



## Keeping up to date on Health!

**HealthMonitor.com** is a network of up-to-date information on every health topic for every interest group. Be sure to take time to visit this website and TAKE CARE OF YOU!

**DIET & NUTRITION:** Learn about how the family of B-vitamins keep your nervous system healthy. These nutrients not only boost energy, they relieve stress! Learn why alfalfa sprouts are something to shout about! What can women do in today's world to get enough calcium in their diet?

**ARTHRITIS:** Is your diet fishy enough? Research suggests eating fish several times a week is not only good for your brain, but may even help fight off Alzheimer's disease. What else is in the news now about arthritis for both men and women?

**ALLERGIES & ASTHMA:** All the world is a stage for launching allergens... what are you allergic to, and what should you do to ease your symptoms?

**WOMEN'S HEALTH:** From information on pregnancy to answers to health after 50, browse through stories or ask the experts! [www.healthmonitor.com](http://www.healthmonitor.com)

## Peeps... those resilient little birds

In the spirit of spring and reducing stress, a visit to the website of [www.peepresearch.org/](http://www.peepresearch.org/) will entertain you with the current research on everyone's favorite marshmallow candy— Peeps. Don't worry... we are assured that before testing, each peep



subject is thoroughly examined and signs a disclosure explaining the potential risks of volunteer service. Learn how they react to heat, cold, low-pressure environments, and solubility testing! See the Medical Miracle of Quintuplet Peep siblings who are separated! Okay, now if you are hooked, get ready for Peep Jousting! Visit [www.phancy.com/peeps/](http://www.phancy.com/peeps/) and learn all about battling peeps in the arena of your microwave oven!

## From the mouths of babes...

*One day my 4 year old daughter Karlyn asked me if she was in my tummy when she was a baby. I told her yes, she then asked my if her brother Wyatt (who was then 3) was in my tummy too. I said yes he was. Then she said "WELL I WAS LINE LEADER.*

*A little girl was diligently pounding away on her father's computer. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."*

*A new neighbor asked the little girl next door if she had any brothers and sisters. She replied, "No, I'm the lonely child."*

*(Please send contributions to Kaylin White for next month's issue.)*



## Food for Thought

*The greatest good you can do for another is not just to share your riches but to reveal to him his own.*

*~ Benjamin Disraeli*

**Dare to be remarkable.  
Jane Gentry**

## Instant Oatmeal ala-Home

3 cups Quick-Cooking Oats

Salt

8 Small Zip Baggies

Put 1/2 cup oats in a blender and blend on high until powdery. Set aside in a small bowl, and repeat procedure with an additional 1/2 cup oats. If you're using a food processor, you can do the 1 cup of oats in one batch. Put the following ingredients into each zip baggie: 1/4 cup un-powdered oats, 2 Tbsp. powdered oats, and 1/8 tsp. salt. Store in an airtight container.

*To serve: Empty packet into a bowl. Add 3/4 cup boiling water. Stir and let stand for 2 minutes. For thicker oatmeal, use less water - for thinner oatmeal, use more water.*

### Variations:

Apple-Cinnamon Oatmeal- To each packet add 1 Tbsp. sugar, 1/4 tsp.

cinnamon, and 2 Tbsp. chopped dried apples.

Sweetened Oatmeal- To each packet add 1 Tbsp. sugar or 1 packet 'Splenda' artificial sweetener.

Brown Sugar/Cinnamon Oatmeal- To each packet add 1 Tbsp. brown sugar & 1/4 tsp. cinnamon.

Oatmeal w/Raisins & Brown Sugar- To each packet add 1 Tbsp. brown sugar and 1 Tbsp. raisins.

Health Nut Oatmeal- To each packet add 2 Tbsp. any kind of wheat germ.

Fruit & Cream Oatmeal- To each packet add 1 Tbsp. non-dairy coffee creamer and 2 Tbsp. dried fruit.

Fun Fruit Oatmeal- To each packet, add 6 or 7 pieces of 'fruit snack' type dehydrated fruit.

Confetti Oatmeal- To each packet, add 1 tsp. decorative cake/cookie sprinkles.

S'More Oatmeal- add 6 miniature marshmallows and 1 Tbsp. Milk Chocolate Chips to each packet.

*Per Serving (basic mix): 117 Calories; 2g Fat (14.6% calories from fat); 5g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1/2 Fat*

## Upcoming Trainings

**Better Todays** (formerly called Red Flags Idaho) offers an enhanced curriculum for 2006-2007 featuring new information on suicide prevention and child trauma. The free trainings for caregivers and gatekeepers still provide the latest scientific information on the signs and symptoms of mental disorders in children and youth. A new component on suicide risk assessment and intervention has been added. Trainings also will feature expanded information on child trauma and its consequences for children at home, at school, and in the community. March 14th from 8am-5pm. Holiday Inn, Pocatello, ID. Contact Carol Schubach at 373-1799 or email at [today@isu.edu](mailto:today@isu.edu). Cost: FREE (Free CEUs also offered to limited individuals).

**VIDEO-CAST Series: Youth Suicide Prevention: The Link Between Mental Illness, Suicide and Stigma.** Session 1, April 4, 10:00am-12:00pm MST. This is a series of 4. Location: ISU Campus, Eli Oboler Library, room B13. Contact Kristi at 282-4436 for more information. Cost: FREE. Seating is limited.

**Strength-Based Intervention Plans: Reaching the Discouraged Learner.** April 16—17, 8:30am—4:00pm, Ramada Inn, Pocatello, ID. This class will examine a process to develop and implement strength based intervention and plans that will engage the student into the academic environment. Presenter: Jerry Lily. For more information, contact Ted Gambles at 282-3610 or [gambted@isu.edu](mailto:gambted@isu.edu). Cost: FREE. 1 credit available from ISU.

### Overcoming Buffaloes at Work & in Life Seminar.

(How to increase productivity, motivation and growth without leaving life behind) Dr. Vincent Muli Kituku. April 10th, 8:30am—3:00pm Doubletree Hotel, Boise, ID. Early-bird registration before or on March 23rd is 89.00. For group discounts and scholarships for non-profit employees please call (208)376-8724. [www.kituku.com/seminar\\_overcoming\\_buffaloes.html](http://www.kituku.com/seminar_overcoming_buffaloes.html)

## Guess Who?

- Our mystery staff person has lived in the Pocatello area for over 30 years.
- She has worked in hospital, clinical, and public school settings.
- She has worked with children at the Lincoln Center since 1998.
- She graduated from Idaho State University with a Master's of Science in Speech Language Pathology.
- She and her husband operate a ranch in the Blackfoot area & spend much of their time working outdoors on horseback. Who is she?

**Email Linda Richmond with the definition of this month's word—first correct answer wins a prize!**

**"GEMUTLICH"**