

It's almost time for kids to turn into ghouls and fill the streets. Keeping kids safe on Halloween – or anytime for that matter – is important. That's why this month's Your Health for Kids is filled with ideas on how kids can keep themselves safe and healthy while still having fun. We suggest reading these tips over with your kids, so there is a mutual understanding on safety and candy consumption before the big night. But after all the pumpkins are carved and the make-up on, remember to have some fun - even if you're a big kid, like us. Happy Halloween.

Jim and Stacy

About 9 billion pieces of candy corn are going to be produced this year – about 35 million pounds, according to HealthKids.com. Just what makes candy corn and all the other candy so sweet?



- A. Fructose, a natural sugar found in fruits and honey, and also found in sucrose.
- B. Witches brew, which contains two toad livers, three snake tongues and a handful of magic.
- C. Sucrose, also known as table sugar, found in sugar cane.

The Monroe Evening News Your Health

A kid's guide to staying healthy, fit and safe

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Question: What do you give a vampire with a sore throat? Answer: Coffin drops.

Question: What do you get when you cross a black cat and a lemon?

Answer: A sour puss. ■ Question: Where do ghosts water ski? Answer: On Lake Erie. ■ Question: What does a witch call her garage? Answer: A broom closet. ■ Question: How do you get a skeleton to laugh? Answer: Tickle his funny bone.

Question: Why did the vampire subscribe to the newspaper? Answer: He heard it had great circulation. ■ Question: Why did the vampire subscribe to the newspaper? Answer: He heard it had great circulation. ■ Question: What do you get when you drop a pumpkin? Answer: Squash. ■ Question: What do you get when you drop a pumpkin? Answer: Squash.

Ghosts, goblins & healthy kids



Ready, set, spook!

DRESS THE PART

Ever wonder why some monsters have fur? Ever notice witches tend to dress with lots of warm layers of clothes? Ever ponder why a the touch of a zombie is so cold?

Well, the end of October – when ghouls and monsters come out to play – can be cold. So, when you dress up for Halloween, you have to dress the part of the monster while dressing for the weather and safety.

Make sure your costume is flame retardant – that means, it's not going to burn if you go bump in the night against a candle.

Look for a brightly colored costume. If you dress in dark clothes, add reflective tape to your shoes and outfit, and on all your props. If you are riding your bike or skateboard, heading out on your inline skates or hitching a ride on a flying dragon, add reflective tape to that, too.

Choose a costume without a mask or use make-up instead. Masks can block your vision, so make sure any mask you wear fits so you can see well, and take it off when you're walking from house to house.

Finally, dress right for the weather. Wear warm layers under your costume and a warm layer over your costume that you can remove if you get too warm.

IT'S ALL ABOUT THE CANDY

Trick-or-treating means one thing.

"Halloween is basically about the candy," Mercy Memorial Hospital dietician Sue Morgan said.

Before you dive into your candy bucket head first and devour every last morsel of chocolate, make sure Mom and Dad check it out. Unwrapped and suspicious looking loot from trick-or-treating should be tossed out.

Even after the candy has been inspected, there are some pretty good reasons not make it all disappear in one night.

"Candy offers no nutrition and it's an extra kind of food, and while it's okay to occasionally have some extra kinds of food, it's not always okay," Ms. Morgan said. "It doesn't help your body in anyway and it offers just empty calories and sugar."

Too much sugar is never a good thing. Some kids' bodies can't process sugar well, and no kid will find the stuff your body really needs for growing in candy. And all kids should watch out for their teeth.

Dr. John Bacarella, a Monroe dentist, said if the sugar from the candy stays on teeth too long, it can cause cavities. He said sticky candies are the worst for teeth and kids should avoid them.

"If you do eat it, brush your teeth as soon as you can," he said. "And most importantly never go to bed without brushing teeth after eating this kind of stuff."

Ms. Morgan said, as far as candy goes you should decide with your parents just how much candy is right for you.

TRY THIS!

Halloween is all about scary things – scary costumes, scary stories and scary movies.

Phobias are a common kind of fear that is can affect people in many ways physical ways. Phobias include *arachnophobia* (fear of spiders) and *acrophobia* (fear of heights). Around Halloween, you may see something that scares you or triggers one of your phobias.

1. While at rest and calm, take your pulse. Place your first and second finger on the inside of your opposite wrist. Find the beat, but don't press too hard. Count the beats while someone times you for 15 seconds. Multiply the total beats by four. This is how many times your heart beats a minute at resting.

2. As Halloween approaches and you face more fears, if you find yourself scared, try to remember to check your pulse. When you see something that scares you, what happens to your pulse? Do you notice any other physical differences?

KID'S HEALTH FACT answer: C

This page was made by Stacy Kess, editor, whose favorite Halloween film is "It's the Great Pumpkin, Charlie Brown," and Jim Dombrowski, art & design editor, whose favorite is "Monsters Inc."

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HEALTH CALENDAR

ACS slates cancer walk

ANN ARBOR — The American Cancer Society is holding its annual Making Strides Against Breast Cancer, a walk to support breast cancer Oct. 16.

For more information or to participate, call 971-4300 or e-mail StridesAnnArbor@cancer.org.

MVN ready for flu season

ANN ARBOR — The Michigan Visiting Nurses are holding

October flu shot clinics, throughout southeast Michigan and northwest Ohio.

Flu shots will be given in accordance with the Centers for Disease Control recommended rationing, and cost \$17. For more information on flu shot clinic sites, visit www.mvn.org.

Female health doctor's topic

Dr. Laura Burlen, a Monroe physician, will present "Health Guidelines for Women over the Age of 50" Thursday.

The lecture on women's health starts at 7 p.m. at the

Sisters, Servants of the Immaculate Heart of Mary, Motherhouse, 610 W. Elm Ave. For more information, call 240-9838.

Submit an item for the next health calendar, send items to Stacy Kess at stacyk@monroenews.com or fax to 242-0937.