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Notebook

Students sought for Albany event

The Cortland County League of Women Voters will be selecting two county high school students to attend the 17th annual Students Inside Albany conference, which is scheduled to be held May 21 to 24 in Albany. The conference is free to the selected students; all expenses are paid including three nights at a hotel in downtown Albany.

Any high school student in Cortland County may apply (male or female, in any grade).

This conference will bring together high school students from across the state to learn about New York state government and the process by which citizens can participate in the policy making arena. As part of this program, students will also tour the Capitol and observe both the Senate and Assembly in action.

For a conference brochure, contact Linda Frank by phone at 607-749-4963. The local deadline for completed applications is Feb 15.

Night of delights at 1890 House

The 1890 House Museum will host a Wine and Chocolate Night 6 to 8 p.m. Feb. 18 at the 37 Tompkins St., museum.

The Victorian museum is partnering with Americana Winery and Sinfully Sweet Café for the event open to those 21 and over.

Reservation sought. Fee.

Spaghetti dinner to aid students

The Cortland YMCA is sending 28 students in its Youth and Government Club to Albany, at an estimated cost of \$10,000.

The club is inviting the public to a Spaghetti Dinner fundraiser.

Children benefit from dental lessons

BY ANNE WITHERS
Contributing Writer

Where do you find puppets, play dough and healthy smiles?

In child care programs using Cavity Free Kids, a dental health curriculum for preschool children.

Cavity Free Kids uses evidence-based dental science and developmentally appropriate activities to promote healthy oral health habits.

The Child Development Council recently received a grant from the Health Foundation for Western and Central New York to teach the Cavity Free Kids curriculum to child care providers, home visitors and trainers in Cortland, Tompkins, Onondaga, Oneida, Herkimer and Madison Counties.

The Health Foundation will

also be providing tooth brushes, toothpaste and other supplies for the programs using the curriculum.

Why teach preschool children about dental health? In Cortland County 50 percent of third grade children have experienced cavities. Our local Head Start programs report that about 50 percent of their preschool children already need dental treatment. Early childhood cavities are preventable. Oral health is a part of overall health.

When children are not healthy, it affects their ability to develop, learn, and thrive. Poor oral health can lead to: pain, attention problems, delayed social development, sleep deprivation, poor nutrition and missed school days.

Cavity Free Kids is orga-

nized around five Basics of Oral Health:

1. Baby Teeth Are Important!
2. Water for Thirst
3. Tooth Healthy Foods
4. Brush, Floss, Swish
5. Going to the Dentist

Each section includes facts for the child care providers, information sheets for parents, lots of developmentally appropriate activities, songs, etc. that cover all of the learning domains including: logic, language, math, science, social studies, creative arts, physical development and health, and social and emotional development.

The curriculum also includes some colorful materials that can be copied. All of this, plus ongoing support with toothbrushes, toothpaste and tech-

nical assistance, is free to the child care providers.

Here are some comments heard from child care providers who are using the Cavity Free Kids curriculum:

"I've noticed a big difference in the six months we've been using the curriculum. There is a lot of interest in teeth. All of the children are looking at foods differently. They love to repeat the activities and they have lots of questions."

"I feel the CFK curriculum will benefit my class and I intend to incorporate CFK activities, as well as tooth brushing, into our routines."

"Two children went to the dentist this month!"

Anne Withers is a program director at the Child Development Council located in Cortland.



Resident Evil 7: Terrible, wonderful

By JOSHUA HARTNETT
Contributing Writer

Resident Evil 7 (RE7) is a wonderful example of atmosphere and level design.

However, its poor gameplay, boring combat, and nonsensical story will probably scare people away in all the wrong ways.

RE7 stars Ethan, a man looking for his lost wife, Mia. Ethan receives a message from Mia telling him to meet her at a house in the swamps of Louisiana. There, Ethan is attacked by the crazy Baker family and the mysterious tar-like monsters called the Mold.

While RE7 bears the Resident Evil series title, RE7 actually is very detached from the rest of the series, allowing newcomers in easily.

RE7 is a survival horror game where the player must fight and run from the family and the monsters they horde. Ammo is restricted, but plentiful enough where shooting your way through is possible. There's a limited inventory players need to manage that will fill with puzzle items, healing items, and their weapons and ammo.

Puzzles take a front seat in the gameplay as well. Many puzzles are pretty simple, and often just give the answer to another puzzle in the game.

However, this is helpful to

