



# Health & Wellness

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## Black History Moment

Already a month has passed for the 44th President of the United States, Barack Obama. His message of hope and change—embodied by the slogan “Yes We Can” - inspired thousands of new voters to cast their vote for the first time in the historic election.

The road to the White House for Obama was paved by pioneering politicians who also sought change within our government. Shirley Chisholm became the first African-American woman in Congress from New York in 1968 and the first African-American major party candidate and the first female candidate for president in 1972.

Shirley Chisholm is widely considered one of the foremost female orators in the United States. Chisholm became known as a politician who refused to allow fellow politicians, including the male dominated Congress, to deter her from her goals. While Chisholm advocated for black civil rights, she

regularly took up issues that concerned other people of color such as Native Americans and Spanish migrants. She delivered important speeches on the economic and political rights of women and criticized the Nixon Administration during the Vietnam War.

Shirley Chisholm also created legislation that called SEEK, a program that provided college funding to disadvantaged youths and successfully introduced a bill that secured unemployment insurance for domestics and day to day caregivers. Chisholm was also a huge presence on the Education and Labor Committee and campaigned for a higher minimum wage and federal funding for day care facilities.

Chisholm’s presidential platform was “A Candidate for the People”, in doing so she paved the way for others like herself to run for high political office. Reflecting upon her



Shirley Chisholm, 1972

defeat in the 1972 Democratic Party Election, Chisholm remarks: “There is little place in the political scheme of things for an independent, creative personality, for a fighter. Anyone who takes that role must pay the price.” Shirley Chisholm retired from Congress in 1982 and remained a strong political figure, serving on the campaign teams of Jesse Jackson and on the Advisory Council of the National Organization for Women. Her autobiography is entitled “The Good Fight”. Chisholm wants to be remembered as a woman who fought for change in the 20th century. A mission started in 1968 and still carried out by President Obama.

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## March is Colorectal Cancer Awareness Month

Not counting skin cancer, colorectal cancer is the third most common cancer found in men and women in this country. The American Cancer Society estimates that there will be over 100,000 new cases of colon cancer and over 40,000 new cases of rectal cancer in 2009. In the United States alone, colorectal cancer combined will cause over 50,000 deaths. Cancer that starts in this area can cause many symptoms and most the time the cancers develop slowly over many years. The exact cause of colorectal cancer is unknown, but

there are certain risk factors.

- 1. Age:** 9 out of 10 people who have colorectal cancer are over the age of 50.
- 2. Family history of colorectal cancer:** If any member of your family is diagnosed, get screened immediately.
- 3. History of Bowel Disease:** Ulcerative colitis and Crohn’s Disease increases the risk because the colon is inflamed for a long period of time.
- 4. Diet:** A diet that is high in red meats and processed meats such as hot dogs and bologna. A diet high in fruits and vegetables decreases your risk.

- 5. Smoking:** 95% of patients with colorectal cancer have smoked for over 5 years.
  - 6. Diabetes:** Patients with Type 2 Diabetes have a higher death rate.
  - 7. Alcohol:** Excessive drinking increases the risk by 50%.
- As symptoms for colorectal cancer differ by patient, it is best to call your doctor and have regular cancer screenings, early detection is the key!



## Health Shortcuts You Should **NEVER** Take

**Don't buy contact lenses online!** One in three people who get their contacts on the internet don't get eye exams on a regular basis. As a result, your prescription may be out of date, which can lead to eyestrain and chronic headaches. Even if you haven't noticed a change in your vision, a yearly check-up is still crucial. The eye naturally changes shape over time, affecting the fit of the lens. A too tight pair may irritate or scratch the cornea causing an infection.

**Don't take an over the counter sleeping pill every night!** Taking an over the counter or prescription medicine occasionally is fine. But you can become dependent on them and require larger doses to help you sleep. Sleeping pills work by promoting drowsiness in the brain. Over time, your body relies on that chemical interference, making it harder to fall asleep when you stop taking the sleep aids. Instead of reaching for a pill, try exercising in the morning and switching

off the television and computer at least an hour before going to bed to bring sleep on naturally.

**Never take antibiotics that are not prescribed to you!** Nearly one in three Americans admits to frequently sharing a prescription with someone else, with antibiotics as one of the most commonly loaned drugs. Using a prescription that's not yours is never a good idea. Antibiotics aren't one-size-fits-all. The right one depends on the kind of infection. Your infection may be viral, not bacterial, which renders antibiotics useless. Plus, anytime you uses someone else's medication, you run the risk that it may interact negatively with any of your current medications you are taking.

