



October 2007 Family Development & Community Awareness Month

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CARDS*fit*



National Breast Cancer Awareness Month

	1	2 Yom Kippur	3	4	5	6 Family Time: Invite family and friends over for a game night!
7 Go pick a pumpkin with your parents or friends!	8	9	10	11 Fact: Vitamin C helps our body's immune system to fight off illness.	12	13
14	15 Family Time: Discuss candy safety with kids and rules for trick-or-treating. Also establish a limit on how many pieces of candy you can eat after trick-or-treating.	16	17	18	19 Think Pink! Walk, run, or bike to support breast cancer!	20
21	22 Fact: Men can also have breast cancer.	23	24	25	26	27
28 Carve your pumpkins with your parents. See what silly faces you can make!	29	30	31 Happy Halloween 			

Family Fun

A health journal is an easy way to keep track of your health. By recording your health history, you can keep track of illnesses, medications, & treatments. This will help provide your doctor with exact information about your health. The journal will also keep you knowledgeable and informed as a patient.

Carmel Crunch Popcorn :

12 cups plain air-popped popcorn

1 cup granulated sugar

10 Tbsp (1 stick) margarine

1/3 cup light corn syrup

1 tsp. vanilla extract

Cover 2 baking sheets with aluminum foil and spray with nonstick cooking spray. Spread the popped popcorn on the baking sheets in a single layer.

In a medium nonstick skillet, combine the sugar, margarine, and syrup. Bring to a boil over medium heat, stirring constantly, about 3 minutes. Continue cooking and stirring until the mixture turns a light caramel color, 5 minutes. Remove from the heat and slowly stir in the vanilla. Pour the caramel mixture over the popcorn and let cool, and enjoy!