

Clark County Family Childcare Association Newsletter

Printed May 2011

Meeting Times

Association meetings are held on the
First Tuesday of each month

Social time is 5:30 to 6:30 p.m.

Meetings begin at 6:30 p.m.

STARS classes begin at 8 p.m.

Meetings are held at Pied Piper Pizza

12300 N.E. Fourth Plain Blvd. Vancouver 98682

Upcoming Events

May 8 th	Happy Mother's Day
May 13 th	Open House Ministries Dinner
May 17 th	Board Meeting-Patterson
June 7 th	Regular Meeting

STARS training: Outdoor Activities & Art Projects.



Letter from the President

Dear Providers & Friends:

This will be my last letter to you as your president. It has been a pleasure serving you in this position for the past two years. It has definitely been a learning experience and a privilege.

In June, a new executive board will be sworn in at the beginning of our member meeting. All four candidates are committed to stepping up and keeping our association strong. I can't say enough good things about Wendy Patterson. She will make an excellent president. She is a gentle soul. She always tries to be diplomatic with her words. I know the association will be in good hands under her leadership.

The Clark County Family Child Care Association has been a great fit for me. It has been serving local child care providers for over 35 years and I know it will

continue on for many, many more years. Even though my family has encouraged me to venture into a different career, I have stayed in childcare because of this association and our great childcare union, SEIU 925. Now I will be able to spend more time with union activities.

Sincerely,
Melba Halgren

My Mother

Who fed me from her gentle breast
And hushed me in her arms to rest,
And on my cheek sweet kisses prest?

My mother.

When sleep forsook my open eye,
Who was it sung sweet lullaby
And rocked me that I should not cry?

My mother.

Who sat and watched my infant head
When sleeping in my cradle bed,
And tears of sweet affection shed?

My mother.

When pain and sickness made me cry,
Who gazed upon my heavy eye
And wept, for fear that I should die?

My mother.

Who ran to help me when I fell
And would some pretty story tell,
Or kiss the part to make it well?

My mother.

Who taught my infant lips to pray,
To love God's holy word and day,
And walk in wisdom's pleasant way?

My mother.

And can I ever cease to be
Affectionate and kind to thee
Who wast so very kind to me,-

My mother

Oh no, the thought I cannot bear;
And if God please my life to spare
I hope I shall reward thy care,

My mother.

When thou art feeble, old and gray,
My healthy arm shall be thy stay,
And I will soothe thy pains away,

My mother

And when I see thee hang thy head,
'Twill be my turn to watch thy bed,
And tears of sweet affection shed,-

My mother.

“The Power of Words”



When I get to tell a story, I feel so proud that yet again another woman's voice will be heard. As I find women from so many varying parts of the world within our community, I feel more inclined to boast that while our association might be small in numbers, we are big in heart and experience and exposing children to all

the beautiful cultures that make up our world.

This month, we hear the words that summarize only a portion of Alexandra Batman's life. She was born and raised in Germany in a small town called: "Oberwildflecken." After several attempts to say it, I gave up and wanted to know more about it instead. The tight knit little town was the sort where everyone knew each other; where fathers built their own homes from the ground up only to pass it back down. Where mothers like hers add fifteen children to their family tree and raise them without a washer or a dryer!

Alexandra shares that she pictures her mother cranking the handle on a round contraption to spin their clothes around. In the summers, she saw her wield a paddle against the clothes as they dangled in the sunshine, and watched those same clothes sit in the obscure darkness of the attic during winter. With nine girls and six boys, they made all attempts to make good use of their clothes by wearing the same thing several times in a week. A habit of conservation to say the least, and many opportunities for hand me downs from the many siblings that came before her.

Alexandra was thirteenth in line. To say there is strength in numbers is an understatement in this family. For another play on numbers, Alexandra's birthday is a collection of sevens. The first person to solve it gets to share her birthday cake this year. Her mother calls her a "lucky child" for all those sevens, and she appropriately speaks highly of her "sweet mom." "I loved growing up in the country with that many siblings," she says. Nearly twenty years ago, she met and married her husband who was stationed in Germany. Their journey together brought about three daughters, and she loves them "with all her heart."

