City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XXI, Number 11 November 2013

Tips to Keep Your Breath Fresh

Halitosis – also known as bad breath – can happen to anyone at any time. According to the American Dental Hygienists' Association, halitosis is most commonly the result of three things: *an unclean mouth* – If you don't routinely clean your teeth, gums, and tongue, plaque – a sticky film made up of harmful bacteria – builds up and causes bad breath; *a medical problem* – A stomach disorder, a sinus infection, or the way your body chemistry interacts with medications can cause bad breath; or *daily habits* – Smoking or chewing tobacco can affect your breath and cause halitosis.

Dental hygienists offer these tips for fresh breath:

- Brush your teeth at least two or three times a day and floss daily.
- Rinse your mouth with water after eating if you can't brush.
- Chew a piece of sugarless gum to stimulate your saliva flow – nature's own cleanser.
- Snack on celery, carrots, or apples to clear away loose food when they're chewed.
- Eat a balanced diet. A vitamin deficiency may contribute to gum disease and bad breath.

For more information, visit the American Dental Hygienists' Association at www.adha.org.

Save Your Life – Stop Smoking Today

Quitting smoking isn't easy. In fact, smokers try two or more times before finally being able to quit. Quitting smoking is difficult because nicotine is an extremely addictive drug. But while quitting takes hard work and a lot of effort, knowing you need to quit means you've won half the battle.

The benefits of quitting smoking are: • you'll live longer and better • you'll lower your chance of having a heart attack, stroke, or cancer • women will improve their chances of having a healthy baby • the people who live with you, especially your children, will be healthier • you'll have extra money to spend on things other than cigarettes.

These five steps from the U.S. Department of Health and Human Services will help you quit for good:

- Get ready. Set a specific quit date. Review your past attempts to quit and think about what worked and what didn't. Change your environment by getting rid of all cigarettes, lighters, and ashtrays in your home, vehicle, or place of work.
- Request support. Seek support from your family, friends, and coworkers. Ask them not to smoke around you. Ask your doctor for ideas about quitting. Consider getting individual, group, or telephone counseling to improve your chances of quitting.
- Learn new skills and behaviors. Distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task. When you first try to quit, change your routine. Use a different route to work, drink tea instead of coffee, or eat breakfast in a different place. Drink plenty of water and other fluids. Take a hot bath, exercise, or read a book to reduce stress. Plan something enjoyable every day.
- Get medication and use it correctly. Talk to your doctor about medications that can help you stop smoking and lessen the urge to smoke. Carefully read the information on the package and take the medication as prescribed. Ask your doctor about possible side effects or risks.
- Prepare for difficult situations and relapse. Beware of difficult situations that might trigger a relapse. These situations include drinking alcohol, being around other smokers, gaining a little weight, or being in a bad mood. Most sources say that relapses often occur within the first three months after quitting. Avoid getting discouraged if a relapse happens. Take quitting one day at a time.

For more information on quitting smoking, visit the U.S. Department of Health and Human Services at www.hhs.gov or the American Cancer Society at www.cancer.org.

An Air of Superiority

Perhaps nothing epitomizes the state of society more than the egotistical attitudes and pride of some successful businesspeople. They view their successes as "self-made." However, no one's success is self-made. Only the combined efforts of many people make anyone a success.

One of the real dangers faced by people in authority is that coworkers are afraid to confront them about their pride. Besides, many people who are egotistical enough to show their pride are too proud to accept counsel from coworkers.

Perhaps the greatest danger of pride is that it can develop into an air of superiority. But being in authority doesn't make bosses better, it makes them responsible for the people under them. This responsibility includes a caring attitude and fairness for all.

"But how can I maintain discipline if I get too close to my employees?" you might ask. If they know you're being fair and consistent, they'll also know that administering justice along with compassion is a part of that plan.

Justice without compassion is callousness, and compassion without justice is weakness. You're not trying to make "pets" out of those under your authority. Nobody likes a condescending boss. What you should be striving to do is to treat all employees equally.

How do you break out of the pride trap?

- Don't relate to your subordinates as work units. Relate to them as people, just as you'd like others to relate to you.
- Be accountable to a peer or someone you respect, and meet regularly with this person. They must be strong enough to be totally honest with you, and vice versa. Follow these rules: (1) any criticism must be honest and offered in compassion, and (2) the person pointing out a problem must suggest a way to change the attitude and must testify how the change helped in his or her own life.
- Third, spouses must be accountable to each other. They should discuss major decisions together and exchange opinions and insights. Spouses should have the liberty to be honest with each other about problems such as pride.

