



CONFERENCE 2004 - ACT NOW !

An Opportunity You Can't Afford To Miss!

by John Frank, Conference Chair

Every member of WACTE already knows that a workforce trained in the latest "cutting-edge" technologies is not only crucial to the economic well-being of our nation but to homeland security as well. We wouldn't be where we are if we didn't believe that. Yet, several questions arise:

- (1) *What can we do ensure that our workforce has the technological knowledge it needs in the 21st century;*
- (2) *Where can we get the resources necessary to provide the education and training our workforce needs;*
- (3) *How can we convince others of the importance of career and technical education; and*
- (4) *How do we motivate our colleagues to do what has to be done to make career and technical education a state and national priority?*

At the heart of each of those questions is a common thread – *leadership*. Not surprisingly, then, this year's WACTE Conference at the Madison Marriott on February 18-19-20 is dedicated to the theme "**Leadership for our Future.**"

While exact percentages are debated, it is generally agreed that leadership is a combination of inspiration and perspiration. Our opening and closing speakers provide an excellent mix of those ingredients. Steve Gunderson, who represented western Wisconsin in Congress for 16 years, is a past AVA/ACTE Policymaker of the Year and an outspoken advocate of the importance of workforce development to homeland security. Michael Leckrone, the Director of the University of Wisconsin Marching Band, has spent the last 35 years motivating the Badger Band to produce consistently flawless performances. (Continued on Page 6)

AT A GLANCE

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Wednesday Pre-Conference WALEW Sectional

Re-Energizing Career & Technical Education: Merging Today with Tomorrow
(see page 6 for details!)

Wednesday Afternoon Pre-Conference Field/Laboratory Experiences

UW Research Park
BTCI/Promega
Datex-Ohmeda
Electronic Theater Controls
UW College of Engineering

Over 30 Great Sessions! (see page 6 for details!)



An ensemble of the UW Band will perform at 5:00 on Thursday at the Reception!

Friday Closing Speaker: UW Band Director Michael Leckrone

UW Professor Michael Leckrone has been the guiding force behind the University of Wisconsin Marching band since 1969. Anyone who has ever attended a Badger Band field performance or other concert has left using words like "inspirational" or "unbelievable" or "outstanding."

(See Page 6 for more details!)

Message From The WACTE President

Warren Hillmer

Welcome to 2004! Isn't it exciting looking forward to all the opportunities the New Year will provide us? I know, the rush and hustle of finishing off one year and not knowing exactly what lies ahead of us can be stressful and at times frustrating. While we have many challenges looming in our future, for both career and technical education and our association, it continues to be a great time to be part of this exciting profession.

Anywhere you look or listen, the need for a highly skilled and trained workforce is being highlighted. The growing needs of our diverse and aging population also call upon career and technical educators to step to the forefront. There has been no greater time for all of us involved; support staff, instructors, students, administrators, counselors, and all public and private sector partners, to forge strongly our links supporting career and technical education.

The New Year brings us the opportunity to participate in our Annual Conference this February in Madison. We have the Legislative Seminar later in spring as well as additional professional development opportunities. What a great time learn, grow, renew and refresh. It is also a fitting time to spread our message and garner new members.

I look to the New Year with a unique opportunity to reflect on all the great experiences and friendships I have been rewarded with in my tenure with career and technical education. I look forward to the continued friendships, experiences and yes, a few challenges in the coming year. Here's to a great 2004!!!



State Superintendent Elizabeth Burmaster receives an ACTE leadership award at the recent ACTE national conference from Region Three Vice-President Dan Smith.

Reminder to VOTE for ACTE Region III Vice-President!

Region III will have three outstanding candidates running for the office of Region III Vice-President. They are:

Bryan Albrecht- Wisconsin

Marlys Bucher from Minnesota

Karen Johnson from Illinois

As an ACTE member, we encourage you to vote for the candidate of your choice. Information about the candidates and voting information will be mailed to you early in the new year.

In Memory

*If tears could build a stairway,
and memories were a lane,
We would walk right up to Heaven,
and bring you home again.....*



It is with sadness that we inform you of the passing of Patricia Dulmes, an active WACTE member on Friday, December 26, 2003 while at home with her family. Pat was the West Bend Campus Outreach Partner at Moraine Park Technical College. She will be missed by her friends, family and colleagues.

WACTE would also like to extend our condolences to each of you that has lost a family member, friend, co-worker or significant person in your life this past year.

