

## Ensure Treats—Not Tricks—With Safe Costumes



Halloween is coming and your children are no doubt excited by the prospect of dressing up as their favorite animal, superhero or celebrity. But as their parent, it's your responsibility to ensure their safety as they trick-or-treat from house to house.

To help ensure a night of tasty treats—not terrible tricks—keep these tips and precautions in mind:

- Try costumes on the night before the big night. This gives you time to make any alterations necessary. You want the costume to be loose enough to wear a sweater on a chilly night, but not so baggy that they might trip or snag an arm or leg. Be careful of capes that might drag or trip a child.
- Don't blend into the dark. A bright, colorful costume is best. But if your child is determined to dress as Batman or the Grim Reaper, a few strips of reflective tape will help him or her show up more effectively.
- Avoid bulky masks. Makeup is usually better than a mask, as long as it's nontoxic and doesn't contain anything likely to cause an allergic reaction. Masks that are difficult to remove quickly can be hazardous in an emergency. If your child insists on a mask, make sure the ear, nose and mouth openings are wide enough for him or her to see and breathe easily.
- Wear comfortable shoes. You don't want your little princess stumbling over high heels. Children walking door to door (accompanied by you or another adult, of course) should wear sneakers or some other reasonable footwear. Ψ

## Also Inside This Issue...

### Page 2

**How Do You Define Work?**

**Toward Better Money Management: *Reviewing Your Income***

### Page 3

**Death Match: Violent vs. Peaceful Video Games**

**Avoid Eyestrain at the Computer**

### Page 4

**A Good Start With A Good Breakfast**

**Healthy Recipe**



## How Do You Define Work?

How you define work probably determines how you approach it. Your approach influences your attitude, and your attitude shapes your motivation to succeed as well as your occupational satisfaction. Consider these basic distinctions:

- **“It’s just a job”**: You are working for a paycheck and nothing else. This may suffice in the short term, especially if you have other goals in mind, but it’s usually not a viable strategy for workplace success or satisfaction.
- **“This is my career”**: You are invested in a particular industry and type of work. You have goals and you’re working toward them with an eye toward finding and giving value to your employer and customers.
- **“This is my *passion*”**: You feel a calling for the type of work you do, which doesn’t limit you to a specific organization, or even a particular industry. While it’s important to be open to different opportunities, look for those that provide a chance to do what you love. In the long run, it will provide you with the fulfillment and, likely, the success you want. Ψ



## October is National Breast Cancer Awareness Month

*Thanks to researchers and scientists, we continue to see amazing innovations in breast cancer treatment. And because of those advances, there are 2.5 million breast cancer survivors living in the U.S. today — a number that continues to grow.*



## Toward Better Money Management: Reviewing Your Income

When reviewing income for the purposes of tracking your cash flow, be sure to work from your net (take home) figures, not the gross income. While reviewing your earnings, make sure your tax withholdings are correct. You should neither owe nor receive money at the end of the year.



Many people count on a substantial tax refund to repay debt or buy something they have been longing for, and consider it a “gift” from the government. Bear in mind that a \$1,200 tax refund is actually \$100 per month that could have been used toward necessary expenses or deposited into an interest-bearing account. Instead, the government “saved” the money for you without paying you any interest. Ψ

## Death Match: Violent vs. Peaceful Video Games

Playing action-packed video games may make people more violent, but do calm, peaceful games bring on a mood of relaxed serenity? Maybe so, according to experiments conducted by researchers at Ohio State University.

First, they had to find a relaxed video game. They settled on Endless Ocean, which simulates scuba diving and gentle underwater exploration. Then, they took a group of 150 college students and randomly assigned them to play either a violent game like Resident Evil 4, a “neutral” game like Mario Galaxy or the calm game, Endless Ocean.



After the games, the students were asked to participate in a test of reaction times against another player (who didn't actually exist). The stakes: Winners received a small amount of money; losers got blasted with loud noise. The amount of money and noise were up to the students.

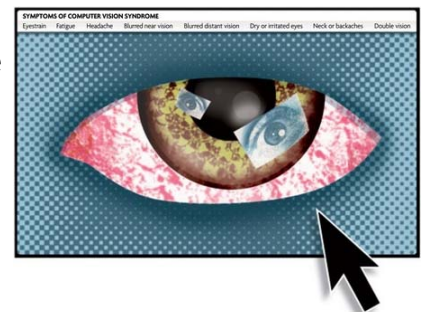
Those who'd played the violent game tended to be more aggressive in the test, inflicting louder and longer blasts on their nonexistent opponents. Players of the peaceful game granted their adversaries more money for beating them, compared to their violent gamer counterparts.