Too often, people in authority aren't accountable to anyone. Consequently, they have little or no feedback from those who can recognize symptoms associated with pride.

The tendency is to elevate people, and ourselves, because of worldly success. It's not a new problem, and we would benefit from this advice written thousands of years ago: "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."

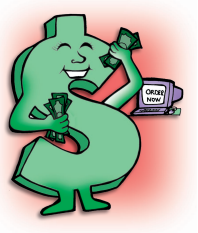
Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry's best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? *and* Victory Over Debt.

Dealing with Difficult People

Have you ever been faced with not only a difficult situation but also a difficult coworker? Dealing with difficult people can be quite stressful and counterproductive. **Here are several ways to turn negative relationships into positive ones:**

- ✔ Treat everyone with kindness. Always be direct, but likable and polite.
- ✔ Listen to and acknowledge others. Pay attention to what others are saying. Then, reveal what you think and feel about a situation. Avoid generalizing (saying "You always do that.").
- ✔ Focus on solving the problem. Instead of focusing on what others want, find out *why* they want it.
- ✔ Shoulder your share of the blame. Be willing to meet others halfway and admit your faults.

Be Cautious Buying Online



Whether you're bidding on eBay or another online auction house, it pays to protect yourself. These precautions are recommended by *Fortune* magazine: • Use a credit card that will reimburse you if the seller disappears. • Be sensible. If it sounds too good to be true, it probably is. • Avoid anyone who insists that you "send money fast" or have the payment wired.

Reestablish Trust with an Apology

Even if you know you have offended someone, it's often difficult to apologize because of your pride. Psychiatrists at the University of Massachusetts Medical School say the most effective apologies are those that reestablish trust. **Here are a few tips on how to apologize to someone:**

- ▲ In a sincere tone, say that you were wrong to reveal a secret or give inaccurate information. Saying you're sorry puts the offended party in a more forgiving mood.
- ▲ Explain that you meant no ill will and that you didn't think about how it would make the offended person feel.
- ▲ Show that you suffered too. An expression of regret, anxiety, or shame over what you did shows that your apology is sincere.
- ▲ Make restitution. Give a small gift or send a note. You might treat the person to coffee or lunch.

Give the Flu Bug the One-Two Punch

Fighting the flu is something like a boxing match. If the flu gets the first punch, it knocks you down with a high fever, sore throat, swollen glands, and a dry cough. It's hard to fight back at that point, but you can land the first punch yourself ... with a flu shot. A flu shot gives you the power to knock out the flu bug before it can get you down.

People at high risk for severe illness from the flu and who it's recommended get a flu shot include: those 65 years old or older, children six to 23 months old, adults and children with a chronic health condition, and a woman more than three months pregnant during the flu season. **Others who should get the shot include:** people who have household contact or are the caregiver of someone at high risk, health care workers, healthy people 50-64 years old, and anyone who wants to prevent getting the flu.

According to the Centers for Disease Control and Prevention, not everyone can take the flu shot. If you're allergic to eggs, are very ill with a high fever, or have had a severe reaction to the flu vaccine in the past, you might not be able to get the flu shot. However, flu shots are safe for most people. Talk to your doctor about it.

Use Eye Makeup Safely

Wearing makeup can cause infection or injury if used improperly. **Here are guidelines to keep in mind:** • Wash your hands before putting on makeup. • Always take makeup off before bed. • Never put makeup on when riding or driving in a moving vehicle. • Avoid sharing makeup with others. • Keep makeup away from extreme temperatures which can break down the makeup's preservatives and cause bacteria to grow.

Live Life to the Fullest with Diabetes

If you have diabetes, the most important job you have is controlling it. In fact, controlling diabetes can reduce your risk of eye disease; kidney failure; heart disease; nerve damage that causes loss of feeling in hands, feet, legs, or other parts of the body; and stroke.

The first step in controlling diabetes is to find out if you have it. According to the American Diabetes Association, diabetes often goes undiagnosed because many of it's symptoms seem harmless. Some symptoms of diabetes include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, or blurry vision. If you have one of these symptoms, see your doctor.