2004 Federal Appropriations Update

As of 12/23/03 the federal consolidated appropriations bill for Agriculture, Commerce/Justice/State, District of Columbia, Foreign Operations, Labor/HHS/Education, Transportation/Treasury, & VA/HUD (conference report on H.R. 2673), has not been finalized. The House of Representatives voted approval on 12/8/03, but the Senate has not taken action. HR. 2673 as agreed to by conference and approved by the House on 12/08/03 contains the following amounts for programs of particular interest to career and technical education:

2004 Federal Appropriations (As approved by House on 12/8/03) (in thousands of dollars)

	2003 APPN	2004 Pres.	2004 House	2004 Senate	2004 Confer	% Change
PERKINS						
State Grant	\$1,192,200	\$0	\$1,200,000	\$1,192,200	\$1,202,100	0.8%
Tech Prep	\$ 107,298	\$0	\$ 107,298	\$ 107,298	\$ 107,298	0.0%
AEFL						
State Grant	\$ 571,262	\$0	\$ 584,300	\$ 571,262	\$ 577,781	1.1%
PELL GRANTS						
Funding	\$11,364,646	\$12,715,000	\$12,250,000	\$12,176,683	\$12,077,998	6.3%
Max Award*	\$4,050	\$4,000	\$4,050	\$4,050	\$4,050	0.0%

*in whole dollars

Overall, federal programs of interest to career and technical education are strongly supported by the conference bill, despite the availability of limited resources for domestic programs.

- Perkins basic state grants received a slight increase over 2003 levels (0.8%), more than approved by either the House or Senate.
- The President's proposal to eliminate Perkins and create a new competitive grant program that could be used to fund K-12 initiatives was completely rejected.
- Tech Prep funding was maintained.
- AEFL state grants received a 1.1% increase, a smaller increase than in recent years, but still an increase. The conference committee split the difference between the 2.3% increase passed by the House and the zero increase passed by the Senate.
- Pell grant funding increased 6.3%, another positive change although less of an increase than proposed by the President, the House or the Senate. Congress rejected the President's proposal to reduce the maximum Pell grant award.



Cheryl Kothe, Wilmot Union High School teacher, Dr. Sam Borden, President, Gateway Technical College, Stephanie Sklba, School to Work Coordinator, Gateway Technical College.

Gateway's Program Wins Prestigious National Award

Gateway Technical College's Lodging Management Academy was recently recognized by the National Tech Prep Network as one of three national winners of the 2003 Caterpillar Inc./NTPN Exemplary Worksite Learning Award. The Exemplary Worksite Learning Awards were established by NTPN in 1994 to recognize Tech Prep consortia that have established successful worksite learning experiences for students. Award winners are evaluated on curricula activities, program goals and objectives, professional development for educators and employer partners, employer involvement and measurable benefits to business partners and the community.

The Lodging Management Academy is a work-based educational program for students who are interested in hospitality as a career, and is a combination of the Wisconsin State Youth Apprenticeship Program in Lodging Management (developed by the Governor's Work-based Learning Board) and the American Hotel and Lodging Association's Lodging Management Program. The goal of the Academy is to expose students to hotel management through worksite and school-based experiences, using a curriculum that focuses on every aspect of the hotel industry, from leadership and management to housekeeping.

The Lodging Management Academy is housed at the Marcus Corporation's Grand Geneva Resort and Spa in Lake Geneva, WI. The Grand Geneva supports the program because it provides eager employees, gives the resort the opportunity to help young people learn about the hospitality industry, and enlarges the local pool of qualified employee candidates. Other supportive partners include the Geneva Lakes Development Corporation and the Wisconsin Restaurant Association.

The program has developed a strong partnership between Gateway Technical College and the University of Wisconsin – Stout through the creation of articulation agreements.

For the complete WACTE Calendar of Events, visit www.wacteonline.org

CALENDAR OF EVENTS

January 14, 2004	Local Presidents Wisline (3 - 4 p.m.)
January 21, 2004	Delegates Wisline Meeting (3 - 4 p.m.)
February 8-14, 2004	Career and Technical Education Week
February 18-20, 2004	68 th WACTE Annual Conference – Marriott Madison West, Middleton
March 14-16, 2004	ACTE National Policy Seminar – Washington, DC
April 1, 2004	Legislative Seminar – Inn on the Park, Madison
June 23-25, 2004	ACTE Region III Leadership Conference – Kansas City, Missouri
July 20 & 21, 2004	Support Staff Conference – WI Rapids

Business Roundtables Show Support for WTCS

Wisconsin Technical College System (WTCS) President Richard Carpenter hosted 12 business roundtables during fall 2003. The roundtables included 13 of 16 WTCS districts: Blackhawk, Chippewa Valley, Fox Valley, Gateway, Madison, Mid-state, Nicolet, Northcentral, Northeast, Western Wisconsin, Wisconsin Indianhead, and Milwaukee and Waukesha.

