



Summer Fun: Get out and get going



Did you know that there are over 30 Maine State Parks?

State Parks in Midcoast, Maine

Birch Point, Bangor



Camden Hills, Camden



Damariscotta Lake, Damariscotta



Moose Point, Searsport



Popham Beach, Phippsburg



Reid, Georgetown



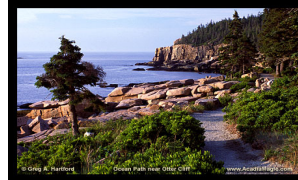
Swan Lake, Swanville



Warren Island, Lincolnville



Wolfe's Neck Woods, Freeport



Legend:



Canoeing



Fishing



Hiking



Mountain Biking



Picnicking



Playground



Swimming



Walking

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For a complete list of Maine's Parks and Historic Sites go to :

<http://www.maine.gov/doc/parks/programs/index.html>

Did you know that the common areas in state parks are now smoke-free? These areas include: beaches, playgrounds, snack bars, picnic shelters and business facilities.



Tidbits: Summer Nutritional Snacks

Kiwi Grape Smoothie (15-ounce) servings

Ingredients:

- 3/4 cup sugar-free lemonade
- 1/2 cup milk
- 3 kiwis, peeled and diced
- 1 1/2 cups frozen green seedless grapes

Directions:

1. Combine lemonade, milk, and kiwis in a blender. Blend on high speed until fruit is puréed and mixture is smooth.
2. Add grapes and blend on high speed again until smooth. Serve immediately.



Easy Frozen Yogurt Pops

**Ingredients:**

- Low-fat yogurt in your favorite flavors (custard or blended types of yogurt work best)
- Popsicle mold OR small paper cups and wooden sticks

Directions:

1. Fill the popsicle molds with yogurt. If you don't have molds, spoon the low-fat yogurt into paper cups and cover each cup with a piece of aluminum foil, crimping the edges.
2. Pierce the center of the aluminum foil lightly with a sharp knife and insert a wooden stick in each cup.
3. Freeze the molds or cups until solid.
4. Unmold or unpeel the paper cup from the frozen yogurt and enjoy!

Hummus

Serve up this nutritious treat with pita bread or cooked vegetables.

Makes 1 1/4 cups

Ingredients:

- 1 cup cooked or canned chick peas
- Juice from 1 lemon
- 1/4 cup tahini (sesame seed paste)
- 1/2 teaspoon salt
- 1 clove garlic, minced

**Directions:**

1. In a blender or food processor, mix together the chick peas, lemon juice, tahini, salt, and garlic.

Tips: Serve as a dip with whole wheat pita bread or veggies for a healthy snack. To make a sandwich, spread on whole wheat bread and top with parsley, scallions, grated carrots, sprouts, chopped cucumber, tomatoes, or peppers.

Party Tidbits: What we all should know about social hosting

Summer parties, weddings and social gatherings go on nearly every weekend at homes, camps, in the woods, and in the fields around our state. Despite the possibility of legal or even tragic consequences, some adults still see nothing wrong with supplying teens with alcohol and others believe that underage drinking parties are a right of passage.



The Party

But Mom, everybody does it... Teen parties are a social event at the high school level. Parties may begin innocently enough, with a few friends over when parents are out of town. That changes when alcohol joins the party. Fights, vandalism, sexual assault, and other criminal acts can occur at parties where alcohol is present. These activities can affect the lives of people involved for a long time.

Remember, Parents Who Host, Lose the Most



It is unhealthy for anyone under the age of 21 to drink. Alcohol has negative effects on a teen's developing brain & critical thinking. Alcohol use in youth affects mood, memory, verbal skills and vocabulary. It is unsafe and illegal for teens to drink. Alcohol use is a major factor in all of the leading causes of death and injury among youth and young adults.

Social Hosting is providing and/or serving alcohol to a young person(s) under the age of 21 or providing a place for minors to consume alcohol. It is illegal to host or allow underage drinking parties at one's home or camp. Parents or other adults cannot give alcohol to an underage youth who is not their own child, under any circumstance, even with their parent's permission. The law allows a parent or guardian to provide alcohol to their own minor child in a "reasonable amount" but the parent must be present when that alcohol is consumed. Parents cannot give permission to another adult to supervise a youth drinking party where their child may be present.

What Will Happen?