As a businesswoman, she runs her daycare in Cascade Park. They call it Hasenkinder" which means "Rabbit cubs."

The name comes from her love for the rabbits that they raised in her childhood. "When I was a child, that was our source of protein on special occasions, and my Mom would say "it's chicken." That similar tenderness and caring indignation is heard in her voice when she speaks.

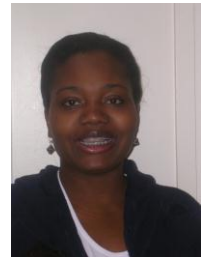
"I opened my home to the public in 2007 and I love my job! I currently attend Clark College to finish my Associates Degree in ECE; and the best thing so far that has happened to me while in business is that I've had this little angel since he was an Infant and it's almost like he is my own." Her goal for the next five years is to stay healthy and active just as her beloved mother said: "Nothing matters but your health." Alexandra lost her mother to cancer, but not before leaving a message of self-care to her thirteenth child. Alexandra's message to us is to "live life one day at a time; and try to make the best out of any given situation."

She credits working for Hannele's daycare, and meeting Judy for the enjoyment she finds in this work. After six years of caring for "these little angels, I will keep going."

We end this one on a funny note.

"The first time I went through a drive thru, I drove right up to the window, past the microphone to place my order and my kids still get a good laugh out of that one." Thank you for sharing.

The "A Closer Look" column is written by CCFCCA member, Kesha Fisher



M-O-T-H-E-R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell "MOTHER,"
A word that means the world to me.

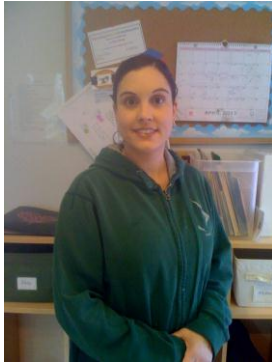
By Howard Johnson

Tour of Homes

By Wendy Patterson

On Saturday, April 16th, 18 CCFCCA ladies gathered for the Spring Tour of Homes at the home of our Vice President elect, Cindy Perez. Cindy and her family moved into their home a few short months ago, having moved from only about a mile away. We were all fortunate to see how she transformed her new home to accommodate her successful, and I'd say superior, day care business.

The Perez Family Daycare/Preschool has a pleasant, center-like, structured atmosphere in a family home, giving her clients the best of both worlds. Her daycare children have a consistent, loving caregiver who provides a preschool curriculum in a small group setting, without the teacher turnover and separation of siblings into like-age groups. She strives to provide a comfortable place with high-quality early learning experiences.



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Cindy is a highly respected self-employed business owner who goes above and beyond the WACs by implementing many "best practices." She is currently participating in the Quality Rating and Improvement System (QRIS) Seeds to Success program while also renewing her CDA (Child Development Associate) accreditation.

The main level of her home is a large open floor plan



consisting of miniature furniture, birch wood cabinets, cubbies, and storage centers from



Ikea and

<http://www.discountschoolsupply.com/>

On the walls, children can marvel at their proudly displayed artwork. She has two-hardwood evacuation cribs, a large wooden school bus with activities on all sides, an adjustable-height long table with 10 little chairs, and two large educational rugs decorating the floor.

We were all welcomed to her home and given a chance to marvel at her pristine day care accommodations. Cindy talked about how she makes the most of her daycare space. She gave us some insight into her day with the children and some of her housekeeping tricks. She told us how easy it is for her to separate the stored bedding in a hanging "day of the week" clothing organizer in the closet. She also pointed out and discussed the contents of her Blood Borne Pathogen spill kit.



After we toured Cindy's home, we enjoyed the STARS training with Carissa Martos. She is the Associate Director of Signing Time for the Northwest Region. She teaches American Sign Language vocabulary to children and families in the Portland area. She shared her story of her two special needs children and the profound way American Sign Language has helped them communicate.

