Job Description
We’re looking for candidates that enjoy working in a fun, flavor focused environment. This is a year round, full

time position. If you’re interested in joining this fun, high energy team please see the full position description on
our website www.bigwatercoffee.com. Resume and cover letter can be submitted to Jon or Danielle at the cafe
or emailed to jobs@bigwatercoffee.com

Contact Information
Business Name: Big Water Cafe & Coffee Roasters
Contact: Danielle Ewalt
Street: PO Box 1350
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-9619
Email: info@bigwatercoffee.com
Website Address: http://www.bigwatercoffee.com
# OCTOBER 2011

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3B WILD RICE PAN-CAKES, APPLES, YOGURT</td>
<td>4B RICE CRISPIES, PEAES, CC, TOAST</td>
<td>5B HB OATS, STRAWBERRIES, YOGURT</td>
<td>6B KIX, BLUEBERRIES, MUFFIN, CC</td>
<td><strong>Salad Served 2-3x Weekly</strong></td>
</tr>
<tr>
<td>L BBQ CHIX SAND, FRY, M ORANGES, CC</td>
<td>L HAM/CHEEZ QUESADILLA, CARROT, PINEAPPLE</td>
<td>L FISH, PEAS, POT, BUN, PEARS, W RICE</td>
<td>L VENISON, W RICE, POT, SQUASH, APPLE CRISP, FRY BREAD</td>
<td>S CEREAL/CREAMCHZ</td>
</tr>
<tr>
<td>S NUTRA BAR/MILK</td>
<td>S POPPED W RICE/JUIC</td>
<td>S CC/PINEAPPLE</td>
<td>S CEREAL/CREAMCHZ</td>
<td></td>
</tr>
<tr>
<td><strong>10B MALTO MEAL, TOAST, FRUIT COCKTAIL</strong></td>
<td><strong>11B CORNFLAKES, TROP FRUIT, BR BREAD, CC</strong></td>
<td><strong>12B CHEERIOS, BANANA, TOAST</strong></td>
<td><strong>13B CORN CHEX, APPLES, YOGURT, MUFFIN</strong></td>
<td><strong>Meals Served With Milk</strong></td>
</tr>
<tr>
<td>L PIZZA BRG, FRY, CORN, PLUMS</td>
<td>L CHIX SOUP, TRK SAND, MANGO</td>
<td>L BEEF STIR FRY, RICE, PINEAPPLE</td>
<td>L PORK, MAC/CHEEZ, PEAS, PEARs</td>
<td>S VEGGIE TACO/JUICE</td>
</tr>
<tr>
<td>S NUTRA BAR/MILK</td>
<td>S CHEEZ/PEARS</td>
<td>S TRAILMIX/MILK</td>
<td>S BREAD STICK/SAUCE</td>
<td></td>
</tr>
<tr>
<td><strong>17B WAFFLES HAM CHEEZ, APPLESauce, L LASAGNA HP, CORN, TROP FRUIT</strong></td>
<td><strong>18B RICE CRISPIES, ORANGES, BK BAR</strong></td>
<td><strong>19B KIX, BERRIES, CINN BR, PB</strong></td>
<td><strong>20B CORNFLAKES, APPLESauce, MUFFIN</strong></td>
<td><strong>Menu Subject To Change</strong></td>
</tr>
<tr>
<td>S BREAD STICK/SAUCE</td>
<td>L POT SOUP, EGG SALAD, GR BEANS, FRUIT SALAD</td>
<td>L BK CHIX, POT, CARROT, CRANBERRY</td>
<td>L CHILI, CORNBREAD, CORN, PEARS, CHEEZ STICK</td>
<td></td>
</tr>
<tr>
<td><strong>24B PANCAKES, BLUEBERRIES, TKY BACON</strong></td>
<td><strong>25B BRAN FLAKES, BR BREAD, APPLES, YOGURT</strong></td>
<td><strong>26B CHEERIOS, ENG MUFFIN, M BERRIES, CC</strong></td>
<td><strong>27B HB OATS, BANANA, CC</strong></td>
<td></td>
</tr>
<tr>
<td>L, RAVIOLI, VEG/DIP, TROP FRUIT</td>
<td>L CHICKEN STRIP, RICE, CARROT, PEACHES</td>
<td>L BEEF BARLEY SOUP, PBJ, MANGO</td>
<td>L HAM, BABY RED, SQUASH, APPEARCRISP</td>
<td>S MINI PIZZA/MILK</td>
</tr>
<tr>
<td>S RICE TREAT/MILK</td>
<td>S BERRIES/GRAHAMS</td>
<td>S PICKLE HAM/ROLL-UP</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>31B OATMEAL, BERRIES, TOAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L PIZZA, VEG/DIP, FRUIT COCKTAIL, CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S APPLES/PB/MILK</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>