

MAY 2007



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BecauseWeCare

Healthy Ideas For A Healthy Workplace



College Prep – Making the Transition from High School

We all know the importance of SATs and recommendation letters when applying to college, but Stephen Farmer, director of admissions at the University of North Carolina at Chapel Hill, believes there are other important elements that get lost in the process.

For starters, students need to develop a sense of independence and stand up for themselves before leaving home. “When we hold information sessions, I’ve had parents describe their child’s SAT scores, grades, and extracurricular activities in front of 120 strangers. If you’ve ever seen a 17-year-old want to crawl under a chair ...!” Farmer says.

He suggests:

- Let your child decide where to apply to school.
- Offer advice, but don’t complete applications for them.
- Don’t monopolize meetings with the admission office. Allow your child to take the lead.
- A variety of responsibilities while in high school is good preparation for handling bank accounts and registering for classes when they leave home.

Farmer stresses the importance of enjoying learning. “College works better if you’re excited about what you’re learning. It’s possible to be a proficient student, but a joyless one, so find pleasure in the work rather than hoping for an entertaining professor who’s good at telling jokes,” he says. Parents can help early on by showing interest in what their kids are learning, not just in their grades.

Lastly, common wisdom stresses the value of being a well-rounded student, but Farmer believes there is also great value in “pointy people,” which he describes as individuals who are passionate about a particular subject.

“Sometimes students feel they have to file off their sharp edges to get into college, but those edges will help them do well. It’s part of knowing who you are and what you care most about,” he explains, adding, “Pointy people make the world interesting.” *–Jeff Silver*

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Be a Part of the Fight against Cancer at Relay For Life

Around the country and throughout the world, American Cancer Society Relay For Life® events are bringing people together for an important purpose – the fight against cancer. These events, which typically feature teams walking laps to raise funds and awareness as well as a chance to celebrate cancer survivors, are designed so that anyone in a community can participate. In fact, the events succeed because people are joining

planning committees, starting teams, and personally getting involved in this battle.

Last year, Relay For Life events across the country raised more than \$350 million in support of the American Cancer Society’s lifesaving mission. Those funds have helped many through the Society’s research, education, advocacy, and service efforts, but there is much more to be done.

Look into getting involved with your local Relay For Life. Whether you become a corporate sponsor, join the planning committee, or start your own team, Relay For Life is a great way for you to personally take up the fight against cancer!



CLICK HERE to learn more about Relay For Life.

Keep the Mosquitoes at Bay This Summer

To most people, mosquitoes are a summertime nuisance. But these insects are a major global health problem, transmitting various diseases to nearly 70 million people every year. And some researchers predict that global warming will only increase mosquito populations, possibly increasing the frequency of mosquito-borne diseases – many of which are particularly harmful to

children. That’s why good protection against these biting insects is a must. There are many ways to guard against mosquito bites. The simplest way is to limit your exposure to areas where mosquitoes are found. Mosquitoes typically breed in stagnant water, so take care to eliminate areas where water might collect, such as in the bottom



of empty trash cans. Chemical repellents are another option; these typically contain DEET, catnip oil extract, nepetalactone, citronella, or eucalyptus oil extract. However, a simple and low-tech way to repel mosquitoes is to plug in a fan or find a spot where there is a breeze. These tiny bugs don’t like moving air.

Nail Salon Safety – What to Know Before You Go

Getting a manicure or a pedicure at a salon can be a real treat, but it's important to choose your salon wisely. An unsanitary salon can lead to everything from infections to allergic reactions.

Before you pick your color, be sure you've picked the right salon by remembering these tips from the International Pedicure Association.

- Make sure the pedicure area, whirlpools, and the salon in general look clean.
- All nail technicians should have their licenses displayed. State law requires this in every state except Connecticut.
- Your nail technician should examine your nails before a pedicure and ask any relevant health questions.
- Make sure the nail tools used look clean. Ask your manicurist if tools are washed and sanitized after each use.
- Be sure items that cannot be disinfected – like certain nail files and toe separators – are disposed of after each use.
- Assess the salon for adequate ventilation. Salon chemicals can have harmful effects if poorly ventilated.
- Be sure your manicurist uses a clean towel (cloth or paper) for each client.