Once you're diagnosed with diabetes, here are tips from the National Diabetes Education Program on how to control the disease:

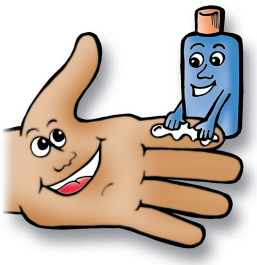
- Find out what type of diabetes you have. Type 1 diabetes results from the body's inability to produce insulin. Type 2 diabetes results when the body fails to properly use insulin.
- Seek help. Work with your doctor to make changes to help control your diabetes. Obtain the support from family, friends, and coworkers.
- Follow directions. Eat a healthy diet. Exercise most days of the week. Take your medicine at the same times each day. Obtain regular foot and eye exams. Work with your doctor to control your diabetes.
- Monitor your blood sugar level. Talk to your doctor about the best test to use. Keep a record of your test results and share it with your doctor.

To learn more information on diabetes, visit the American Diabetes Association at www.diabetes.org.

Ease the Pain from Fingertip Testing

Checking your blood glucose level several times a day is important if you have diabetes. However, the effects of the ongoing pricking of your fingers can be painful. **According to the Canadian Diabetes Association, here are ways to lessen the pain from fingertip testing:**

- Avoid putting rubbing alcohol on your fingers. This will thicken the skin. According to the Canadian Diabetes Association, wash your hands in warm, soapy water prior to your fingerstick. (Warm water helps produce a better drop of blood.)
- Once you prick your finger, don't squeeze immediately. Hang your hand down and let gravity do the work first. Excessive squeezing could cause your fingertips to bruise.
- Experiment with different devices. Talk to your doctor about the best fingertip testing kit to use.
- Try a shallower puncture. The deeper you lance your skin, the more tissue you will damage. Try pulling back on the lancing device instead of holding it tightly against your fingertip.
- Change your lancing site often. Try targeting the sides of your fingers instead of the soft center where there are more nerve endings.
- Apply lotion often. Using lotion following your test will soften and comfort your fingertips. However, make sure you wash off the lotion before your next test.



Communicate from the Mind and Heart

By Paul J. Meyer

Communication is how humans keep in touch with each other in the business world and in their personal lives. People share information, express emotions, influence, persuade, encourage, and reach shared goals through communication. It is a mixture of words, gestures, body language, silence, facial expression, and tone of voice. Skillfully used, communication builds satisfying relationships in the business world, as well as in the home.

To communicate with others, apply these tips:

- Set understanding as your primary goal. Listen and speak with your heart as well as your mind.
- Involve yourself in the two-way process of communication; fill the roles of both listener *and* speaker.
- Be considerate. Treat people as if they are the most important individuals you will speak to on a given day. Strive to communicate without talking either up or down to others.
- Respect others' opinions. Grant others the right to be heard. Avoid judging others and acknowledge their feelings. Be slow to speak and quick to listen.
- Speak *with* others, not *at* them. Be yourself. Have a sincere, genuine attitude toward others.
- Ensure that your actions communicate the right message. A smile, frown, eye contact, fold of your arms, or the tapping of your fingers are nonverbal gestures that send distinct messages. Make your actions support your words.
- "Time" your communication. Observe others' movements, speech, and facial expressions to determine whether the timing is right to talk with them. Avoid being too pushy and remember that sometimes people need you to schedule another time to talk.
- Be approachable. Let family members, friends, or coworkers know that you are there for them if they need to talk. Maintain confidentiality.
- Be honest in your communications. When you gain the trust of others, you are more likely to gain the results you desire.

Enhance your communication with others by practicing these effective attitudes, skills, and habits. By doing so, you can successfully make the human connection.

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. *For more information, visit his website at www.pauljmeyer.com.*

Simplify Your Life

Being productive and efficient are admirable qualities, but the best reason for being organized is to have more time for yourself and your family. **Here are ways to simplify your life:**

- Attack the clutter. Homes and offices contain many things that will never be used again. Check your cabinets, closets, bookshelves, storage areas, and garage. You can't get rid of it all at once, so tackle one area at a time. Even 15 minutes is enough time to declutter a file drawer, a stack of papers, or one shelf in a closet. Schedule two to four hours for a larger area such as a garage or storeroom.
- If you don't actually need it, don't buy it. Some people gauge their success by the amount of goods they have stacked up. Choose to gauge your success by what you do.
- Tackle the paperwork. Use your printer only when a paper copy is needed right now. In her book, *Taming the Office Tiger*, Barbara Hemphill says old paper files should be cleaned out. Schedule a Clean-Out Day at home and work.
- Handle each paper using the TDAF method. This method stands for **T**oss it; **D**elegate it; **A**ct on it; or **F**ile it.
- Use time wisely. Avoid driving across town to save a few pennies on gas or to get a bargain at another grocery store. Spend the time you gain with your family or friends.
- Stop procrastinating. The easiest time to do a job is now. Avoid putting things off until the last minute.

