

TRAVEL TIPS

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as well. Pack a small plastic container with dipping sauce to entice kids if they are hesitant to eat veggies by themselves.

Grocery stores are full of convenience foods prepackaged for children. Pick out children's favorites and allow them to enjoy one serving each in the car. Choosing something special will help make the trip more memorable and enjoyable. And as always, make sure to pack plenty of liquids including water.

Vacation Activities

So how can parents keep kids entertained on vacation? Elmer's arts and craft expert Michelle Manning suggests the following activities to help parents encourage mess-free, creative free play during summer travels.

* Games: Classic family games make the time pass quickly. Play games like eye spy or give each child a list of items to watch for while driving to the

vacation destination.

* Photography: Vacation is the perfect time for children of any age to learn the art of photography. Chronicle unique experiences through photos with a disposable or inexpensive digital camera.



* Personalized postcards: Make one-of-a-kind postcards

on summer road trips with glue sticks, markers, paints, buttons, ribbons or stamps.

* Journaling: Create a wonderful vacation memento by writing and designing a journal about summer travels. For a more memorable journal, parents can add in their own entries.

* Storytelling: This is a perfect time to talk to kids about their favorite story from the past year at school and what they are excited about in the upcoming school year. To add in some imagination, make up a story. Choose a setting and several characters and take turns deciding what happens next as the story moves on.

Additional creative projects for a variety of ages can be found at

www.elmers.com. Courtesy of ARAccontent

COMFORT FOODS -- Made Fast and Healthy!

Chicken Spinach Salad

BY HEALTHY EXCHANGES

A refreshing main-dish salad for hot summer days!

- 6 cups torn fresh spinach leaves, stems removed and discarded
- 2 cups torn radicchio or shredded red cabbage
- 2 cups (10 ounces) diced cooked chicken breast
- 1/2 cup chopped green onion
- 1/3 cup Kraft Fat Free French Dressing
- 2 teaspoons canola oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Splenda Granular
- 1 teaspoon dried parsley flakes
- 1/4 cup Oscar Mayer or Hormel Real Bacon Bits
- 2 hard-boiled eggs, chopped

In a large bowl, combine spinach, radicchio, chicken and onion. In a small bowl, combine French dressing, canola oil, vinegar, Splenda and parsley flakes. Drizzle dressing mixture evenly over spinach mixture. Toss gently to coat. For each serving, spoon about 2 cups salad mixture on a plate, sprinkle 1 tablespoon bacon bits and half of a chopped egg over top. Serve at once. Serves 4.

HINT: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

• Each serving equals: 253 calories, 9g fat, 30g protein, 13g carb., 50mg sodium, 113mg calcium, 3g fiber; Diabetic Exchanges: 3 1/2 Meat, 2 Vegetable, 1/2 Fat; Carb Choices: 1.

Visit Healthy Exchanges at www.healthyexchanges.com or call toll-free at 1-800-766-8961 for more information about its "common folk" healthy recipes.

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SENIOR NEWS LINE

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about to do more things. Best bet: Buy a better computer and get a printer later on sale.

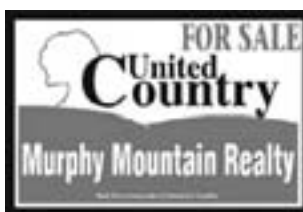
How to learn how to run it: Your 10-year-old grandchild is not the best one to teach you. You'll do better with a class geared specifically toward seniors. Check into classes at the local senior center or YMCA. Remember to take lots of notes!

Learn how to stay safe: The Internet can be like the old Wild West, dangerous if you're not wise to some of the tricks. Make sure your computer is loaded with good virus software, and learn about all the scams that are out there.

Matilda Charles regrets that she cannot personally

answer reader questions. Do not send any material requiring return mail. Write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to letters.kfws@hearstsc.com.

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