Carissa also enlightened us with the touching biography of Rachel Coleman, co-creator of Signing Time, who she lovingly refers to as the "orange lady." With a background of writing songs and singing she just wanted her deaf daughter to have friends. Then her next daughter was born with Spina Bifida and also developed Cerebral Palsy. Without sign language to show she could think clearly, she would have also been diagnosed with mental handicaps.

Although she used sign language to help developmental challenges in her children, Carissa



explained how beneficial ASL is to hearing preverbal infants and toddlers, often allowing them to communicate with hand gestures far earlier than verbal skills allow.

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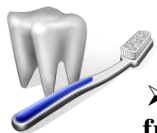
Tour of Homes Continued.....

She gave everyone some commonly used ASL signs of flash cards to use with our day care children right away. She showed us some of the catchy songs that teach a multitude of signs, like *The Silly Pizza Song* from Signing Time. Some of the providers even asked to purchase some of the DVDs and board books after the training.



The tour and training was very well received. Some members took pictures of Cindy's day care space and ideas to replicate in their own homes. There was a lot of conversation about how she keeps things so orderly. We were all in awe of her high quality furniture and equipment as well as the diligence and attention she puts into her family, home, and day care business. The families who come to the "Perez Family Home Day Care/Preschool" are truly fortunate to have someone so loving and dedicated to their needs.

At the end of the morning, we were all treated to a fabulous luncheon with fresh fruit, pasta salad, appetizers, cookies, brownies, and punch. Thank you to the CCFCCA Board and Committee members, Melba, Sue, Leasa and Nancy. Especially, we would all like to thank Cindy Perez, for opening up her home and giving all of us someone to emulate.



May Dental News

- Do you need help finding a child-friendly dentist? If so, call Kathy at Clark County Public Health 360.397.8000 X 7371.
- www.parenthelp123.org is a website to connect your family to state-sponsored health insurance (that covers medical, dental and vision), food programs and resources in your community. It is a great resource!

The Advocate

Providers,
I am submitting what more likely than not will be my last article as your advocate.

Life has changed dramatically for my family the past three years. I no longer have the stomach to continue witnessing the

Department of Early

Learning's carnage on good Providers.

You all deserve to be recognized for the courageous work you do for Washington State's working families. You all deserve to work without fear.

Washington State will not give you that recognition or that peace.

I leave you with this...protect your own family, do not speak to the press and do not believe that anyone employed by DEL will advocate for you.

Be careful.

Deborah



Happy Birthday to You....



May Birthdays:

Leasa Ripplinger	5/8
Tina Mann	5/12
Jeanna Wardell	5/15
Kathy Ramey	5/24
Deborah Rosser	5/26

June Birthdays:

Melissa Milhorn	6/1
Christiana Martin	6/22
Cathy Engelquist	6/22
Amy Fullerton	6/25
Tsai Hsia Spring	6/30

SEIU 925 NEWS



NEXT REGIONAL UNION MEETING: We will meet on Thursday, JUNE 9th 6:30 – 8:30 p.m. in Vancouver. Location; to be announced. STARS training on the latest draft of the WACS. This meeting will take place the week before a scheduled public hearing in Vancouver on the WACS.

PUBLIC HEARING: Wednesday, JUNE 15TH 6:30 – 9:00 p.m. at the ESD-112 building at 2500 NE 65th Ave. 98661 in the Clark/Pacific Room. This will be a video conference. Sherry Schleufer recommended that providers get together and prepare for this meeting. Go to the DEL website, study the draft of the new WACS and attend the regional union meeting before attending this public hearing! Be prepared. Make comments on-line or in person at this hearing. Bring parents. There is nothing more powerful than the testimony of a parent who disagrees with a WAC.