While the results may not be that surprising, it's nice to know that the right video game can put people in a good mood.  $\Psi$

## Avoid Eyestrain at the Computer

If you spend most of your workday staring at a computer monitor, you may notice an abnormal number of red blood vessels in the whites of your eyes. Prolonged work at a computer can lead to engorged blood vessels, along with dry, itchy eyes. Here are several tips to avoid eyestrain from your computer:

- Rest your eyes regularly and, if possible, occasionally do work that doesn't require a screen
- Blink frequently to keep moisture moving to your corneas
- Reduce the glare from the monitor by adjusting the light around your desk, or by using a screen filter
- Place your monitor at or just below eye level
- Keep the distance between your eyes and the monitor about the same as you would when reading a book
- Check the prescription of your eyeglasses or contacts regularly to be sure they are correct
- Upgrade to a liquid-crystal-display monitor or another model with a high refresh rate that flickers less  $\Psi$



## A Good Start With A Good Breakfast

### Why eat breakfast?

It is often called the most important meal of the day, and there are good reasons for that. Eating breakfast benefits adults and children in many ways:

**Energy for your day.** When you wake up in the morning, your body has been fasting, or going without food, during the hours you were asleep. Eating breakfast means you “break the fast” and give your body and brain the energy needed to function and feel better throughout the day.

**A healthy eating pattern.** By eating breakfast, you’ll feel more satisfied and will be less likely to overeat later in the day. If you are trying to lose weight, don’t cut calories by skipping breakfast. Studies show that most who have lost weight and kept it off eat breakfast every day.

**Better at work and school.** Studies show that adults who eat a healthy breakfast are more efficient during their workday than those who do not. Kids who do the same get higher test scores and perform better in sports. Children who don’t have breakfast get sleepy at school, have a harder time paying attention and tend to eat more junk food later in the day.

**Nutrition benefits.** Breakfast is a great opportunity to eat nutritious foods like whole grains, fruits and dairy products. This helps ensure that you and your children get more of the vitamins and minerals needed in a day.

### What should I eat?

A variety of protein, whole grain and fruit can give your day a great start. Examples:

- ✓ Whole grain cereal with nonfat milk
- ✓ Oatmeal with raisins & fresh fruit
- ✓ Whole wheat English muffin with peanut butter
- ✓ Corn tortilla & beans
- ✓ Eggs & whole grain toast
- ✓ Smoothie made of fresh or frozen fruit & nonfat yogurt



### How can I make breakfast a part of my day?

**Start small.** If you don’t feel hungry in the morning, start with something like a piece of toast or half of a yogurt cup. Once you get used to eating earlier in the day, add more to your morning meal. Or, try having a glass of water or juice when you first wake up, and eat breakfast after an hour or so when your appetite has increased.

**Pack and go.** If you can’t eat before you leave for work or school in the morning, have plenty of easily packable foods on hand to take with you. Try string cheese, whole grain crackers, bananas or yogurt.

**Plan ahead.** If you need to wake up a bit earlier each day to have time to enjoy a healthy breakfast, it’s worth it. Keep quick options handy for when you’re running short on time. Ψ

### Ham & Egg Skillet

**Ingredients:**

- 3 medium uncooked potatoes, peeled and diced
- 1 tablespoon butter or margarine
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 cup fully cooked, cubed ham
- 3 eggs, beaten
- 1/2 cup (4 oz) shredded cheddar cheese
- Salt and pepper

**Servings:** 4

**Prep time:** 15 – 30 min; **Cook time:** 15 – 30 min

**Instructions:**

- In a skillet, sauté potatoes in butter until tender and golden brown
- Add onion and green pepper; sauté until crisp-tender
- Add ham, eggs, cheese, salt and pepper; cook until eggs are completely set, stirring occasionally

*Cook’s Note: save on morning prep time by preparing and measuring ingredients the night before*

**Nutrition Information Per Serving:**

Calories: 274; Fat: 18g; Carbs: 8g; Protein: 21g; Vit A: 712 IU; Vit C: 24 mg; Calcium: 243 mg