

The Woods News Fall 91 - School this day
girls attend



MESSAGE FROM THE BOARD OF TRUSTEES

Dear Friends,

On behalf of the Board of Trustees, I welcome all of you to our seventeenth year. It is with great enthusiasm that I look forward to this academic year; both its challenges and its opportunities. The entire board continues to work closely with: Miss Ortman (now in her tenth year as Headmistress), the faculty and staff, and the Parents Organization to perpetuate the nurturing and stimulating academic environment for which The Woods is well known.

We welcome Maite Barandiaran, Elizabeth Downes, and Erin O'Grady. They bring their many talents and much wisdom to their first year as members of the board. We are also grateful for the counsel and guidance of Brother August Nicoletti, Jack McDonnell, and David Weeda, whose terms expired this past June.

New York Newsday

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GOOD FOR YOU

THE MESSAGE to eat at least five servings of fruits and vegetables a day has been hammered home. And now the United Fresh Fruit and Vegetable Association, a national trade organization, wants to make sure we wash all fresh produce before we eat it.

"With many consumers concerned about food safety, we decided it was time to spread the message that with a few basic, simple precautions, such as washing or peeling fruits and vegetables, any dirt, bacteria or other substances present can be largely or completely removed," said spokesman Ed Downes.

You can expect to see the organization's educational program with a symbol of a running faucet rinsing produce in store demonstrations and on public-service TV spots. Here are some simple steps you can take to be

sure your produce is clean:

- Wash fruit and vegetables under cool running tap water to remove any dirt, bacteria or other substances.
- Leafy greens should be washed well to remove grit. Remove outside leaves and discard.
- A quick scrubbing with a vegetable brush is recommended if you're not peeling the produce.
- If you are peeling produce, use a swivel peeler for thin-skinned produce and a paring knife for thicker-skinned items.
- Because fruits and vegetables contain a high percentage of water, a very thin coating of a special wax compound is applied to some items to prevent moisture loss. This coating is edible, tasteless and safe to eat.

— Bea Lewis