Put Mom to the Test!

Mother's Day is the time for showing how much the women in our lives mean to us. Want to show that special woman in your life you really care? Encourage her to talk to her doctor about what cancer testing is right for her.

Breast. Yearly mammograms are recommended for women 40 and older. A clinical breast exam should be part of a periodic health exam about every three years for women in their 20s and 30s, and every year for women beginning at age 40. Women at increased risk for breast cancer should talk with their doctors about starting testing earlier or having more frequent tests.

Cervix. Testing for cervical cancer should begin three years after a woman begins having sexual intercourse, but no later than age 21. Women should have a Pap test every year or a liquid-based Pap test every two years.

Colon. This cancer strikes both men and women equally, but testing can reveal precancerous polyps that can be removed – helping to stop cancer before it starts. Women 50 and older should ask their doctors what tests are right for them.



CLICK HERE for more information about cancer prevention and early detection.



Splendid Spa Treatments without Spending a Fortune

Most people would jump at the chance to spend the day at the spa – until they saw the hefty price tag. But, with a little creativity, you can indulge in inexpensive at-home spa treatments that can help you look and feel great and reduce your stress level.

Step one: Raid the fridge and pantry. Many common items can do double duty in the kitchen and in your beauty regime. Fragrant items like rosemary or fresh lemon can work well for aromatherapy. Rough textured items like kosher salt and oatmeal can be used to exfoliate. And a nibble of a favorite healthy treat can make anyone feel a bit more pampered.

Step two: Set the scene. Part of the spa experience is the atmosphere. Light some candles and play some soothing music as you put on a scrub or face mask. Send your robe or towels for a tumble in the dryer to make them feel extra warm and cozy. Turn off your cell phone and concentrate on yourself.

Step three: Relax and enjoy!



Grilled Portobella Mushrooms

Mushroom caps are actually the fruit of the mushroom plant, similar to apples on an apple tree. Portobella mushrooms are mature cremini mushrooms.

1 cup Marsala wine
2 teaspoons balsamic vinegar
1/2 teaspoon garlic salt
1/4 teaspoon pepper
4 large portobella mushroom caps, quartered

Mix wine, vinegar, and seasonings together in a small bowl.

Place mushroom caps in a resealable plastic bag and pour in marinade. Seal and marinate at least three hours.

Grill on medium heat directly on grill until tender, approximately four minutes per side.

Serves eight.

Approximate per serving: 60 calories, 0 grams of fat



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Mushrooms Measure Up

Although many people consider mushrooms vegetables, they are actually part of the fungi family. First formally cultivated in France, mushroom consumption dates back more than 4,500 years. In Egypt, folklore has it that the pharaohs enjoyed the taste of mushrooms so much, they declared them food of royalty and forbid commoners to touch or eat them.

Thankfully, in modern times, everyone can enjoy these tasty little morsels. With more than 2,500 varieties grown throughout the world, mushrooms are one of the most versatile foods on earth. They can be consumed fresh or cooked, and work well

in appetizers, side dishes, salads, or as part of an entrée. The most popular varieties include portobellas, shiitakes, criminis, and white mushrooms.

Mushrooms are low in calories, have virtually zero grams of fat, and are a good source of vitamin B, copper, and selenium. When selecting mushrooms, look for ones that have a smooth appearance and are free of major blemishes. Do not rinse mushrooms until you are ready to use them.

No matter how you enjoy them, mushrooms make a delicious and nutritious addition to your diet.



In the Next Issue

- Men's Health Reminders
- Keeping Kids Safe in the Great Outdoors
- Use Your Head When Using Your Tools

Articles contributed by Maureen Ayers, Amanda Dobbs, Leslie Jones, Kara Moore, David Noel, and Crystal Streuber.

All content for BecauseWeCare is provided by the American Cancer Society.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

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