

Community Health Newsletter

Week 20



T: Toxic Tobacco



Everyone knows that tobacco is unhealthy; yet every day in this country about 3,500 kids ages 12 and 17 years old smoke their first cigarette. Worse, about 850 of them will become daily smokers and ultimately die too young of tobacco-related diseases. As a parent, you can:

- Set a good example.
 - Do not use tobacco, and give clear, consistent messages about the dangers of tobacco.
 - Provide a tobacco-free environment ...home and autos.
 - Spread the message that all tobacco products put you at risk for health problems and addiction.
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- Help kids critically analyze movies, television, and other media that glamorize tobacco.
 - Help kids who use tobacco set realistic goals for quitting. Give them positive reinforcement and encouragement.
 - Help kids who use tobacco identify the underlying reasons for its use and substitute positive activities, such as physical activity or stress management.

Be concerned about those you love who currently smoke. It is important to find out if they want to quit smoking. Most smokers say they want to quit. If they don't want to quit, try to find out why.

Food of the Week: Tomatoes

Although often served and prepared as a vegetable, tomatoes are a fruit full of health benefits. Tomatoes contain compounds that have been proven to help prevent cancer, heart disease, cataracts, and much more. Tomatoes are an excellent source of vitamins C and A.

Wild tomatoes are native to South America. Early Spanish explorers brought tomato plants to Europe in the 16th century. Since tomatoes come from the same family as potatoes and deadly nightshade, many people thought tomatoes were poisonous. By the late 16th century, Italians started using tomatoes (poma d'oro).

Stretching

Stretching exercises are a good way to prevent injury and increase your range of motion. Gentle stretching in the morning is a good way to start your day.

1. Sit on the floor with your legs in front of you.
2. Reach forward toward your toes until you feel a gentle stretch behind your knees.
3. Hold the position for 10 seconds. Repeat 2 or 3 times.

Vary the routine by stretching with a partner.



The National Network of Tobacco Cessation Quitlines is a state/federal partnership that provides tobacco users in every state with access to the tools and resources they need to quit smoking, ensuring the highest level of assistance to tobacco users who want to quit. The toll-free number is 1-800 QUIT NOW

Gazpacho (6 servings)

Fruits & Veggies—More Matters Recipe

6 large tomatoes	2 Tbsp. olive oil
1 large cucumber, peeled, seeded and finely diced	Juice of 1/2 lemon
1 large green bell pepper, finely chopped	2 to 3 Tbsp. fresh parsley, chopped (to taste)
1 medium-sized red onion, minced	2 Tbsp. fresh basil, chopped or 2 tsp. dried basil
3 Tbsp. red wine vinegar	Salt and fresh ground pepper to taste
	Tabasco sauce to taste

To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired.