How to Discourage Kids' Drug Use

Here are ways to discourage drug use in your kids: • Know where they are. • Monitor Internet use and TV. • Know how they're doing in school. • Dine as a family when possible. • Turn off the TV during meals. • Require regular chores. • Be home when they are if possible.

InSync® Moment – Respect Your Roots

Our roots – familial and ethnic bloodlines, cultural and religious traditions, and pleasant and painful experiences – have significantly contributed to who we are and how we live our lives. Resist dismissing or denying the value of where you came from. Take from your roots what's meaningful and what empowers you to achieve the results you desire today. Regard your roots with respect.

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at pilgrim.s@sbcglobal.net.

Five Steps to a Fitness Lifestyle

Psychologists at the University of Rhode Island say these are the steps people must take to overcome bad habits. The key to permanent change, they say, is to master each stage in turn. **Whether you want to quit drugs or create a fitness plan, you must go through these stages:**

- Contemplation. Think of the benefits gained by fitness. These are a few: added strength, more energy, better looks, reduced risk of illness, decreased stress, higher self-esteem, lower bad cholesterol and higher good cholesterol, and less body fat.
- Preparation. Set out the details of your plan, such as where you will work out, how you'll set aside blocks of time, and what equipment you'll need. Strengthen your commitment by telling your friends about your plan.
- Take action. Start lifting weights, doing aerobics, and eating lean protein, fruits, and vegetables. In the book Changing for Good, James Prochaska says to keep motivation, set a different reward to work toward each week, such as working for your heart, immune system, or self-esteem.
- Keep it up. After a few months, guard against relapse. Make exercise fun and realize that it's a great way to manage depression and stress. Continue to get support from friends, a therapist, or a counselor.
- Maintain your fitness. When you reach the point you targeted, beware of slacking off. Schedule to exercise at least three specific days a week rather than deciding each day whether you will exercise or not.

See More Clearly at Night

Ophthalmologists at the University of Iowa offer this **advice for better night driving vision:**

- Clean the windshield. Dirt scatters light, making it more difficult to see.
- Don't look into oncoming headlights. Instead, look to the white line that marks the right edge of the road.
- Blink often to keep your eyes moist. The drier your eyes are, the more light is scattered, and the harder it is to see.
- Get regular eye exams and wear proper corrective glasses or lenses if needed.

A Heads-Up for Headache Sufferers

Nothing puts a damper on daily activities like a throb bing head. If you suffer from occasional headaches, you're not alone. They're common in more than 90 percent of the general population. Whether you suffer from occasional headaches or frequent, episodes of pain, knowing more about the possible causes of your headaches and the best ways to treat them can help get you back to yourself quickly.

Headache pain originates from a network of nerves in the scalp, face, mouth, and throat. The two most common types of headaches – tension and migraine – start as stress, muscular tension, or dilated blood vessels that provoke sensations in the nerves' pain receptors. These pain signals then travel to the brain.

If you have a tension headache, you probably feel a pressing (non-pulsating) quality of pain that's mild to moderate in intensity and occurs on both sides of the head.

Migraine headaches have a moderate to severe intensity of throbbing, pulsing pain and are typically located on only one side of the head. They may cause nausea, vomiting, unusual sensitivity to light and sound, or auras. Auras can take the form of visual disturbances, tingling, or numbness.

The best way to save yourself from the pain and discomfort of frequent or occasional headaches is to track down their causes. Record your headache episodes in a journal and note recent meals, the intensity of the pain, other drugs you're taking, and your stress levels. Review these notes by yourself or with your doctor to help you find "triggers" for your headaches. Triggers may include foods, climate or environmental changes, emotional states, or physiological states.

If you suffer from persistent, frequent episodes of headache pain, consult your doctor for expert care. Your doctor can recommend the best treatment for putting your headache pain to rest and help determine possible underlying causes.