NEW DRAFTED WACS: They can be found on the DEL website at:
<http://www.del.wa.gov/publications/laws/docs/FamilyHomeProposedRules0411.pdf>
Comments can be made at:
<https://apps.del.wa.gov/PolicyProposalComment/Detail.aspx> or you can Email: Rules@del.wa.gov or Fax: 360-725-4939

Sue Winn is another good resource. She can be reached at: swinn@fidalgo.net or call (360) 466-3077. Sue served on the Negotiated Rule Making Team and knows the ends and outs of these new DRAFTED WACS. Sue said these are some big issues that the NRM team is fighting against:

- 1) **Bathrooms cannot be counted in your licensed space.** This can affect how many children you can have in your care. Sue said that it's not fair to say this is unlicensed space when we use this space for hand washing, diapering, and toilet training.
- 2) **Infant must be in sight and sound every second.** Does this mean that you must wake up a sleeping baby or chase down all your toddlers to take them into the bathroom with

you so they are not “out of your sight” while you use the bathroom?

- 3) **The word “repeated” has been removed from the WACS on allegations.** The way the drafted WAC is written, a provider can be shut down over an allegation, no matter if it is unfounded and not yet investigated. Even if you are out of compliance once, DEL could shut you down. It would not even have to be a “repeat” offense.
- 4) **Fireplaces must be inspected once a year,** even if you never use it or have not used it for years.
- 5) **Infants must nap in the main daycare area** and will not be allowed in other rooms even with a door open. The logic behind this is not to let the infant get into a deep sleep to avert a SIDS death. The provider would not be able to take other children into another room to do activities or even clean up the kitchen, but must stay where the infant is sleeping at all times.
- 6) **Another WAC considers conjoining rooms as two separate rooms.** Only if there is an actual door, should it be considered as two separate rooms. This WAC will affect the placements and # of exits.

These are just some of the WACS to be concerned with. Please read through the entire draft. JUNE 26th will be the last day to make comments or log in your complaints about any drafted WAC. Attend the local union meeting June 9th & the public hearing on June 15th. Let your voice be heard!

Melba Halgren
Daycare Provider for 27 year
SEIU 925 Lead Activist for SW Washington.



On Thursday, April 21st, our association had a fundraiser at Who Song & Larry's restaurant. Who Song & Larry's reported that our association members bought food valued at \$363.53.

Our 25% comes to \$90.88. Thank you to all of you that went to dinner on our fundraiser night. The money we earned will be put to good use through our Child Care Association.

Planting to attract the “Good” bugs

If we’re involuntarily introduced to so many bugs, why would we want to invite more of them into our garden? Because, other than functioning as pollinators, beneficial insects are a natural biological control for pests that are after more than a fair share of our garden bounty. Insects perform numerous behind-the-scenes functions and are part of the natural order. And they can be really beautiful.

Next to planting bug resistant species of vegetables and providing ample soil fertility, beneficial insects rate highly in the practice of growing healthy vegetables “naturally.” Often, just as you think an insect is getting more than its fair share of your crop, its natural enemy appears in the form of a “beneficial” insect, reducing incidence of crop damage enough that we can “let well enough alone.”

In order to enjoy this sidelight of gardening, pick up a small magnifying glass and one or two “bug books.” Get to know your insects; friends and foe.

For all you know, that “worm” you’re about to squish is the larval stage of the Western Tiger Swallowtail Butterfly!



Plants that Attract Beneficial Insects

Annuals: Alyssum (*Lobularia maritima*): Attracts hoverflies and parasitic mini-wasps. Benefits fade as the blooms age, so shear the flowers periodically to keep ‘em coming.

Basil (*Ocimum basilicum*): The flowers attract bees and other beneficials. The foliage supposedly repels aphids (of which we have many) and tomato hornworms (I haven’t seen these so far). TONS of Bees come to African Basil *O. kilimandscharicum* × *basilicum* and Thai Basil, *O. basilicum* var. *thyrsiflorum*, both stunning purple highlighted plants. Not my pick for culinary use, but I plant several Thai and African Basils around the vegetable garden and let them bloom to their heart’s content.

Cosmos: Attracts lacewings, hoverflies and parasitic mini-wasps, bees and lady-bugs. White is the best. These will self-sow and the new seedlings often bloom in the same season.

Dill (*Anethum graveolens*): We know this herb from use in pickles and various recipes. The umbel flowers attract lacewings, ladybugs, hoverflies and parasitic

mini-wasps. Touted as a “trap crop” for aphids. Occasionally self-sows.