**Don't think that rinsing with mouthwash takes the place of flossing!** Mouthwash can reduce the amount of bacteria in your mouth. But only floss can remove the decay-causing plaque and food lodged between your teeth and gums. Floss daily no matter how tired you are and your dentist trips

will be much easier. Flossing reduces your rate of cavities by 50% and reduces the risk of gum disease by 75%. Children who floss have a significantly better dentist report card.



**Don't think that diet alone can give you all your vitamins!** Taking a multivitamin daily is the key to good health. What you lack in diet, a multivitamin can make the difference. The benefits of vitamins are scientifically proven. Can't swallow the large vitamin? Liquid vitamin supplements are now available and if you can't stomach that, get a chewable kids vitamin that tastes like candy. Check with your doctor to see if you need a supplemental vitamin other than a daily vitamin.

## Walk Off More Belly Fat

Forget crunches! For a workout that really flattens your belly, get up and move your feet. Studies show walking is one of the best ways to shed belly fat, in less time than you think. Researchers reviewed 40 years of studies on exercise and belly fat and found that just 2 1/2 hours of brisk walking a week (about 20 minutes a day) can shrink your belly fat 1 inch in four weeks. Why does walking work so well? It appears to reduce deep belly fat (called visceral fat). According to a leading researcher at LSU, if you loose 10 percent of your body fat, you may actually reduce visceral body fat by 30 percent. All walking burns belly fat, but for the best results, crank it up! Crank up

your weekly exercise hours by doing on-again, off-again energy bursts called intervals. Keep a steady pace walking and then walk as fast as you can for about a minute, then go back to your steady pace.



The energy bursts really boost your metabolism and heart rate and maximize your work out. Walk 20 minutes a day and your waistline will shrink an inch with the proper diet. Or go an hour and loose inches everywhere. Use a scale from 1 to 10 with 1

being very easy and 10 is an all out effort. If you are on a treadmill, you can see the speed but if you walk on a walking track, just remember your intensity. Warm up and cool down at about a 2. Your brisk pace should be about a 4 or 5. Your interval pace (or push pace) should be about a 6 or 7. To increase your pace, move your intensity to about an 8 or a 9. If you experience joint problems, do the walking in a pool setting or on a low impact machine like an elliptical. You will see improvement in your core strength and see the inches fly off! Get a buddy to walk with you and help time your interval pace. To design your own walking pace visit [www://health.msn.com/fitness](http://www://health.msn.com/fitness).

## Recycle Your Computer

Computer recycling is nothing new, many American's still toss out their old computer to the trash. Toxic chemicals, carcinogens and heavy metals are all part of what makes their clocks tick and improper disposal can bring them all a little too close for human contact. The easiest way to recycle is to donate your used computers and electronics to reputable charities in your area. If the computer is not working, parts are used to refurbish old systems and perhaps build new pc's for the organization. All donated


computers are tax deductible so check with local charities to find out their donation guidelines. If you decide against donation, check around for computer donation locations. All large computer manufacturers have a recycling program. Many times a quick visit to the internet will give you all the information you need on recycling everything from monitors, motherboards and even your mouse. A growing problem of e-waste (electronic garbage) is taking over America. Authorities are working with com-

munity organizations to stop the large amounts of

e-waste because of the large amounts of toxins computers emit when in a landfill or garbage facility. eBay has started a "Rethink Program" that has a computer recycling FAQ section and many useful links to the nearest recycling program in your area. [www.ebay.com/rethinkprogram](http://www.ebay.com/rethinkprogram)



## 10 Tax Mistakes that Many of Us Keep Making

 Year after year, the IRS sees Americans committing the same types of mistakes on their returns. Many of these errors are easily avoided but some are complicated. Even a simple error costs you time and money. According to the IRS, here are the 10 most common taxpayer mistakes:

- 1. Claiming the wrong filing status**— As much as we would like, you can't just choose to be single or married. Claiming the wrong status leaves you ineligible for the earned income credit, the child tax credit and exemptions for your dependents. Your marital status is determined as of Dec. 31st.
- 2. Omitting or using wrong social security numbers**— Your social, your child's social, your spouse's social must match or the IRS automatically rejects your return. The IRS has actually rejected returns because of illegible handwriting. Save yourself the hassle and double check the numbers.

**3. Failing to use the correct forms and schedules**— Don't think you can use the schedule or forms from 2007. Use the right form for the right status and deductions.

**4. Failing to sign and date the return**— Please! If you don't sign the return, you technically did not file. Both spouses must sign a joint return.

**5. Claiming ineligible dependents**— When the IRS started demanding social security numbers for dependents, millions of dependents disappeared. Pets are not dependents and neither are dead beat relatives. Each dependent has to meet four qualifications as detailed by the IRS.

**6. Misusing or not using the earned income credit**— Lots of crooks and misinformed taxpayers illegally claim the credit. Do the research for your qualifications.

