

**Tuscola County  
Health  
Department  
989-673-8114  
ext. 105  
www.tchd.us**

## TOUCHING LIVES OF CHILDREN

OCTOBER  
NOVEMBER  
2004  
CHAT BOX

### How to reach your bus stop safely?

#### On the way to the bus,

- ⇒ Be alert, avoid danger, arrive safely.
- ⇒ Walk with schoolmates whenever possible.
- ⇒ Stay out of the street! Use sidewalks where available, or walk on the grass beside the street.
- ⇒ If you must walk in the street, stay as close to the edge of the pavement as possible, and walk facing traffic; walking in the street is **DANGEROUS!!**
- ⇒ Always obey all traffic lights and signals.
- ⇒ When crossing streets, cross only at corners, look both ways first, and use crosswalks where marked.
- ⇒ Never accept a ride with anyone unless your parents know about it and approve it.

## School Bus Safety

Children should always walk 10 feet in **FRONT** of the school bus-- never walk behind it. "If you can't see the bus driver, the driver can't see you".

If a child drops something in front of the bus, the child should tell the bus driver before trying to get it.

Children should not stick their arms or heads out of the bus window.

Motorists need to obey bus signals. If a bus is loading or unloading, lights should be flashing and the stop sign should be in the out position.





## Let's Keep Teeth Strong!!

*The time of day that food is eaten*

Foods that are eaten just before bedtime can stay on the teeth throughout the night. Therefore, it is not a good idea to give your child milk and cookies just before bedtime. Try giving children cheese or popcorn or unsweetened fruit drinks instead.

*The length of time that food is in the mouth.*

Foods that your kids suck on, such as hard candy, stay in the mouth for a long time. This causes acids to attack the teeth for longer periods of time. Sugary drinks that are sipped over a long period of time have the same effect. Have your child brush as soon as possible after eating these foods.

Healthy Preschoolers at school at home, Alice R. McCarthy, Ph.D., copyright 1994

## RECIPE CORNER

### APPLE DAPPLE CAKE

1 1/4 cup oil  
1 teaspoon salt  
2 cups sugar  
3 cups of flour  
3 eggs  
1 teaspoon vanilla  
1 teaspoon soda  
1 cup white raisins (optional)  
1 teaspoon cinnamon  
3 cups diced apples  
1 cup of pecans



**Cream oil, sugar and eggs. Add soda, salt, flour and cinnamon, which have been sifted together. Fold in apples, nuts, raisins, vanilla. Pour into ungreased tube pan. Bake at 350 degrees F. for 1 hour and 20 minutes. Remember to cut the baking time in half if baking in two pans -- test to be sure it is done before removing from oven.**

**Topping:** 1 cup brown sugar, 1/4 cup milk, 1/2 cup butter, 1 teaspoon of vanilla. Bring to boil for 3 minutes and pour over cake while both are still warm. Cut cake loose from sides of pans and punch holes in top of cake with a fork. Let set 10 minutes, then remove from pan.



**2004  
FLU VACCINE SCHEDULE**

October 12, 2004 (Tuesday)	Tuscola County Health Department	9-11 am & 1-3 pm
October 15, 2004 (Friday)	Tuscola County Health Department	9-11 am & 1-3 pm
October 18, 2004 (Monday)	Golden Years Club, Mayville	9-11 am
October 22, 2004 (Friday)	Caro Church of the Nazarene	9-11 am & 1-3 pm
October 25, 2005 (Monday)	Millington Church of the Nazarene	9-11 am & 1-3pm
October 26, 2004 (Tuesday)	Ivan Middleton Hall, Vassar Fairgrounds	9-11 am
October 29, 2004 (Friday)	Tuscola County Health Department	9-11 am & 1-3 pm
November 1, 2004 (Monday)	Tuscola County Health Department	9-11 am & 1-3 pm
November 2, 2004 (Tuesday)	Walmart, Caro	9-11 am 1-3 pm
November 5, 2004 (Friday)	Fairgrove VFW Hall	9-11 am
November 8, 2004 (Monday)	Cass City VFW Hall	9-11 am
November 9, 2004 (Tuesday)	Christ Lutheran Church, Reese	9-11 am
November 15, 2004 (Monday)	Kingston Village Hall	9-11 am
November 19, 2004 (Friday)	Carol Church of the Nazarene	9-11 am

**General Information about the flu**

Influenza, commonly called the flu, is an infection of the respiratory tract caused by the influenza virus. Signs of the flu include sudden onset of headache, chills, and feeling generally miserable. Respiratory symptoms like nasal congestion, cough and sore throat appear, and the flu sufferer often experiences extreme fatigue and muscle aches in the back and legs. Fever between 100 and 103 degrees Fahrenheit is typical in adults, and is often even higher in children.

[Http://www.fda.gov/oc/opacom/hottopics/flu.html](http://www.fda.gov/oc/opacom/hottopics/flu.html)

**Tuscola County Health Department**  
**1309 Cleaver Rd.**  
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