Love-in-a-Mist (*Nigella damascena*): annual with beautiful, blue flowers in early summer, followed by ornamental seed pods. The seeds are edible and can be used in fruit salads and baked goods. *Nigella sativa* (Black Cumin) has spicy, pepper-flavored seeds that I recently discovered are popular in Indian Cooking. Can be self-sowing.

Parsley (*Petroselinum crispum*): The umbel flowers attract hoverflies, tachinid flies and parasitic wasps. (Actually a biennial.) Let your parsley go to flower and you may also be rewarded with more parsley plants, a good thing since seeds can be tough to germinate. I’ve not had parsley self-sow, but others claim it.

Zinnia (*Zinnia elegans*): use the single petal varieties for attracting hoverflies, parasitic wasps and butterflies.

Perennials: Anise Hyssop (*Agastache foeniculum*): licorice-flavored leaves for tea. Spikes of blue flowers attract bees, butterflies and beneficial insects. Blooms the first year from seed.

Basket of Gold (*Alyssum saxatile*): The bright yellow flowers bloom in May, providing an early food source for ladybugs and hoverflies. The plants can get rather large and ratty looking after they bloom. Just cut them to the ground when they’re done and they’ll make a neat mound of green in time and bloom again next year.

Purple Coneflower (*Echinacea purpurea*): This perennial wildflower is sometimes listed as an herb because the roots are used in herbal medicine as an immune stimulant. The flowers attract bees and butterflies. These often have a scent, if you dare get your nose that close.

Sage (*Salvia* sp.): Many forms, loved by plant collectors. In flower, they all attract bees and butterflies, and the tubular flowers of some varieties attract hummingbirds. Many of these will self-sow. The culinary sages can be beautiful but typically don’t bloom as prolifically.

Thyme (*Thymus* sp.): Attracts bees, hoverflies, tachinid flies and parasitic mini-wasps.

Yarrow (*Achillia filipendulina* and *millefolium*): Attracts ladybugs, hoverflies and parasitic mini-wasps. In my experience, *A. millefolium*, both the species and many of the cultivars, are noticeably spreading by the third year in the ground.

Workshops coming up in Clark County

- ❖ Saturday, May 14, Vermicomposting (worm) Workshop, 10am - noon, CASEE, 11104 NE 149th Street, Brush Prairie. You will learn about interesting biology and the care and feeding of red worms for vermicomposting. Assemble your own worm bin to take home. A \$35 fee covers materials (bin and red worms cost). Space is limited and pre-registration and pre-payment is required. To register or for more information email mcr@columbiasprings.org or call 360-882-0936 ext. 224.
- ❖ Saturday, May 14, Hands-On Rain Garden Workshop, Columbia Springs, 12208 SE Evergreen Hwy, 10am - noon. Learn how to build a simple and beautiful rain garden to enhance water quality and wildlife habitat. \$15/participant. Come prepared to work outside. Online registration: <https://columbiasprings.wufoo.com/forms/r7p6q5/> or for more info contact kobrien@columbiasprings.org or call 360-882-0936 ext. 225.
- ❖ Saturday, May 21, Backyard Composting Workshop, 10am - noon, CASEE, 11104 NE 149th Street, Brush Prairie. Learn how to compost your yard and some of your kitchen waste in this two hour class. Includes a visit to our composting demonstration site and an overview of various composting bins and systems. Space is limited and pre-registration is required. To register or for more information email mcr@columbiasprings.org or call 360-882-0936 ext. 224. For a complete list of upcoming workshops go to: <http://www.columbiasprings.org/mcr/classes.html>

Events

- ❖ Saturday, May 7, Greenfest Eco-Exploration. 11am - 3pm, Leverich Park (39th & M). Family event featuring music, food and even an introduction to disk golf. For more info go to <http://www.vancouverwatersheds.org/component/content/article/20>.