The roundtables were intended to foster frank conversation about the strengths, weaknesses, and opportunities facing the WTCS. Over 650 business executives, community leaders and state and local elected officials received invitations to participate and were requested to complete a survey about the WTCS, regardless of whether they were able to participate in the roundtables. Almost one-half of those contacted either participated in a roundtable session or returned surveys.

Survey results were very positive, with everyone who responded about the quality of WTCS education and training rating WTCS services as good to very good. When asked about the WTCS value compared to tuition and fees, 99.5 percent believe the WTCS is a good or very good value and 97.8 percent believe property tax support for the WTCS is a very good or good investment.

Some themes that roundtable participants believe the WTCS needs to address include the importance of:

- 1) training for so-called "soft skills;"
- 2) new training tools to meet changing business needs;
- 3) retraining emphasis for the unemployed and incumbent workers;
- 4) improving the cost-effectiveness of contract training;
- 5) training for jobs of the future and better forecasting of emerging job trends; and
- 6) considering changes in how "success" is measured so that skill-sets are emphasized and students who "job out" are considered to have succeeded if they achieved their goals.

A full report on roundtables and the WTCS response to themes and concerns will be released the week of January 19. Future roundtable meetings will provide opportunities to report on progress in addressing issues and concerns. For more information or to receive a copy of the roundtable report, please contact Nancy Merrill, WTCS Policy Advisor by email at: nancy.merrill@wtcssystem.org.



Business and community leaders meet with WTCS President Richard Carpenter, Nicolet President Adrian Lorbetzke and WTCS Executive VP Rand Key in Rhinelander.



MOVED?

Please let us know! Contact the WACTE Office
at 608-833-5858

CONFERENCE 2004 - ACT NOW !

CONTINUED FROM PAGE 1

In between these outstanding speakers there will be three dozen breakout sessions dedicated to finding creative solutions to the important professional and personal issues we all face – leadership skills, working partnerships, legislation, budgets, cost containment, personal health, and well-being. [A partial list of break-out sessions appears on this page. For a more complete listing, go to www.wacteonline.org.]

And if you're interested in the sharpest of cutting-edge technologies, don't forget the Wednesday afternoon field study opportunities at the UW Research Park, Electronic Theatre Controls, BTCI/Promega, the UW School of Engineering, and Datex-Ohmeda.

Yes, we all know that travel budgets are tight and every one of us has to be more careful choosing which conferences we attend. However, given the immediate challenges facing career and technical education and the responses, solutions, and innovative ideas that will be discussed at this year's conference in Madison on February 18-19-20, there is only one possible conclusion – **this is an opportunity you can't afford to miss!**

Wednesday Pre Conference WALEW Sectional

The Wisconsin Association of Leadership in Education and Work will present the following sessions as pre-conference sessions from 9:00 a.m. to 3:00 p.m.

Innovative teachers who have rejuvenated successful CTE programs

To charter or not to charter? Is a charter school right for your program or system?

Experience an effective K-12/postsecondary guidance model

Tips, strategies, networking opportunities, and linkages from a leading CTE reformer

A Few of Over 30 Great Sessions!

Thursday Opening Speaker: Hon. Steve Gunderson
 Leadership for the 21st Century
 State Legislative Update
 Assembly Task Force on WTCS – Where Do We Go From Here?
 Innovative Health Insurance Cost Containment
 Best Instructional Practices: Online/Internet Courses
 Student Conduct/Classroom Management Issues
 Financial Planning for Educators & State Retirement Trends
 Appreciative Inquiry
 Labor Market Demographics
 Federal Legislative Update
 Enhancing Your Local Legislative Effectiveness
 E-Streaming – The Latest in Instructional Delivery
 Computerized Course Scheduling
 BlackBoard 6 – What's New and Different
 Identity Theft – What You Need to Know
 Youth Apprentices in Transition
 Creative CTE Financing Through Foundations and Grants
 Alleviating Stress in the Workplace
 Legal Challenges Facing Career & Technical Educators
 Using Special Events to Promote Your Program and Recruit Students
 Strengthening Your Local Association (*with ACTE Executive Director Jan Bray*)



Friday Closing Speaker: UW Band Director Michael Leckrone (Continued from Page 1)

Indeed, Professor Leckrone has received many awards containing the title "outstanding" including the Outstanding Educator of America Award from the Outstanding Americans Foundation and the Outstanding Bandmaster Award from Phi Beta Mu.

