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JANUARY 2009



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NOTES & NEWS

Seasonal Selections

Put health front and center with a new focus on citrus this year. Forage for some of January's in-season fruits, such as:

Grapefruit. Look for blemish-free skin and fruit heavy for its size. Store in the fridge for up to two weeks.

Lemons. Choose heavy fruits with firm skins. Store in the fridge for up to three weeks.

Tangerines. Don't choose by color because the rind can be dyed. Select heavy fruit and store in the fridge for up to two weeks.

Fitness Tip for January

When our mind sleeps, so do our muscles. To help redistribute blood through your muscles in the morning, perform three to four minutes of easy exercises or stretching when you get up. Start by stretching for three seconds and relaxing for two seconds. Repeat five times. You'll increase muscle range, forcefulness and speed of motion.

Say Something Nice

National Compliment Day is Jan. 24.

HIGHLIGHTS

Bumper Sticker Snicker

I'm not going bald; I'm getting a bigger forehead.

Historical Battle of January

In an attempt to recover the state of New Jersey from Britain's military hold during the American Revolutionary War, Gen. George Washington advanced upon British forces holed up in Princeton University's Nassau Hall on Jan. 3, 1777. The Battle of Princeton was a military victory for Washington and his troops.

Official Holidays in January

Many U.S. workers will get the benefit of two paid vacation days this month. Federal holidays are New Year's Day on Jan. 1 and Martin Luther King Jr. Day on Jan. 19.

Three Things You Should Know

1. At night, a blue light fends off drowsiness.
2. Sleeping in on the weekends can leave you feeling fatigued on Monday mornings.
3. One of the most effective ways to recover after exercise is to drink a glass of chocolate milk.

Thought for the Month

"It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others."

—Aristotle

Word for January: Beginning

January is the first month of our calendar year, marking a time of new beginnings. According to the "Merriam-Webster Dictionary," the word *beginning* means "the point at which something begins or starts." Named after Janus, the Roman god of doorways, January is sure to open the new year with a fresh outlook and opportunity for a fresh start.