- ❖ May 7th and 8th, Master Gardener Plant Sale, 78th Street Heritage Farm, 1919 NE 78th Street, Vancouver. Saturday 9-4 and Sunday 10-3. <http://clark.wsu.edu/volunteer/mg/foundation.html>
- ❖ Saturday, May 14, 2011, Second Saturday at the Water Center: Birds! , 1 - 3pm. Birds! They waddle, they swim, they fly and much more. Have you ever wondered why some birds have long legs and long necks? Come to the Water Center and learn about birds and their various adaptations. 4600 SE Columbia Way. Call 360-487-7111 or visit www.cityofvancouver.us/watercenter for more information. Please note: Children must be accompanied by a parent or guardian.
- ❖ Tuesday, May 17th, 6-9 p.m., Unitarian Universalist Church, 4505 18th Street, Vancouver. Food & Film: A Series on Water: *The End of the Line*. "*The End of the Line*, the first major feature documentary film revealing the impact of overfishing on our oceans, had its world premiere at the Sundance Film Festival in the World Cinema Documentary Competition. Sundance took place in Park City, Utah, January 15-25, 2009. In the film we see firsthand the effects of our global love affair with fish as food." For more info, contact 360-397-2121 or blake.jones@clark.wa.gov.
- ❖ Saturday, May 21, Senior Fishing Festival, 10am - 2pm. Columbia Springs, 12208 SE Evergreen Hwy. Enjoy fishing, live entertainment and a BBQ on the beautiful Columbia Springs campus. Suggested donation of \$5 per person. Sign-up online at <https://columbiasprings.wufoo.com/forms/s7p5a9/>. For more info contact volunteer@columbiasprings.org or call 360-882-0936 ext. 230.
- ❖ May 21st & 22nd, Dozer Days, Cemex/Fisher Quarry off Hwy 14. West side of 192nd and Brady Road Intersection in Vancouver, WA. 11-4 each day. Fee for Admission. www.nutterfoundation.org or 360-759-2300.
- ❖ May 21 & 22nd, Herb and Garden Festival, Pomeroy Living History Farm, 20902 N.E. Lucia Falls Road Yacolt, WA 98675. Saturday 10-5 and Sunday 1-5. Call 360-686-3537 or visit www.pomeroyfarm.org/festivals.htm.

A Magical Evening at the Enchanted Gift Shop & Tea Room



Our Provider Appreciation Event was very unique this year. Twenty-eight providers were treated to a relaxing evening in the very quaint and charming English atmosphere of the Enchanted Gift Shop & Tea Room. The Tea shop



is at 502 Washington Street in downtown Vancouver. We had a magnificent Tea Party. Providers were invited to sit in any one of four adjoining rooms. Tables were set up to allow small groups of providers to visit over a scrumptious light meal and sip delicious teas in a variety of delightfully decorated tea cups.



We had a choice between three delicious teas; a non-caffeinated English breakfast tea, Obsession that is a green tea with passion fruit and rose petals; or a chilled tea called "Wild Thing" made of Hibiscus, elder berries, dried



currants, and raisins. The light meal consisted of exquisite finger delicacies like small sandwiches of chicken salad mixed with walnuts and raisins on dark rye bread, apricot preserves mixed with cream cheese and a slice of ham on nutty bread, pickled asparagus wrapped in cream cheese, chives and smoked ham; fudge cubes, lemon zest cupcakes with lemon zest frosting, a fresh fruit tray, maple walnut scones; and freshly made scones with either orange marmalade jelly, rose tea jelly or Devon cream.



The atmosphere was very inviting. While sipping a nice cup of tea, providers had lots of time just to sit and relax and share the latest bit of news from their lives. I moved around and listened to conversations and heard some interesting comments. Cathy Engelquist said that she was so excited about coming. She had never actually been present when a



harp was being played. She said the music was really beautiful. Denise Hertz said, "It is wonderful, the food is wonderful and it was great having the harp



playing as I came in." Cindy Layman also commented on how much she enjoyed the beautiful harp music played by Brenna Priebe, a friend of Wendy's daughter Haley.



