

January
2012
Jane Reilly
Editor

UAB EARLY HEAD START PROGRAM EARLY EDITION

HAPPY VALENTINE'S DAY



<http://www.uab.edu/civitanisparks/uab-early-head-start-program>

DATES TO REMEMBER

Jan. 5 – socialization – 11:00
T. Cassandra, Vanessa, Shante' –
10:00 – parenting

Jan. 11 – 10:30 – PIPA
12:00 – Policy Council

Jan. 12 –socialization 11:00
Eleanor, Renee', Nikki, Pam
10:00 – parenting

Jan. 19 – socialization/parenting
11:00 – St. Clair County

Jan. 26 – socialization – 11:00
T. Cassandra, Vanessa, Shante'

NEW YEAR'S RESOLUTIONS THAT WE CAN KEEP

Going to the gym every day is a common new year's resolution, but while gym membership enrollments rise in January, many of them are never used. Be realistic about your exercise goals. Why not try incorporating more physical activity into your every day? For example: Take the stairs instead of the elevator



STAYING HEALTHY THIS WINTER

Moderation is the key

Recently, I watched someone eating a bagel with cream cheese drop that bagel, pick it up, brush it off, and start eating it again because it met the criteria of the less-than-5-seconds rule. In clinic that same day, I had a family who used nearly a full container of a hand sanitizer during our visit, and their hands were cracked and irritated from constant alcohol-product exposure.

Shouldn't there be some middle ground? Abandon anything that drops to the ground. It can't be worth eating. Don't use your hand sanitizer constantly, not on open skin, and soap and water still works also. **How do you practice moderation to stay healthy?**

Gigi Chawla, MD, is the Chief of Staff at Children's Hospitals and Clinics of Minnesota

Watch What You Eat and Drink

There is good scientific evidence that a diet high in trans-fats (most margarines, commercial baked goods, etc.) and saturated animal fats (butter, cream, eggnog, etc.) will impair your ability to fight off illnesses. On the other hand, bright colored fruits, berries, and vegetables have been shown to boost immune response. Garlic, onions, and other "allium" vegetables have potent antimicrobial and antifungal properties. If eaten raw, they have the added side benefit of keeping other sick people away from you. (If you want the benefits but not the stink, take Garlinase or Garlicin capsules instead.) I'm sure you've been hearing about the health benefits of green tea lately. Green tea is loaded with polyphenols, powerful antioxidant compounds. Alcohol in excess can suppress your immune system. Minimize your alcohol and caffeine consumption (they dehydrate). Your best bet for staying well hydrated is to drink plain water. At least twelve 8-ounce glasses a day.

Keep Away from Smokers

I hope you're too smart to be a smoker yourself. Tobacco smoke paralyzes the cilia, those hairlike cells in the respiratory passages that sweep away infectious viruses and bacteria. If you smoke, you're more likely to get sick and stay sick longer than a nonsmoker. However, even regular exposure to secondhand "passive" smoke from others can affect the cilia in your nose and lungs. Avoid smoky places.

From The Urbach Letter – December 2002



RECIPES FOR THE NEW YEAR

TASTY COLLARD GREENS

Ingredients

- 1/4 cup olive oil
- 2 tablespoons minced garlic
- 5 cups chicken stock
- 1 smoked turkey drumstick
- 5 bunches collard greens - rinsed, trimmed and chopped
- salt and black pepper to taste
- 1 tablespoon crushed red pepper flakes (optional)

Directions

1. Heat olive oil in a large pot over medium heat. Add garlic, and gently saute until light brown. Pour in the chicken stock, and add the turkey leg. Cover the pot, and simmer for 30 minutes.
2. Add the collard greens to the cooking pot, and turn the heat up to medium-high. Let the greens cook down for about 45 minutes, stirring occasionally.
3. Reduce heat to medium, and season with salt and pepper to taste. Continue to cook until the greens are tender and dark green, 45 to 60 minutes. Drain greens, reserving liquid. Mix in red pepper flakes if desired. Use liquid to reheat leftovers

NEW YEAR'S DAY BLACKEYED PEAS

Ingredients

- 1 pound dry black-eyed peas
- 2 cups chopped cooked ham
- salt and pepper to taste
- 1 pinch garlic powder
- 2 onions, diced
- 1 (14.5 ounce) can whole tomatoes

Directions

1. Place black-eyed peas in 8 quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.

TOP TEN NEW YEARS RESOLUTIONS THAT GET BROKEN EACH YEAR

Full List

Promises, Promises

- Lose Weight and Get Fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time with Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

A HAPPY
NEW YEAR

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Valentine's Day Word Search

Find the hidden words associated with St. Valentine's Day.