What better way to close a conference than to hear from one of the best-known motivational leaders and showmen in Wisconsin – Michael Leckrone! (shown at left)

Bricklaying Students Take Hands-On Learning to a New Level

“Learning doesn’t get any more hands-on than this,” stated Don Borchert, Bricklaying & Masonry Instructor, as he surveyed his student workers erecting the brick veneer on the western elevation of the Southwest Wisconsin Technical College Foundation, Inc.’s newest student housing. In Bricklaying & Masonry, as in most programs at Southwest Tech, the College strives to integrate activities into the curriculum that mirror what students will encounter every day in the workplace. “These activities build proficiency and competence,” commented Borchert, “which develops student confidence and pride. That’s why our graduates are so highly valued by employers here and around the state.”

Borchert noted that his students’ activities are on occasion projects that transcend customary learning exercises. The projects “sometimes originate in surrounding communities, coming from individuals or

organizations that have expressed a need,” he elaborated. “We’ve built a bell tower for the Methodist Church in Fennimore, some piers and another bell tower at a park in Blue River, and we’ve paved a playground in Lancaster.” Occasionally student projects also immediately benefit Southwest Tech, as with the Foundation’s new student residence.

“We really preferred a brick facade when we first started to design the new student housing,” stated Ellen Leuck, Foundation

Co-Director. “We knew that brick would be more attractive, durable, and easier to maintain than other available sidings, but the cost was prohibitive. It was approximately three times that of vinyl siding.”



Among the 13 students laying brick at the Foundation’s housing project are (clockwise from upper left corner) Paul Wiegel, Argyle; Jason Welsh, Highland; Tim Otto, Richland Center; Dan Mau, South Wayne; James McKillip, Wauzeka; Andrew Nelson, Fennimore; Shane Tomas, Livingston, with Instructor Don Borchert; Jeremy Reddell, Dodgeville; and Jeff Huehne, Platteville. Students not pictured are Dustin Freymiller, Fennimore; Preston Quinn, Fennimore; Kyle Spensley, Belmont; and Joshua Copsey, Prairie du Chien.

Upon learning of the project, Borchert suggested that his students become involved. Student labor, plus a handsome discount on materials secured by Borchert, aligned the cost of bricking the building with that of installing a vinyl siding product. The brick facade is now becoming reality.

Borchert indicated that the current housing project is, to his knowledge, the largest masonry job undertaken by technical college students in Wisconsin to date. Other interesting facts include:

- 33,000—the total number of bricks in the project
- 13—the number of students working on the project

- 1,168—the number of bricks that the students must lay each day to stay on schedule
- 1,872—the estimated total number of work hours that the students will invest in the project

Concluded Borchert, “We’re helping to build a better, more valuable structure for the Foundation and the College, and the students are learning a lot as they go. This is something we all can be proud of.”

IBM to Offer Advanced Career Education Program at Gateway

IBM has announced that the first IBM Advanced Career Education (ACE) Program in the United States will be launched this winter at Gateway Technical College. GTC will implement the IBM ACE Program for e-business Application Development, a 700-hour-plus technical education program designed for technology professionals with varying levels of experience.

The IBM ACE Program for e-business Application Development takes students of all skill levels through advanced computer programming and e-business application development concepts. The program takes a “blended learning” approach by integrating classroom, hands-on lab exercises and project teamwork to provide both the theoretical and practical training needed to develop strong e-business application development skills.

The IBM ACE Program for e-business Application Development will be delivered at Gateway’s Kenosha campus through its BioCATT Center, an initiative to assess, train and re-skill the workforce of Wisconsin and neighboring geographies. The curriculum offering will give Gateway access to IBM-certified instructors, IBM-developed and owned courseware, and the incorporation of courseware with both ‘open’ and IBM-specific technologies, such as Java, XML, IBM WebSphere and DB2.

“IBM understands that education offerings are much more than a set of well-designed and proven courses,” said Marcelo Roman, director of IBM IT Education Services, IBM Americas. “Equally important is the support structure that provides training, troubleshooting, and course updates for rapidly changing technologies, including e-business . . . IBM is committed to the ongoing support of Gateway Technical College in the successful implementation of the IBM ACE Program for e-business Application Development.”

