

June 14 is Flag Day,
so show your
colors!

B. INFORMED

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"The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop."

-Quentin Regestein

B.ALERT Employ these useful tips the day of an important meeting.

- Carbohydrates release a chemical that induces sleep so minimize them right before the meeting
- Proteins help keep you from "crashing" so have a lean protein like chicken, fish or lean meat
- Caffeine in tea keeps you alert without the jittery feeling you may get from coffee
- Stay hydrated by drinking plenty of water
- Walk outside for fresh air if you have a break



B.SAFE June is Home Safety Month: Do you know what actions to take in the event of an emergency in

your home? Do you have and practice a fire drill? Do you have a plan if a natural disaster strikes? Do you know how to keep your home safe while on vacation? Having a rehearsed plan increases your chances of survival in most cases. For more information go to www.ready.gov or check with your local government, fire and police departments.



B.ACTIVE During the hot summer months we must be careful when exercising or working outside. Dehydration is an ever present problem. By the time you feel thirsty you are already slightly dehydrated. Drink plenty of water throughout the day and if you are active for more than 60 minutes use a sports drink. Your body is working hard to stay cool so you must also feed it and replace all those calories that are used to cool you off.

Signs of dehydration are: loss of appetite, dry skin, dark colored urine, fatigue, chills and head rushes.

Effects of dehydration are: increased heart rate and respiration, muscle cramps, nausea, headaches, tingling sensation in limbs and increased body temperature. Ignoring these signs and effects can lead to serious injury or death.



B. NUTRITIOUS

Recipe #1 Cold Tuna Casserole – 3 cans albacore tuna drained, 1 can black beans rinsed, 1 can chick peas rinsed, 1 red and 1 green pepper, chopped, 1 small sweet onion, chopped, pinches of salt, pepper, basil, mustard, lemon juice, lime juice, to taste. Mix all ingredients together and serve over rice, mixed greens or just eat plain.

Recipe #2 Sweet Potato Pancakes – 5 medium to large sweet potatoes. Microwave them until they are soft all the way through. Then, once they cool enough to touch, scoop out the insides and discard the skins (put the skins in your compost pile). Mix the sweet potatoes thoroughly with $\frac{1}{2}$ cup of whole wheat flour and $\frac{1}{4}$ cup of olive oil along with 1 cup of your favorite vegetables (I use peppers and sweet onions and mix thoroughly). Place the mixture in a skillet like you would a pancake. Use care when flipping these as they tend to break apart easily. Sprinkle on a bit of cinnamon and enjoy! When mine fall apart I just place them in a bowl and eat away!



B. GREEN

Lower your cooling costs by: planting well placed trees for shade, opening windows to create cross breezes, setting your thermostat a degree or two higher, making use of directional fans, and conducting an energy audit. Contact your local utility company for information.

MARK MY WORDS

Question: *I want to start eating healthy but I am on the road all day driving with very little time to eat. I usually rush through a fast food drive-in and continue on my way. What options do I have?* Sally M.

Answer: Sally, first let me say congratulations on choosing to eat healthier. I too, have found myself so busy that I just can't stop and eat healthfully or properly, so now I usually pack meals and take them with me. That way I know they are healthy. With just a little bit of prep time the night before or that morning I am ready to go. Always carry water and healthy snacks to hold you over. Pack small snacks like almonds or other mixed nuts, raw vegetables and fruit. I also have used the recipes in this issue and take them along in my mini insulated lunch bag. It saves money and the time you would spend in line at a drive-in can be spent sitting and relaxing for a few minutes while you enjoy your healthy lunch!

