

FORGING THE FUTURE:



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Friday FACTS

24 November 2000

"Leadership, Partnership, and Championship"

Christmas Seals® 2000

November 1 - 30 Christmas Seal® Campaign

For more than 90 years, donations to the American Lung Association's Christmas Seals Campaign have helped fund programs of education, advocacy and research for lung disease and its causes. Christmas Seals events and promotions are offered throughout the holiday season. For more information, contact: your local American Lung Association or call 800.LUNGUSA (586.4872) Web Site: <http://www.lungusa.org>

Colds and Flu

Prevention Tips

Keep your hands clean! Wash them often- especially after wiping the little ones' noses!
Drink more water
Get the flu shot!
Exercise- as it revs up the immune system!

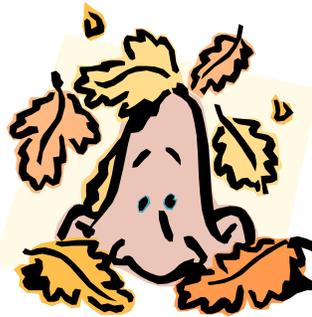
Tx Tips

Take a day off and rest..
Avoid alcohol
Wipe your nose rather than blowing it. See your Doctor if your symptoms are severe.



HOLIDAY STRESS

- Dreading or anticipating the holiday season?
- Are you wondering how you will get everything done?
- Counting the days (and hours) remaining?
- Do you find yourself harried and frazzled?
- Consider a *different approach* this year!
- The holiday season is a time to enjoy and to celebrate! To ponder and reflect on what is important... To retreat from daily hassles and bustle...
- What can I do differently this season?
- Fewer activities? Purchasing less, relaxing more? More breaks, changing some routines, exercising more? Starting a new tradition, redoing priorities, more time for family?



Say goodbye to Licorice

Italian researchers found that men who ate licorice had a drop in their testosterone levels due to the glycyrrhizic acid. So men avoid black licorice to keep your potency up! **Red twizzlers** seem to be okay.

Tips to help prevent food-borne illnesses

- Wash hands in hot soapy water before preparing food.
- Use a separate cutting board, if possible, for raw meat products.
- Cook to proper temperature. Use a meat thermometer to make sure meat and poultry are cooked all the way through.
- Wash dishtowels often in the hot cycle of the washing machine.
- Don't cross-contaminate. Separate raw meat, poultry, and seafood from other food in the grocery cart.
- And last but not least: when in doubt, throw it out.



PPI P Corner

Navy Medicine Optimization

Hearing all this talk about "Optimization" and want to learn more? Go to the Website

for Navy Medicine Optimization at <http://bumed.med.navy.mil/med03/optimization/Default.asp>. Bookmark this site and visit it regularly. Many of the presentations can be downloaded as PowerPoint files. If you look at the "Conferences" link in the left column, you can see the agenda for the conferences.

*"All life is an experiment."
- Oliver Wendell Holmes Jr.,*