Offered by Gateway, the IBM ACE Program for e-business Application Development includes a blended learning framework approach that gradually introduces students to the basics - such as PCs, Internet fundamentals and operating system concepts - and moves on to more intermediate subjects, such as programming in C++, Java, and software engineering. The final and most advanced course modules focus on object-oriented and web applications, in addition to e-business solution development using J2EE and enterprise computer framework. Successful completion of the proposed curriculum will earn students an IBM ACE Certificate for e-business Application Development.

“Gateway’s offering of the IBM ACE Program for e-business Application Development will allow our students to leave as sought-after professionals, well-equipped with the skills needed to meet the challenges of next-generation e-business environments,” said Dr. Sam Borden, president, Gateway Technical College. “This collaboration represents the best in leveraging resources in both the public and private sectors. By delivering this program at Gateway’s state-of-the-art BioCATT facility and by maximizing the recognized expertise of IBM IT Education Services, we are offering a premier program that exclusively focuses on the development of real-life, in-demand job skills.”

**When you Say WISCONSIN,
You've Said it All!**

raffle 2004

WACTE is proud to present this year's raffle, *When You Say Wisconsin, You've Said It All*, which features products and prizes from our great state! Tickets are now available through the WACTE office or from WACTE Board members or WACTE local chapters. *Support our professional organization by buying tickets!!*

Prize List (Partial)

Pelican Wave Kayak with car carrier
 Guided Fishing Trip- Madison Chain of Lakes
 Milwaukee Public Museum and I-Max tickets
 Milwaukee Art Museum Tickets
 Case of Wisconsin Wine, Wine Baskets
 UW-Men's Basketball autographed by Bo Ryan
 Overnight Packages – Appleton Radisson Paper Valley, Middleton Marriott,
 Green Bay Regency Hotel, Wisconsin Rapids Hotel Mead (Romance package),
 Madison Sheraton
 Green Bay Lambeau Field Print
 Rock&Roll Cooler with AM/FM radio & Wisconsin Beer
 Sundara Inn and Spa (Wisconsin Dells) Gift Certificate
 Hand Blown Glass Art Piece, Hand Decorated Pottery pieces from Wisconsin artists
 Handcrafted Walnut Spindle Desk Clock
 Wisconsin Restaurant Association Gift Certificates
 Babcock Ice Cream of Madison Gift Certificates
 Wisconsin Gift Boxes and Baskets
 2 rounds of golf, Edgewater Golf Course, Tomahawk
 Home Depot \$50 Gift Certificate
 Jacket and Visor, Wisconsin Caps
 Fishing Rod & Reel
 Circus World of Baraboo family pack
 Old World Wisconsin passes
 Kringel of Racine Gift Certificate
 \$25 Cash Prizes (donated by Southwest WACTE #1)
 Wisconsin State Parks Sticker
 And, if you every want to get away, a \$250 Travel Voucher



Internet Resources That Can Help You Be A Better Advocate for Career and Technical Education

The National ACTE Website's Legislative And Policy Section

<http://www.acteonline.org/policy/index.cfm>

At this site you can review summaries of legislative issues important to Career and Technical Education, including:

- [Carl D. Perkins Act](#)
- [Workforce Investment Act](#)
- [No Child Left Behind Act](#)
- [Higher Education Act](#)
- [Federal Appropriations](#)
- [Welfare Reform](#)
- [IDEA](#)

You will be able to view excellent national resources, such as:

- [Legislative Links](#)
- [Testimony and Remarks](#)

You will find grassroots advocacy resources, such as:

- [Legislative Action Center](#)
- [Receive FREE Legislative Alerts and Newsletters](#)
- [How to be proactive in your state](#)

And you will find the outstanding Legislative Action Center, which will make it easy for you to communicate effectively with the offices of key national Congresspersons.

- <http://capwiz.com/acte/home/>

WACTE and Other State Resources

We wanted to share all these sites with members — the sites will be useful to you and your local chapter if you want to understand and have a voice in state political and budgetary developments:

<http://www.wacteonline.org/legis.htm> — The WACTE legislative Website, with some basic links that will help you get started.

<http://www.legis.state.wi.us> — The Legislature's website. This site provides a means to find your legislators by zip code, contact legislators and staff, review bills and rules (including actual text and a bill's history/status), visit legislative service agencies and their resources, review committees and hearings, and listen to Assembly and Senate sessions in real-time.

