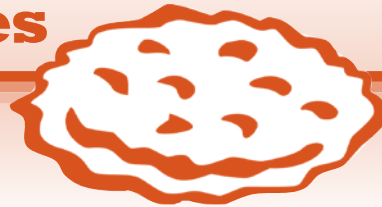




Health Screening 2010

Date	Time	Place
Thursday, 4/01/10	7:30 - 9:00 a.m.	College of the Redwoods - Mendocino Call Charlie Claybrook (707) 962-2663
Tuesday, 4/13/10	7:00 - 10:00 a.m.	Hoopla High School - GYM Foyer Call Carol Hutton (530) 625-5600 ext. 1, then ext. 1005
Thursday, 4/15/10	7:30 - 9:00 a.m.	Mattole Elementary School Call Lauren Jones (707) 629-3311

Blueberry and White Chocolate Chunk Ginger Cookies



These easy cookies are a real snap to make - just stir and bake.

Prep Time: 25 min
Cook Time: 10 min
Level: Easy
Serves: about 2 dozen cookies

Ingredients

1 cup all-purpose flour
 1/4 cup wheat germ
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1/4 teaspoon ground ginger
 1 large egg
 3/4 cup packed dark brown sugar
 1/3 cup canola oil
 1 teaspoon vanilla extract
 1/2 cup oats, quick-cooking or old-fashioned (not instant)
 2 ounces white chocolate, chopped
 1/3 cup dried blueberries

Directions

Position racks in upper and lower thirds of oven; preheat to 375°F. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, and blueberries; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely. Dried cranberries or cherries will also work in place of blueberries; all can be found, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.



Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 15, No. 4 April 2010

Editor: Mendie Ballester

(707) 445-7126

Director's Note

Stacy Lane - JPA Director

On March 17th the Board of the North Coast Schools' Medical Insurance Group met to review current Medical, Dental and Vision plan trends and set program rates for the 2010-2011 program year.

While rate increases were warranted, it was the decision of the Board to utilize program reserves, thus providing no increase to members for either the Dental or Vision programs. Therefore, the rate increases for the 2010-2011 program year for NCSMIG are as follows:

For the past two years, NCSMIG has used an actuary from Total Compensation Systems, Inc. to set the rates for our programs. In the past, rates were set for the overall pool, not a per plan basis. However, our most recent actuarial review has indicated that the Board should let each plan be self-sustaining, thus lending to the creditability of each. Last year the JPA was faced with taking a large increase on the Oak Plan in order to bring premiums commensurate with benefit levels and make the plan self-sustaining. To mitigate the effect of this increase on members, the Board made the decision to take a partial increase, delaying a portion of the needed rate action until the 2010-2011 program year. With rates for the 2010-2011 program year set, it is expected that future rate increases should only be needed to cover the cost of medical trend.

Medical

Plan Redwood	5.0%
Plan Oak	9.6%
Plan Spruce	7.2%
HSA	8.2%

Dental

All Plans	0%
-----------	----

Vision

All Plans	0%
-----------	----

If you have any questions, please email me slane@humboldt.k12.ca.us or give me a call at (707) 445-7055.



Don't Forget
 the FREE 24/7 NURSELINE
 (800) 977-0027

Make Your Kitchen Your Medicine Cabinet

Almost 45% of Americans say they've relied more on home remedies or OTC drugs in the last year to save money on doctors' visits, according to a Kaiser Health Tracking poll. While you should always see the doctor for serious ailments, you may be able to soothe minor complaints with these inexpensive products already in your pantry.



◆ Salt: Use it for Athlete's Foot

A saline solution provides a hostile environment for fungus, decreases excess perspiration, and softens skin so antifungal meds can penetrate deeper. Soak your foot for 5 to 10 minutes in a mixture of 2 teaspoons of salt per pint of warm water.

◆ Tonic Water: Use it for Restless Legs

A 6-ounce glass of tonic water before bed might calm symptoms of restless legs syndrome; the quinine it contains helps stop repeated muscle contractions.

◆ Lemon: Use it for Age Spots & Motion Sickness

Cut a few wedges and place them directly onto your age spots for 10 to 15 minutes a day. You'll notice a difference in 6 to 12 weeks. Watch carefully; overuse may cause the upper layer of the skin to peel. Motion sickness causes you to produce excess saliva, which can make you nauseated, some doctors say. Compounds in lemons called tannins dry out your mouth and can help soothe the queasies. At the first hint of nausea, try sucking on a lemon.

◆ Ginger: Use it for Stomachaches

This root is well-known as a stomach soother, and rightfully so. It's great for relieving just about any gastrointestinal illness, including motion sickness and pregnancy morning sickness. To make a tea, steep a tablespoon of ground fresh ginger in hot water for 10 minutes, then strain.