In the meantime, there are several ways to get a handle on headache pain. Some people find relief through deep breathing, relaxation exercises, meditation, or applying hot or cold compresses to the forehead. Stretching exercises, relaxing the head and face, and massaging the neck may relieve pain. And there are several different nonprescription medications widely used to treat headache pain, from analgesics such as aspirin, acetaminophen, naproxen and ibuprofen.

With a proactive approach, you can pinpoint the right treatments and preventive measures to keep headache pain from putting your plans on hold.

For more information about headaches, triggers, and treatments, visit the RealAge Headache Center at www.RealAge.com.

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? *and* The RealAge Diet: Make Yourself Young with What You Eat. *Roizen, an internist and anesthesiologist, has been listed for the last 13 years in* The Best Doctors in America, *published by Woodward/White. For more information on RealAge, visit www.RealAge.com.*

Coping with Alzheimer's

If you've been diagnosed with Alzheimer's, it's important that you realize that your life isn't over. According to the Alzheimer's Association, living with Alzheimer's means dealing with some life changes sooner than you may have anticipated. However, you can live a meaningful and productive life by taking care of your *emotional* and *physical* health.

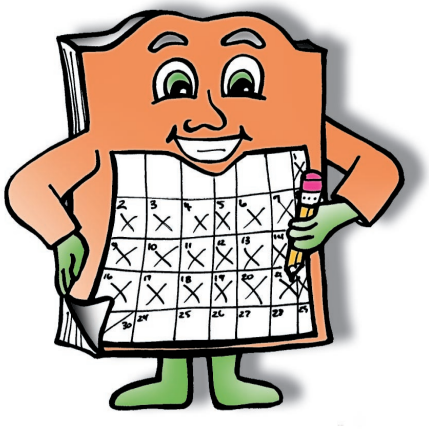
People diagnosed with Alzheimer's must deal with a range of emotions. They may experience: denial about having dementia, fear of losing people important to them, loneliness because no one seems to understand what they're going through, frustration with not making themselves understood, loss of the way they used to see themselves, and depression or anger about the way their life is changing.

While these feelings are normal, it's important to deal with them when they occur. **Here are several ways to take care of your emotional needs:**

- Use a journal to write down your thoughts, feelings, and experiences.
- Join a support group.
- Talk to your doctor about treatment methods.
- Talk to a counselor about your feelings.
- Visit with a clergy member or other person who can help you with your spiritual needs.
- Share your feelings with your family and friends.
- Continue to do the activities you enjoy as long as you're able.

Caring for your physical health is equally as important as caring for your emotional well-being. **Here are tips on how to meet your physical needs:**

- Get regular medical checkups and take your medication as directed.
- Do difficult tasks during the times of the day when you normally feel best.
- Give yourself time to accomplish a task, and don't let others rush you.



- If you don't understand someone, ask them to repeat a statement and speak slowly to you.
- Mark off days on a calendar to help you keep track of time.
- Have someone call you to remind you of meal times, appointments, or when to take your medications.
- Keep a book containing important notes, such as phone numbers, people's names, any thoughts or ideas you want to hold on to, appointments, your address, and directions to your home.
- Post important phone numbers in large print next to the phone.
- Have someone help you label and store your medications in a pill organizer.
- Arrange to have someone help you with housekeeping and meals.
- Understand that at some point it may no longer be safe for you to drive. Discuss with your family and doctor about how and when you make the decision about driving.
- Make arrangements for direct deposit of checks, such as your retirement pension or Social Security benefits.
- Ask for help in paying your bills. Consider giving a trusted family member or friend the legal authority to handle your money matters.
- If you live alone, have family, friends, or a community service program call or visit you daily.

For more information on Alzheimer's, visit the Alzheimer's Association at www.alz.org.

Embrace the Holidays Realistically

Many family members bring along heavy emotional baggage and idealistic expectations when they gather together for the holidays. Rather than embracing the season and each other, they often retreat to old battles and strained relations. This season, opt instead to make a change and face difficult family situations gracefully and realistically.