K O C X X D L E C N H F F R I M T E	AMOUR
G D B A I V A U W S V A M O U R J W	BEAU
W G W O P U P P A R R P U P V R B K	BELOVED
K F I S P I Y A D E S O C G U U B G	CANDY
S U L F D X D S A W D D M B W O L X	CARDS
S D F W T S C S R O R S F E G M B T	CHAMPAGNE
S O E B A S S I L L A N F L O A E W	CHOCOLATE
W M W A S P K O I F C U W O T R J Q	CUPID
E X M G R B P N N N E N F V Z A I N	DARLING
E L S Y S E Z E G F I G I E F P C O	DEAREST
T I X G T G S Q Q C J K A D F C U W	FLOWERS
H Q A W V S U T Z T U P C R S N U F	GIFTS
E P H P T L E N G A P M A H C V R R	HEARTS
A Q S R U E Z V E O E C F K J L K P	LOVE
R P A N E B J B O P T C I U C X Y I	PARAMOUR
T E U O A D J W N R V J N A H O C V	PASSION
H C C H O C O L A T E M N A X B V W	POEMS
F V A L E N T I N E A D C A M T B O	ROMANCE
V E V O L B Z J A N Y T K F R O Q F	ROMEO
P X I T N R F E V O L E U R T H R E	SWEETHEART
H C N O W S M E O P Y X E K W D J O	TRUE LOVE
	VALENTINE

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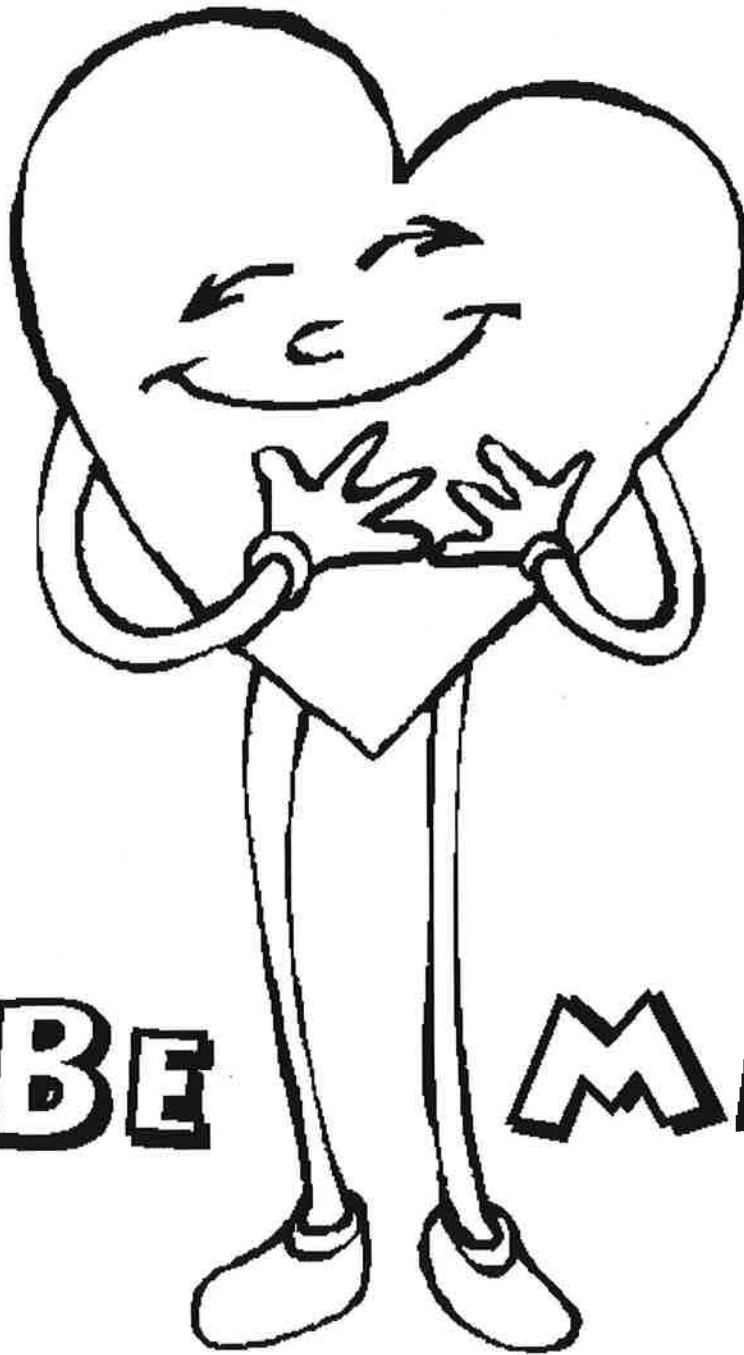
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BE MINE

VALENTINE