Teens can be summonsed to court for possession of alcohol and a fine of \$200 up to \$400 could result. No one under the age of 21 may transport alcohol or imitation liquor in their vehicle unless it is work related or requested by a parent; loss of license for 30 days and a \$500 fine may result. Any motor vehicle operator under the age of 21 who operates or attempts to operate a motor vehicle with any alcohol in their blood shall have their license suspended by the Secretary of State for one year. If they have a passenger under 21, an additional 180-day suspension will be imposed. Refusal to be tested will result in suspension of their operator's license for at least 18 months. * Minors who test .08 percent or more are charged with the criminal offense of Operating "Under the Influence," which results in even greater consequences. Waldo County school systems have substance abuse policies and violations may lead to suspension from school, sports and activities as a result of using or furnishing alcohol on or off school property. For more information about your school's substance abuse policy go to: http://www.healthywaldocounty.org/Schools_and-Colleges.html



Parents and adults over age 21 can be arrested, sentenced and fined if they allow minors to consume alcohol at their home or property. Up to one year of jail time can result and possible penalties of up to \$2000 in fines can result for furnishing alcohol to minors. Also, one can be arrested and charged with a felony if someone is injured or killed as a result of the alcohol they supplied. Finally, one can be sued if a minor's drinking results in a death, serious injury to any person, or property damage. Not only can another adult sue you for expenses related to any injuries, alcohol poisoning, sexual assaults or property damage that occurs, but also because providing alcohol to a minor or to a visibly intoxicated person is a violation of law, your homeowner's insurance will not protect you in the case of a lawsuit.



Together We Can

It is only through a community-wide effort that we can reduce underage drinking. It is our hope that this information will assist youth, parents, and concerned community members in reducing what is a dangerous and sometimes fatal activity. For more information about what you can do to: <http://www.maine.gov/dhhs/osa/parent/index.html> or contact us at 338-2200 ext 105/109

Pack a Picnic that Won't Pack on Pounds

Published in Web MD by Kathleen M. Selman, MPH, RD, LD

Salads and Sides

Salads are a welcome part of any picnic. If you love mayonnaise-based salads, try using light mayonnaise mixed with fat-free or light sour cream to reduce calories. Add flavored mustards, pickle relish, or extra veggies to "kick it up a notch."

Try adding chunks of seafood, chicken, or turkey to pasta or green salads for entrées that don't require you to slave over the hot grill.

Dress green and vegetable salads with vinaigrettes that are heavy on the vinegar and light on the oil. Vinegars such as sherry and balsamic add wonderful flavors, especially if you prepare the dish ahead of time and chill it for several hours before eating.

Baked beans were always part of our family menus; make them part of yours, too. Beans are a great source of fiber and are quite nutritious as long as they're not doctored up with too many extra calories



Raw vegetables like baby carrots, grape tomatoes, broccoli, and celery are easy to take along for a crunchy and satisfying side dish or appetizer.

Hot off the Grill



Burgers are a perennial summertime favorite. As long as you use lean ground beef, you can still have your favorite food on a bun. You can also enjoy low-fat versions of hot dogs, bratwurst, and sausages (but don't forget your portion control).

Skinless chicken breasts and seafood of most any kind are among the leanest options for the grill. Marinate them, or brush on a honey-mustard glaze for a delicious treat hot off the grill.

Vegetables on the grill are another taste delight. I love to marinate veggie kabobs or slices of red peppers, mushrooms, and squash and throw them on the grill for a great side dish or appetizer.

Just Desserts

What kind of picnic would it be without a watermelon? The red, juicy fruit is the perfect picnic dessert; it's very low in calories, and now comes in the new smaller, personal size.



Fruit salads, fruit kabobs, and bowls of grapes or cherries also make refreshing, sweet, and nutritious finales to a healthy picnic.

Angel food cake with fresh berries and light whipped topping (freeze a container and put it in the cooler) is another alternative that everyone loves and is reasonably low in calories.

But steer clear of chocolate -- it melts in the heat!

Drink Up



Take along plenty of cold drinks for outdoor picnics. Water, unsweetened iced tea, lemonade (you can even make it with artificial sweetener or reduce the sugar), 100% fruit juice, and low-calorie soft drinks are great refreshers.

Free Workplace Wellness Programs & Resources!

Some things in life are free!