To do so:

- ✔ Check your expectations. Frustration and disappointment can reopen old wounds when holiday festivities aren't what you expect them to be. Realize that people may not respond to you the way you expect them to.
- ✔ Prepare yourself mentally. Think ahead of time how you plan to deal with people who are difficult for you to get along with. Rehearse in your mind how you will handle these situations.
- ✔ Take responsibility for your attitude in having a good time. Stop blaming others for your unhappiness. Let people off the hook for past grievances, and resolve not to give in to a victim mentality.
- ✔ Know your weak spots. Identify the situations and conversations that trigger bad thoughts, memories, or behaviors, and avoid them. If someone tries to stir these up again, decide beforehand to walk away.
- ✔ Accept the changes in your family, and make room for new traditions. For example, try serving dinner based on a new family member's heritage, or meet at a different location this year.
- ✔ Host an alternate holiday. To provide an opportunity to socialize in a less strained environment, invite family members to your home to celebrate on a day other than the traditional family meeting day.

Toss the Salt!

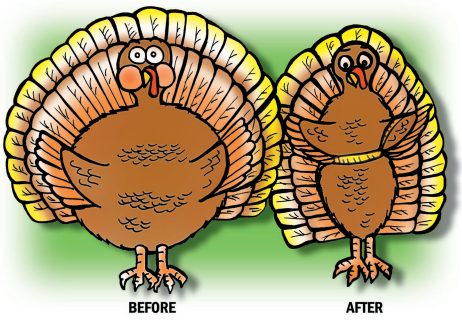
Excessive sodium is a factor in many diseases, the most prevalent being hypertension and kidney disease. Excess salt causes temporary buildup of body fluids in your system, making it more difficult for your heart to pump blood through the cardiovascular system. About one in every five persons is predisposed to this salt/blood pres-sure connection. So it's wise to practice prevention and cut back on excess salt in your eating.

To cook and enjoy foods without excess fat and salt:

- Cut back on your use of highly processed foods and salty snacks. This will substantially reduce your sodium intake. Watch out for these high-sodium foods: any food pickled or brine-cured, including sauerkraut, pickles, and olives; any food salt-cured or smoked, including ham, bacon, and sausage; any cold cut, including bologna, hot dogs, pastrami, and salami; condiments, including soy sauce, ketchup, and chili sauce; and convenience foods, such as canned vegetables, soups, and frozen meals.
- Leave the salt shaker off the table. This will help break the "salt before you taste" habit. You'll quickly begin to enjoy the natural flavor of foods without covering them with salt. Try substituting herbs and spices for some of the salt.
- Cook with herb blends rather than salt. This will add new flavors. Use one of the blends available at the grocery store or try making your own. Keep the herb blends in large-holed shakers right by the stove where your salt used to be. You can automatically cut a recipe's salt amount by half of what's called for. If you use herbs in its place, you can cut the salt down to a quarter of the original amount.

Trim the Fat this Thanksgiving

Thanksgiving dinner is traditionally a time when families gather together to reflect on what they're thankful for and partake of a bountiful meal. However, it can wreak havoc on healthy eating if you're not careful. **Consider these light cooking suggestions for the holidays and all the other days of your year:**



- Use skim milk, nonfat plain yogurt, skim-milk cheese, low-fat or nonfat cottage cheese, and light cream cheese in place of higher fat dairy choices.
- Buy lean cuts of meat and trim well, before and after cooking – and cook in a way that diminishes fat, such as grilling or broiling on a rack.
- Remove skin from poultry before cooking; you will cut the fat by 50 percent!
- Use cooking sprays and nonstick skillets that enable you to brown meats without grease. Sauté ingredients in stocks and broths rather than fats and oils.
- Baste with tomato or lemon juice, white wine, Worcestershire sauce, or stock instead of butter.
- Purchase and use monounsaturated oils such as canola or olive oil for salads or cooking.
- Use avocados and olives sparingly. They're concentrated sources of fat.
- Use legumes (dried beans and peas) as a main dish or a meat substitute.
- Use two egg whites or egg substitute in place of whole eggs.
- Refrigerate soup stocks, meat drippings, and sauces, and remove the hardened surface layer of fat before reheating.
- Use puréed cooked vegetables, such as carrots, potatoes, or peppers, to thicken soups and stews instead of creams or egg yolks.
- Replace one-quarter to one-half of the ground meat or poultry in a casserole or meat sauce with cooked brown rice, couscous, or cooked beans.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, The Energy Edge, *gives power points to have energy for life!*

