

FORGING THE FUTURE:



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Friday FACTS

14 September 2001

"Leadership, Partnership, and Championship"

Feet, Feet

How often do you forget about your 10 big ones and the two important shakers and movers? Do you practice foot prevention? How often do you wear the right shoes for the proper activity? Are you on the lookout for possible signs of trouble(swelling, changes in appearance, color, temperature and toenails)? Consider getting the latest medical and health information on feet from <http://www.acfaom.org> <http://www.apma.org> <http://www.aapsm.org>



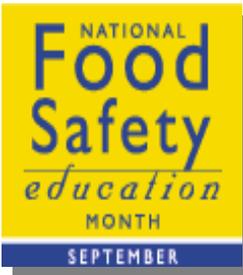
Health Rumors

Yes the internet, and coffee pot/ watercooler, gym talk can be frequent sources of misinformation and rumors concerning fitness, nutrition and health. CDC has established a website to address the inaccurate and false health rumors circulating at http://www.cdc.gov/hoax_rumors.htm

Colleges Respond to Mental Health Needs

At universities and colleges, more students are reporting problems with psychological difficulties such as depression, substance abuse, eating disorders, and adjusting to change and life on campus. The September 2001 issue of *Monitor on Psychology* has an article- Student mental health: secondary education no more, which describes the issues and college responses to the student mental health needs. For example the State College of Denver offers a De-Stress Day Fest every semester, that focuses upon self care skills, stress coping, awareness and information. Outreach efforts, partnering with campus student groups and faculty, and encouraging novel ideas are discussed in the article.

RESOURCES FOR EDUCATORS



September is National Food Safety Education Month(SM)!Reminder! The National Food Safety Education Month (SM) "Consumer Education Planning Guide 2001" was recently mailed to an extensive list of educators and it is also available on the NFSEM Web site. The "Guide" is in "kit" format and is filled with resources to help plan your food safety events. This year's theme is "Be Cool - Chill Out! Refrigerate Promptly." <http://www.FoodSafety.gov/September>

"A foolish man may be known by six things: Anger without cause, speech without profit, change without progress, inquiry without object, putting trust in a stranger, and mistaking foes for friends."