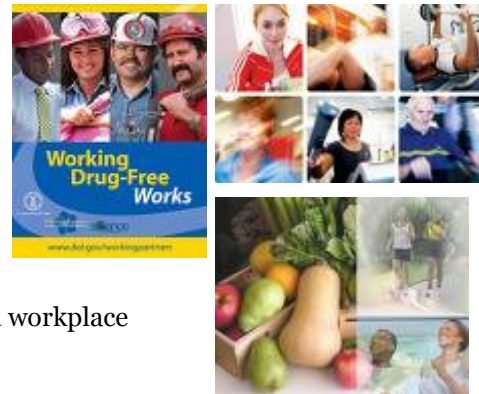
There are a number of resources available to Employers to encourage Employees to take steps to prevent the onset or worsening of a health condition or sickness and to adopt lifestyles that are healthier. As a business, you may implement many types of workplace wellness programs, from onsite gyms to simple workplace newsletters or posters. While some businesses have incorporated very comprehensive workplace wellness programs, other businesses in Maine have achieved savings and increased productivity with a few relatively easy activities which promote healthier lifestyles. Getting started is what matters most. Having a plan along with one or two workplace wellness goals, can serve as a foundation for building a more comprehensive program at a future time.

What is Workplace Wellness?

Workplace Wellness programs are an investment in your most valuable resource, your employees. Research shows that workers are more likely to be on the job and performing well when they are feeling well both physically and mentally. Workers are also more likely to be attracted to remain with and appreciate an employer that values them.

Workplace wellness initiative improve productivity by:

- Reducing the rate of absenteeism and time lost
- Enhancing on-the-job time utilization and decision making
- Improve worker morale, which in turn lowers turnover
- Slows the rising expense of health care costs
- Finally by investing in workplace wellness programs, businesses will be helping the United State achieve two of its major Healthy People 2010 workplace objectives:
 1. 75% of all employers, regardless of size, will provide a wide reaching staff workplace wellness program
 2. 75% of all staff will be participating in employer sponsored workplace wellness program activities



Resources for Employers:

Healthy Maine Works: On-line toolkit that assesses your needs and helps to build a strategy for prioritizing and implementing a wellness action plan

Good Work Resource Kit: Drug Free Workplaces/ Creating a Drug Free Workplace

http://healthymainepartnerships.org/mcvhp/documents/1_BottomLine.pdf

http://healthymainepartnerships.org/mcvhp/documents/2_DrugFreeWkplace.pdf

How to get Started: The First Step

Whether you have already developed a workplace wellness program or are just beginning, give us a call and we would be happy to set up a meeting with you to assess your businesses needs .

The visits and resource materials are free:

Barbara Crowley: Program Specialist 930-2650

Nancy Tkachuk: Substance Abuse Prevention Coordinator 338-2200 ext 105

Or visit our website to learn more at : www.healthywaldocounty.org/worksites

Healthy Maine Works is a project of the Maine CDC, Maine Office of Substance Abuse and the Maine Department of Education delivered in collaboration with your local Healthy Maine Partnership, Healthy Waldo County.



Healthy Waldo County

National Parks & Recreation Month

We're on the web:
www.healthywaldocounty.org



Local Healthy Maine Partnership

SAVE THIS DATE:

Senior Day: July 16th 9-3 PM, Redman Hall, Belfast

TRIAD Fundraiser Yard Sale: July 18, Rt 1, Northport

Maine Celtic Festival: July 17-19th, Belfast

Lifestyle Expo: October 24, 2009 at Point Lookout Resort and Conference center. Targeted audience Men and Women 45-60 years. Come visit Healthy Waldo County exhibit at the Expo.

Did you know that the following indoor places are now smoke-free?

They include: **Restaurants, bars, beano and bingo halls, movie theaters and malls, vehicles with children, daycare facilities, whenever children are present.**

For more information contact:

Vyvyenne Ritchie, Project Administrator at 930-6761

Barbara Crowley, Program Specialist at 930-2650

Patrick Walsh, Substance Abuse Prevention

Nancy Tkachuk, Substance Abuse Prevention

Raya Kouletsis, School Health Coordinator MSAD 3, 948-6136

Linda Hartkopf, school Health Coordinator, MSAD 34, 338-1960

Tim Weitowitz, YAP Coordinator YMCA

All of us at Healthy Waldo County wish
you & your families
a safe and memorable summer!

Other fun facts about July:

National Ice cream Month: In 1984, President Ronald Reagan designated July as *National Ice Cream Month* and the third Sunday of the month as *National Ice Cream Day*.

National Baked Bean Month: Although many people think of Boston as the birthplace of the baked bean recipe, according to the National Restaurant Association, the Narragansett, Penobscott and Iroquois Indians created the first baked bean recipes.

National Blueberry Month: July was proclaimed National Blueberry Month by the United States Department of Agriculture on May 8th, 1999. US produces 90 % of all of the blueberries in the world.

National Cheer up the Lonely Day– July 11 is an opportunity to make a lonely person happy.

Parent's Day: July 31- In 1994, President Bill Clinton signed into law the resolution unanimously voted by the US congress establishing the fourth Sunday of every July as Parent's Day.