TURKEY CHILI IN A HURRY

Makes 8 servings

1 tsp. olive oil
1 small red onion, chopped
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
2 cloves garlic, minced
1 jalapeño pepper, seeded and finely chopped
1 tsp. cumin
1-½ Tbsp. chili powder
1 tsp. creole seasoning
1 lb. ground turkey breast, browned and drained
2 cans (28-oz. each) whole tomatoes
1 cup chicken stock (fat-free/low-salt)
1 can (15 oz.) black beans, drained

Spray a large, heavy saucepan with cooking spray and heat over medium heat. Add the olive oil, onions, and bell peppers; sauté until softened, about four to five minutes. Add garlic, jalapeño pepper, cumin, chili powder, and seasoning; sauté about two minutes more.

Add cooked turkey to sautéed vegetables and mix together. Add tomatoes and break up with a spoon while you sauté.

Add chicken stock, reduce heat to low, and bring to a simmer, stirring often. Cook for another 15 minutes; add drained black beans. Heat through.

When serving, scoop 1/3 cup cooked brown rice into a bowl and ladle 1-½ cups of chili on top. Top with one Tbsp. nonfat sour cream and garnish with cilantro if desired.

From Pamela Smith's Healthy Living Cookbook. Visit *www.pamsmith.com* for more information.

Each serving contains: 255 calories, 21 g. protein, 2 g. fat, 35 mg. cholesterol, 38 g. carbohydrates, 485 mg. sodium. Calories from fat*: 7 percent*

✂ clip and keep

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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family and home

Extinguish Clothes Dryer Fires Before They Start

According to the National Fire Protection Association, clothes dryers account for numerous appliance fires every year. **Here are several safety tips they recommend:**

- Never operate a dryer without the lint filter and clean the filter before and after each use. Also remove any lint from around the drum.
- Make sure the dryer is plugged into an outlet suitable for its electrical needs.
- Turn the dryer off when leaving your home.
- Keep the dryer area clear of combustibles – for example, boxes, chemicals, or clothing.
- If you have a problem with your dryer, have it serviced by a professional. Gas-powered dryers should be inspected regularly to ensure the gas line and connection are intact.

For more safety tips, visit the National Fire Protection Association at www.nfpa.org.

Fight Fatigue

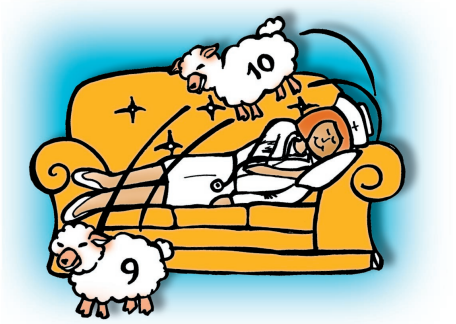
Falling asleep on your keyboard is a good sign that you're fatigued. But sometimes fatigue isn't that obvious. Inability to concentrate, having memory lapses, or being unable to remember instructions can be symptoms of fatigue. Being sleepy in the office is an inconvenience, but being sleepy while operating equipment is a safety problem.

Lack of sleep is a problem all over the U.S. today. Weariness affects production levels and increases safety risks. The National Sleep Foundation concludes that 51 percent of working people say sleepiness affects their performance at work.

Shift workers and people who have erratic schedules may suffer from exhaustion. This group includes public safety officers, doctors, nurses, truck drivers, and anyone whose job requires more hours than a regular workday.

Fortunately, you can do several things to fight fatigue. **The National Safety Council recommends:**

- If a high-stress job isn't best for your physical and psychological makeup, consider asking to be reassigned. Stress, insomnia, and depression can also cause fatigue.



- Work on your time management skills to help keep office hours under control. Use a daily planner and focus on scheduled activities.
- Study your sleep habits. Sleep regular hours in a dark, quiet, cool bedroom without a telephone, computer, or television to disturb your sleep.
- If you can't get a short nap on the job when fatigue overtakes you, take a break. A brisk walk could also help.
- Breathe. Tired people don't breathe as deeply. Breathing is an important part of staying energized. One cause of fatigue is lack of oxygen in the lungs.
- Avoid quick fixes like caffeine. They might help for a little while, but their effects may also stay with you and cause a sleepless night.
- If you have frequent fatigue, see a doctor to make sure it isn't a symptom of a larger problem.

For more sleep tips, visit the National Sleep Foundation at www.sleepfoundation.org.