

Happy New Year!



Coordinated School Health

"Healthy Kids One Step at a Time"

January 8, 2008

Volume 1, Number 5

January Dates to Remember

- Cervical Health Awareness Month
- Thyroid Awareness Month
- National Radon Action Month

This is not the hidden apple!!



Find the Apple

- In this newsletter is hidden an image of an apple. The first person to email jaultman@acs.ac and correctly identify its place will receive a free 1 month membership to the Rush, a nutrition calendar OR a pedometer.

Welcome Back to a New Year!

If you haven't already made that New Year's resolution, now's the time to get started! Many of us will likely resolve to lose weight. Multiple diet products are out there that are marketed to be the best thing since sliced (whole wheat) bread. The problem is that these diets generally fail because they do not attempt to help dieters with the necessary lifestyle changes that must accompany their diet. Instead of resolving to lose weight by a diet alone, try resolving to save money and eat out at restaurants less this year, a resolution that is easier to obtain. Try splitting a meal if you do go out to eat and try the restaurants lighter or healthier menu selections. Resolve to increase your physical activity which is crucial to weight loss. Try to increase your muscle tone by doing exercises with something as simple as hand held water bottles which can be used as weights. You don't have to spend money on a gym membership to be physically active this year. Try spending quality family time on walks in your neighborhood or community. And, stay tuned for more information on an exciting free online, interactive tool that will focus on fitness (exercise), nutrition, motivation and wellness that will debut this year in Anderson County Schools!

New Year's Resolutions



Most Popular New Year's Resolutions

1. Spend more time with friends and family
2. Lose Weight
3. Quit Smoking
4. Enjoy life more
5. Get out of debt

Radon Kits Available

Home Radon Kits are available from the Coordinated School Health Office for \$7.00. The numbers of kits available are limited. For more information on Radon please check out our Health Issues section.

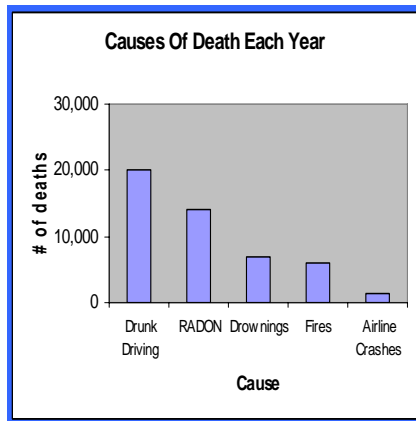
Health Links of the Month

- **Radon**
<http://www.epa.gov/radon/pubs/citguide.html>
- **Smart Ways to Live**
www.prevention.com

“The vast majority of weight loss is explained by how much people cut calories and how much they exercise, not by changing the percentage of carbohydrates, protein or fat in their diets.”

(Dr. Schoeller,
University of Wisconsin)

Health Issues



Radon Facts

- Radon is a tasteless, odorless, invisible gas that occurs naturally throughout the earth's crust.
- Radon is found in every state in America.
- Radon is a cancer-causing, radioactive gas.
- Radon problems can be fixed very easily (Ex. Sealing cracks in basement floors, or foundation walls.)
- The Surgeon General has warned that radon is the second leading cause of lung cancer in the United States.

'ICE' Campaign

We all carry our cell phones with names and numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family and friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always cell phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

For more than one contact name simply enter ICE1, ICE2, ICE3 etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our cell phones today!

Recipe of the Month

Skillet Lasagna

(Serves 8)

- ½ pound ground beef
- ½ onion, chopped (about ½ cup)
- 2 cloves garlic, minced or ¼ teaspoons garlic powder
- 3 cups spaghetti sauce
- 1 cup water
- 8 ounces wide noodles
- 1 10-ounce package chopped spinach, thawed
- 1 12-ounce container low-fat cottage cheese
- ½ cup (4 ounces) shredded mozzarella cheese

1. COOK ground beef, onions, and garlic together in large skillet; stir. When ground beef has turned brown transfer mixture to colander set over a bowl and rinse w/ hot water. Return mixture to skillet.
2. ADD spaghetti sauce and water to skillet and bring to a boil.
3. ADD uncooked noodles, stir, cover with lid, turn down heat, and cook 5 minutes.
4. SQUEEZE the thawed spinach with your clean hands to remove juice and stir into the pan. Add mushrooms if you like. Cover and simmer for 5 minutes.
5. SPOON cottage cheese over the top. Sprinkle with mozzarella cheese, put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.

NUTRITION INFORMATION: Per serving: 264 calories; 5.8 g fat (2.6 g sat, 0 trans fat); 30.7 mg cholesterol; 30.4 g carbohydrate; 20.4 g protein

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