Sue Pederson said the evening was "very relaxing." Hannele LaFrance said she would like to own a little shop like this someday. Barbara Dixon thought the evening was a fun experience and



liked just being around adults for a change. Cindy Perez said this was a very

quaint and quite relaxing evening. Deborah Rosser said she enjoyed experiencing the



flavor of England. Wendy said, "We just fell in love with this place." I



think that was the sentiment of everyone present.

Debra Gault owns her own sets of teacups and enjoyed looking at all the different tea sets, many for sale. The enchanted shop was filled with a variety of items to purchase such as different blends of teas, pottery, paintings,

photography, greeting cards, jewelry, soaps, jams, jellies, and homemade aprons. Owners Gail Wickwire and Jody Maxwell support local artists by displaying their art pieces which are for sale.



Gail and Jody enjoy

offering a wide variety of blended teas for sale. Their motto is to blend teas with a purpose to help people stay healthy. It was amazing to hear what the different teas do.

“Bewitched” is good for arthritis and is anti-inflammatory.

“Wicked” is good for indigestion and colds. The art pieces around the shop were amazing. Gail’s husband is the creator of many of these. He has a full studio in the

basement and does photography for weddings, and graduation, fine art and he is very involved in the art community.

The evening was not only relaxing, but we did hold voting for the election of new executive board members who will be sworn in at our June member meeting. Newly elected officers are: Wendy Patterson, President; Cindy Perez, Vice President; Nancy Lycklama, Secretary; and Lari Piel, Treasurer. We celebrated May birthdays of Deborah Rosser and Carmen LaFond, Wendy’s new assistant. Providers were gifted with a laminated bookmark with the poem that Wendy read to us called “Not



Their Mom, “ and a nicely decorated booklet with two tea bags inside. Thanks go out to our wonderful planning committee, which included Denise Hertz, Nancy Lycklama (and her daughter Julie), Wendy Patterson, Sandi Brinley and Judy Peters. What an unforgettable evening we shared!

Sip This for a Stronger Immune System

Orange juice isn't the only beverage you can grab when you want to help your immune system fight off illness and infection.

New research suggests that grape juice may be an immune system booster, too. In a study, people who sipped Concord grape juice daily for 9 weeks had higher blood levels of a special type of infection-fighting cell.

Bolster Your Defenses

The study involved middle-aged folks who were basically healthy. But something interesting happened when they added about 1½ cups of grape juice to their daily diet. After 9 weeks, they had significantly more T cells compared with the control group. T cells are a type of white blood cell that fights off infections. And in the study, drinking grape juice increased participants' levels of specialized T cells called "surveillance" cells, found mostly in the lungs, intestines, and gastrointestinal tract. Researchers think that these cells act as the first line of defense against invading pathogens. When surveillance cells detect trouble, they stimulate other immune cells to defend the body.

4 Foods for Better Immunity

Oranges are chock-full of vitamin C, an antioxidant vitamin that helps your immune system fend off disease-causing invaders. Other good C options: bell peppers, strawberries, cantaloupe, and broccoli. Or take 400 milligrams of vitamin C three times daily.

Yogurt (unpasteurized) contains *Lactobacillus acidophilus* -- a healthy bacterium that helps thwart fungus-related infections. Or take a 20-milligram acidophilus supplement twice daily.

Tea is full of flavonoids, powerful vitamin-like substances that reduce immune-system aging. You'll also find them in oats, onions, broccoli, tomatoes, apples, and berries

Pumpkin seeds are great year round, not just at Halloween, because they contain zinc -- a nutrient that's been shown to help reduce the average length of the common cold.

Child Care Providers Guide to New Crib Standards

From Anne Johnston of the Clark County Health Department
Beginning December 28, 2012, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on June 28, 2011, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non-full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard,

CPSC recommends that you verify the crib meets the standard by asking for proof. Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance.

The document must:

- Describe the product
- Give name, full mailing address and telephone number for importer or domestic manufacturer
- Identify the rule for which it complies
 - (16 CFR 1219 or 1220)
- Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab
- Give date and location of manufacture and testing
- The crib must also have a label attached with the date of manufacture

What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
 - Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
 - Should not resell, donate or give away a crib that does not meet the new crib standards.
 - Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.

- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.

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