◆ Milk: Use it for Anxiety

To calm yourself before bedtime, pour a glass of warm milk. The old wives' tale of having warm milk really does help. Milk contains the amino acid tryptophan, which can bring on relaxation.

◆ Apple Cider Vinegar: Use it for Bruises

Apple cider vinegar is an excellent natural anti-inflammatory. Dab a little on a cotton ball and rub it directly on a bruise, or make a paste out of the vinegar and an egg white or petroleum jelly and smear it on the bruised area.

◆ Honey: Use it for Cuts & Scrapes

This natural sweetener contains 3 powerful wound-healing components: sugar for absorbing moisture so bacteria can't survive, hydrogen peroxide to disinfect, and the nectar-based compound propolis to kill bacteria. An added bonus: Honey dries to form a natural bandage.

◆ Apple: Use it for White Teeth

Crunchy fruits and vegetables act as little toothbrushes when you chew them; they have a natural cleansing action that works on tooth enamel to remove stains. In particular, apples have a gentle malic acid that also helps dissolve stains.

◆ Chamomile Tea: Use it for Calluses & Corns

If your feet are prone to bumps and lumps, soak them in a diluted chamomile tea bath. The tea will soothe and soften hard skin. The brew will stain your feet, but it comes off easily with soap and water.

◆ Listerine: Use it for Blisters

The classic breath freshener—and powerful antiseptic—can also do a number on blisters. Moisten a cotton ball with Listerine and dab it on your blister 3 times a day until the area dries out and no longer hurts.

◆ Duct Tape: Use it for Warts

Yes, this really does work! Covering warts with duct tape eliminates them better than freezing them off, according to a study published in the Archives of Pediatrics and Adolescent Medicine. In the study, the duct tape eliminated 85% of the warts after 2 months, compared with 60% with the freezing method. To use duct tape safely, clean the area. Then cut a piece of duct tape to a size slightly bigger than the wart. Apply the duct tape to the site and rub into place. Every 3 days, remove the tape and file down dead skin with a pumice stone or nail file. Repeat until the wart disappears. Chemicals in the tape suffocate and kill the wart.

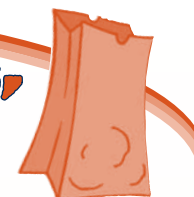
◆ Tennis Ball: Use it for Achy feet

For an easy, free mini massage that stretches and soothes your arches, slip off your shoes and roll each foot over a tennis ball, golf ball, or soup can for a minute or two. To cool throbbing feet, roll them over a bottle of frozen water.

The Big Doctors Book of Home Remedies



From Crunches to Lunches, How to Ease the Ache



Roughly 8 out of 10 people suffer from back pain at some point during their lives. Women, in particular, are prone to posture and back problems—thanks to toting around outrageously heavy purses, going through pregnancy, or giving one-hip rides to kids. Whether you're in the midst of fighting the ache or just want to prevent it, here are some expert-endorsed quick-and-easy ways to wage your war.

Pass the broccoli, please

You know that calcium is key for strong bones, but Japanese researchers have identified something else you need: vitamin K. It's believed that the vitamin, found in broccoli, spinach, and other dark leafy greens, helps calcium deposit in the bones, making them denser. The stronger your bones, the stronger your whole body—and the lower your chances of an injury that could cause back pain.

Lighten your load

If your purse or briefcase tips the scales at more than 10 percent of your weight, it's too heavy. And you need to carry it right. Your best bet is a model with a long strap that lets you position it across your chest like a messenger bag. Can't part with your shorter-strapped number? Switch shoulders every 20 minutes.

Sleep right

A harder bed may not be better for your back. A recent study in *Spine* found that people who slept on softer beds reported less lower-back pain than those who snoozed on harder ones. Pillows? Yours shouldn't raise your head out of alignment with your spine. How to tell: If you're a back sleeper, your chin shouldn't press into your chest. If you're a side sleeper, it shouldn't curve up toward

Tighten those abs

Having strong core muscles (we're talking abs here) can help protect your back from injury. Do this core-strengthening pelvic tilt 2 to 3 times per week: Lie on your back with knees bent, feet flat on the floor, and lower back flattened. Pull in your belly button toward your spine, contracting your abs; your pelvis should lift slightly off the floor. Do 2 to 3 sets of 12 reps.

Aim for good posture

Sitting at a desk for eight (or more) hours a day can really do a number on your back. Make sure to sit with your back against your chair (get a lumbar pillow if your chair doesn't allow this) and both feet flat on the floor. Another option: Try using a stability ball as your desk chair like many Health staffers do—good posture is a must just to stay on the thing. Start off slow (20 minutes at a time), and if it feels good, stick with it.