**7. Losing receipts**— You need some form of written documentation for all charitable donations,

save all receipts for charity and deductions.

**8. Failing to report domestic workers**— For household help, payroll taxes must be reported.

**9. Failing to report all income**— Even if you don't get a 1099 or W from an employer, it is still reported to the government and you are punished, not the employer.

**10. Failing to file before the deadline**— It is an automatic fine that could have been avoided. If you are having problems, get an extension.

Avoid all of these mistakes by consulting a tax professional or visit [www.irs.gov](http://www.irs.gov) for helpful hints and clarification on any problems.



### What's New at Max?

Welcome to the new Max employees!

**Jessica Thomas**  
**Johnnie Frith**  
**Samuel Chine**  
**Jospeh Callen**  
**Kevin Palmer**



The annual BJCTA Rodeo will be April 19, 2009. The planning has begun so look for more information coming soon!

Remember! You can still get fitness room applications to start your work out program today! Contact Delana Spencer or Sherri Roberts for your application.

Monday March 2nd is the last day for open enrollment for all contract employees. Contact Delana Spencer for more information.

Have you seen the new Max logo?

Check out the new logo and the new website—[www.bjcta.org](http://www.bjcta.org)



"we'll get you there!"

# BJCTA Employee Recipes

Courtesy of Karen Jacobs



## INGREDIENTS

1 1/4 cups of all-purpose flour  
2 cups of quick cooking oats  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
16 tablespoons unsalted butter (2 sticks)  
softened, each stick cut to 8 pieces  
3/4 cup butterscotch chips  
1 cup packed dark brown sugar  
2 teaspoons vanilla extract  
1 large egg

## Glaze

2 tablespoons dark brown sugar  
1 tablespoon water  
1/8 teaspoon salt  
1/4 cup butterscotch

## DIRECTIONS

Adjust oven rack to middle position and heat oven to 350 degrees. Line 13 by 9 inch baking pan with aluminum foil leaving overhang on all sides. Mix flour, oats, baking soda and salt in a medium bowl. Heat butter in small saucepan over medium-low heat until nutty brown in color, about 12 minutes. Pour hot butter over butterscotch chips in large bowl and whisk until smooth. Whisk in brown sugar until dissolved, then whisk in vanilla and egg until combined. Stir in flour mixture in two additions until combined. Spread mixture into prepared pan and bake until edges are golden brown and toothpick comes out with few crumbs attached, 17—19 minutes. Transfer to wire rack. For the glaze: bring brown sugar, water and salt to simmer in small saucepan. Pour hot sugar mixture over butterscotch chips in a small bowl, whisking until smooth. Drizzle glaze over warm bars and cool about 1 1/2 hours. Use foil overhang to lift bars from pan and cool completely on rack, about 30 minutes. Cut into bars and serve. Makes 36 bars. Bars will keep in airtight container at room temperature for up to 3 days.

## Oatmeal Butterscotch Bars



## INGREDIENTS

6-8 tablespoons LAND O LAKES Butter, melted  
1 teaspoon Italian seasoning  
1/2 teaspoon garlic powder  
2 cans (12 oz. each) Pillsbury Golden Layers original biscuits  
40 small slices pepperoni (about 3 oz.)  
8 oz. mozzarella cheese cut into 20 pieces  
1/4 cup grated Parmesan cheese  
1 1/4 cups pizza sauce, heated

## DIRECTIONS

Heat oven to 350 degrees. Spray 12-cup fluted tube pan with cooking spray. In small bowl, mix melted butter, Italian seasoning and garlic powder. Separate 1 can of dough into 10 biscuits. Press or roll each into 3-inch round. Place 2 pepperoni slices in center of each biscuit round. Top each with piece of mozzarella cheese. Bring dough up around filling; press edge to seal and shape each into ball. Roll in butter mixture; place 10 balls in pan. Sprinkle dough balls with Parmesan cheese. Repeat with remaining can of biscuits, placing balls over balls in pan. Pour remaining butter mixture over the top. Bake 33 to 38 minutes or until deep golden brown. Cool 5 minutes. Gently loosen bread from sides of pan. Place large heatproof plate upside down over pan; turn plate and pan over. Remove pan. Serve warm with warm pizza sauce for serving. For high altitude, bake 35-40 minutes. Yields 20 servings.

## Pizza Bubble Ring



## Submit Your Recipes!

Please send in your favorite recipes and we will feature them in the 2009 newsletter. Be sure to include ingredients and instructions. Giving the nutritional value of your recipe would be very helpful. We will take all recipe submissions and create a BJCTA cookbook to be given out at Christmas 2009.

Email your recipes to Sherri Roberts (sroberts@bjcta.org) or send them in-office to my attention. We need a large variety so send in as many as you can.