

Savory Vegetable Bread Pudding



Makes 4 to 6 servings
Southern Living 9/09

- 1 bunch Swiss Chard (about 1 lb.)
 - 6 large eggs
 - 1 cup milk
 - 2 tsp mustard
 - 1¼ tsp. salt
 - ¾ tsp. pepper
 - 3 cups cubed ciabatta bread (about 1-inch cubes)
 - 1½ cubes freshly grated Parmesan cheese, divided
 - 1 8-oz package sliced fresh mushrooms
 - 1 red bell pepper, chopped
 - 1 small onion, chopped
 - 1 tsp. minced garlic
 - 2 Tbsp. olive oil
1. Preheat oven to 350 degrees. Remove and discard ribs from Swiss chard. Rinse with cold water; drain and coarsely chop.
 2. Whisk together eggs and next 4 ingredients in a large bowl; stir in bread and half of cheese.
 3. Sauté mushrooms and next 3 ingredients in hot oil in a large skillet over medium-high heat for 8 minutes. Stir in Swiss chard, and sauté 2 minutes. Fold vegetable mixture into egg mixture. Pour into a lightly greased 11x7 inch baking dish. Sprinkle with remaining cheese.
 4. Bake at 350 degrees for 35 to 40 minutes or until center is set. Let stand 5 minutes.



Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

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Director's Note

Stacy Lane - JPA Director

Last week Humboldt County unfortunately suffered the loss of our second resident to H1N1 (Swine Flu), prompting calls asking if the North Coast Schools' Medical Insurance Group would be providing vaccination shots to our members. The short answer is no, we will not be the entity providing the shots.

The H1N1 strategy in Humboldt County is being led by the Public Health Department, under the Department of Health and Human Services. NCSMIG has no control over the availability of supply of the vaccinations as it is overseen exclusively by the Public Health Department. Bill Linn of Public Health stated the county is slated to receive approximately 50,000 vaccinations that will be distributed to target at-risk groups before being made available to the public at large. The first doses of the vaccine will be available to children and young adults aged 6 months through 24 years, pregnant women, people who live with or care

for children younger than 6 months of age, health care and emergency medical service workers, and people ages 25 through 64 years who have certain health conditions such as HIV, diabetes, or heart or lung disease. You will see the shots being implemented in the schools over the course of the next few months, as well as to the other noted at-risk groups. We don't expect the general public to have access to the vaccination until after the first of the year. When they are available to the general public we will let your schools know. At that point, the arrangements for the shot will be made by Public Health.

If you have any questions about the virus or the vaccination, you can refer to the fact sheet on our Web site at <http://www.ncsmig.org> or call Public Health directly at (707) 268-2105.



Natural Antibacterial Spray

Washing hands with plain soap and water is still the best way to reduce germs, But if you like the idea of added protection, make your own antibacterial spray. Just combine

1 teaspoon of essential oil from bacteria-fighting herbs such as lavender, rosemary, sage, or mint with 1 cup of distilled white vinegar, a known germ killer, in a clean spray bottle. Spray on surfaces that harbor germs, such as cutting boards, nightstands, doorknobs, sinks, and toilets.

WholeLiving.com Body+Soul 3/09



Bottled Water News

In recent lab tests on 10 popular bottled-water brands, the Environmental Working Group investigators discovered contaminants in every product. The tested

waters contained pollutants, including bacteria, possible carcinogens, fertilizer residue, arsenic, radioactive isotopes, and industrial chemicals – at levels no different from that of tap water. For safer drinking water, filter your tap water. For help in finding the right filter, visit nrdc.org/water

WholeLiving/Body+Soul 3/09



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

Healthy Breathing

1. Which 2 foods contain vitamins that may improve lung health and could be used to treat the symptoms of chronic obstructive pulmonary disease (COPD)?

- a) beans and rice
- b) carrots and liver
- c) oranges and salmon

2. Carrying too much fat on this part of the body could affect your breathing:

- a) thighs
- b) upper arms
- c) waist

3. Around what age are your lungs typically at their best?

- a) 15
- b) 20
- c) 30

4. You'll find it easier to breathe if you can control your:

- a) temper
- b) finances
- c) time spent on the phone

5. Dust mite allergies cause sneezing and watery eyes, and in severe cases can lead to asthma. The best way to wash dust mites out of fabrics and clothing is to use:

- a) more laundry soap
- b) hotter water
- c) fabric softener

6. Most people know that smoking is the leading cause of lung cancer. What's No. 2?

- a) air pollution
- b) radon
- c) sunspots

Answers:

1. C. Studies suggest that eating one serving per week of vitamin C-rich foods such as oranges can help lower risk of lung disease. Research also suggests that people with higher levels of vitamin D have better lung function. Good sources of vitamin D include fatty fish like salmon as well as brief daily sun exposure.
2. C. If your waist measures more than 35 inches for women or 40 inches for men, your lung function could be compromised by as much as 10 percent. The larger your belly swells, the more likely you'll have trouble breathing, because the excess fat makes it harder for your diaphragm and chest wall to expand. Lose a few inches with healthy meals and exercise and you'll breathe the difference.
3. B. Lung performance peaks just after the teen years. Starting at age 35, the number of alveoli and lung capillaries (two important lung components that help deliver oxygen to the body) gradually decrease. You can't increase your lung capacity or prevent your lungs from aging, but regular exercise such as walking, running or swimming for a half-hour several times a week can help your heart and muscles use oxygen efficiently.
4. A. Even a brief argument can cause your body to tense and your airways to contract. Research suggests a link between feelings of frustration and a decline in lung function that worsens the longer you stay mad. For your peace of mind and well-being, take a deep breath and let the grudges go.
5. B. Dust mites are tiny insects that settle into warm environments like bedding and carpeting and are a leading cause of indoor allergies. Just about every home has them, but they can be kept at bay. Running bedding through a hot water wash cycle of at least 140 degrees once a week kills all the dust mites they contain (while a warm water wash kills only 6.5 percent). Hot water washing also helps to rinse away household allergens such as pet dander and pollen.
6. B. Radon, a natural gas produced when uranium deposits in the soil decompose, is the second leading cause of lung cancer and the biggest cause of lung cancer among nonsmokers. Toxic, odorless radon gas can make its way into homes through cracks and openings in their foundations – it can even leach into the water. Fortunately, it's easy and affordable to test your home for radon with a kit from the National Safety Council or your state's radon testing program.