<http://www.wisconsin.gov/state/home> — The State of Wisconsin website. This site provides a comprehensive set of links to the Governor's office, state agencies, and state employees, as well as contacts for local governments and education systems. It also provides links that will connect you to important statistics.

<http://ethics.state.wi.us> — The Ethics Board website. This site provides detailed information on lobbyists and lobby organizations, including who is working for and against various initiatives, what associations/organizations are interested in these initiatives, and rules for lobbyists and public officials.

<http://www.thewheelerreport.com> — The Wheeler Report website (a no-cost version of a private site run by veteran Capitol reporter Dick Wheeler). This site provides press coverage and press releases related to state government and government affairs, links to Wisconsin newspaper sites; announcements of political events, etc.

The WACTE Board encourages you and your colleagues to use these sites to help you become more informed and effective advocates for career and technical education in Wisconsin.

Salmon and Cream Cheese Dip

This is from the Frugal Gourmet's first cookbook. It is a terrific party hors d'oeuvre. Everyone likes this combination of flavors, and you (the cook) will rise even higher in the estimation of in-laws!

- 1 ½ pounds smoked salmon (a couple of big pieces like you would find at a good grocery store or deli; or canned salmon and ½ teaspoon liquid smoke, but it's just not the same)**
- 1 Tablespoon horseradish (or more to taste)**
- 1 Tablespoon fresh lemon juice (or a bit more to taste)**
- ½ pound (1 package) cream cheese, softened**
- 2 Tablespoons mayonnaise**
- 1 Tablespoon dried parsley flakes**

Pull the skin from the salmon, and separate the meat from the bones. Place the meat (chunks/flakes) in bowl with cream cheese and other ingredients. Mix gently; add more horseradish or a bit more lemon juice if desired. This can be eaten right away or made ahead of time and refrigerated for up to a day or so, but let it soften for an hour before serving it. Serve with Triscuits or Ritz crackers, etc. (If you take a smaller serving bowl, tuck a sheet of plastic wrap into it, and pack the dip in, you can later pull the plastic wrap and 'unmold' it in the center of a plate and put crackers around it. Stick a small spreading knife in it and watch the crowd gather!)

PREVENTING FROSTBITE



Winter is upon us, and many of us are making plans for outdoor winter fun. Skiing, snowboarding, snowmobiling, ice fishing, and ice skating are all terrific ways to enjoy the season. However, they all share the potential dangers from frostbite. Frostbite is not a simple issue of

getting a little cold and numb from overexposure to the elements. True cases of frostbite can result in the loss of an affected extremity, finger or ear. The sad thing is that frostbite is often a preventable condition. Make this winter season a safe one by following the recommendations below:

- 1. STAY DRY.** Wet clothing dissipates heat from the body 25 times faster than dry conditions.
- 2. MINIMIZE WIND EXPOSURE.** Wind proof clothing can help if you're outdoors, as wind speeds increase heat loss from the body 5 times faster than normal.
- 3. WEAR LOOSE CLOTHING.** Constrictive clothing increases the likelihood of frostbite as does immobilization and dependency of the extremities.
- 4. TRAVEL WITH BLANKETS.** How many times do you hear of people trapped in their cars due to an unexpected snowstorm? Plan ahead for safe travel.
- 5. STAY SMART IN THE MOUNTAINS.** Higher elevations increase the risk of frostbite due to tissue anoxia and decreased mental orientation from diminished oxygen flow to the brain. Know when you've had enough of the slopes.
- 6. WEAR A HAT AND GLOVES.** Smaller areas of the body such as ears and fingers are much more at risk of developing frostbite.
- 7. MINIMIZE ALCOHOL INTAKE WHILE PARTICIPATING IN OUTDOOR ACTIVITIES.** Alcohol in the bloodstream can increase your risk for developing frostbite.
- 8. LISTEN TO YOUR BODY.** Sensations of intermittent stinging, burning, throbbing and aching are all early signs of frostbite. Symptoms of numbness or heaviness are associated with more advanced frostbite. Pay attention and get indoors. Seek medical attention immediately if you fall into the latter category.
- 9. SUPPORT YOUR LOCAL HOMELESS SHELTER.** The homeless are at a far greater risk of developing frostbite as they have no satisfactory way to protect themselves. Offer old jackets, hats, gloves and blankets to your local shelter for distribution. This makes a great church, temple or school community project and will make a big difference for many this winter.