Hello Everyone!

The semester really does seem to be flying by! I hope you have been enjoying the fall weather and remembering to keep yourself happy and healthy, despite increasingly busy schedules.

There is quite a bit going on this month. **Flu shots** are still available. See below for times and locations. CAPS will be sponsoring an **Overcoming Test Stress Workshop** on November 7 (details below). The **Great American Smokeout** is November 21. November also marks **Diabetes Awareness Month**. Take time to learn more about this disease affecting so many Americans. Also, information about the **daily meditation** (Monday-Thursday mornings) can be found below. It’s a great way to start the day.

As we get closer to the holiday season, take time to be thankful for the health and wellness in your lives.

Yours in Health,
Karen

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**Flu Shots – Last Chance**

There are only a few more flu vaccine clinics being held at the law center:

**Tuesday, Nov 5**  11:30am-1:30pm – (staff & faculty only, during the Benefits Fair)

**Friday November 15**  – 10:00-1:00 Sport and Fitness Lobby

**Thursday November 21**  – 4:30-7:00 Sport and fitness Lobby

Vaccines are free of charge, but please have your GoCard with you. First come, first served.
Contemplative Law Society and Lawyers in Balance Present:

*Integrating Mindfulness into the Law*

Daily Morning Meditation - Start your day in a mindful way!

Please join the Contemplative Law Society, Lawyers in Balance, and other interested meditators at the Law Center for a relaxing pause before your day begins.

Monday – Thursday, 8:30-8:55am

St. Thomas Moore Chapel

There is no need to sign up or commit! Just drop in when you can for a half hour to clear your mind and start your day in a calm and peaceful way.

Worried that test anxiety may negatively impact your exam performance?

The Overcoming Test Stress workshop covers techniques for managing your anxiety, challenging disruptive thoughts, and enhancing your exam performance by emphasizing a positive psychological approach to test-taking.

Join us on Thurs. November 7th at 4:00 pm in McDonough 109.

Pumpkins!
A fall favorite, pumpkins are a healthy addition to any diet.

- Pumpkin contains 200% of your daily intake of Vitamin A (which aids vision health)
- They are a great source of fiber
- The gourds are chock full of beta carotene which helps prevent cancer
- They are full of potassium to help with strong muscle function

Try some of these recipes from FoodNetwork.Com to take advantage of all of pumpkin’s benefits this holiday season.

- **Mexican Pumpkin Punch:** Combine 12 cups water, 2 cups dark brown sugar and 4 cinnamon sticks in a large pot and bring to a boil over medium-high heat, stirring until the sugar dissolves. Stir in 3 ½ cups pumpkin and return to a simmer. Meanwhile, remove the zest from limes in wide strips using a vegetable peeler; add the zest to the pot and simmer 15 minutes. Let cool, then refrigerate until the liquid is cold and the pumpkin pulp settles to the bottom, 2 to 3 hours. Working in batches, ladle the liquid into a fine-mesh strainer set over a pitcher (repeat if necessary to strain out all the pumpkin pulp). Discard the pulp and lime zest. Return the cinnamon sticks to the punch and refrigerate until ready to serve.

- **Creamy Baked Pumpkin Risotto:** Heat oven to 400 degrees and arrange a rack in the middle. Combine 5 cups broth, 2 cups arborio rice, 2 cups small diced squash, 1 ½ cups pumpkin puree, and ½ medium yellow onion in a 3-quart baking dish, season with salt and freshly ground black pepper, and stir to evenly combine. Cover tightly with aluminum foil and bake, stirring occasionally, until most the water has been absorbed and rice granules are puffed, about 35 to 30 minutes. Remove from oven, stir in remaining ingredients, season to taste and serve.

- **Spiced Pumpkin-Raisin Cookies:** Position a rack in the center of the oven and preheat to 350 degrees. Line 2 heavy large baking sheets with parchment paper. In a medium bowl, combine 1 cup flour, 2/3 cup old fashioned oats, 1 teaspoon cinnamon, ½ teaspoon baking soda, ½ teaspoon salt and ¼ cup ground allspice. Stir to blend well. In a large bowl, combine ¾ cup raw sugar, ½ cup pumpkin puree, 1/3 vegetable oil, 1 tablespoon pure maple syrup and 1 teaspoon vanilla extract; whisk to blend. Using a flexible rubber spatula, gradually stir the dry ingredients into the pumpkin mixture. Stir in ½ cup raisins. For each cookie, drop 1 generous tablespoon of batter onto the prepared baking sheet, spacing the mounds about 1 inch apart (or use a mini ice cream scoop). Using moistened fingertips, flatten each to a 2-inch-diameter round. Sprinkle each cookie with a bit more raw sugar. Bake the cookies
until brown and a bit firm to the touch, 17 to 20 minutes. Using a metal spatula, transfer the cookies to a rack and cool completely.

**Great American Smokeout**

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to quit smoking for at least that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

The American Cancer Society tells us that within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years:

**20 Minutes after Quitting:**
- Blood pressure drops to a level close to that before the last cigarette
- Temperature of hands and feet increases to normal

**8 Hours after Quitting:**
- Carbon monoxide level in blood drops to normal

**24 Hours after Quitting:**
- Chance of heart attack decreases

**2 Weeks to 3 Months after Quitting:**
- Circulation improves
- Lung function increases up to 30%

**1 to 9 Months after Quitting:**
- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs, reduce infection

**1 Year after Quitting:**
Excess risk of coronary heart disease is half that of a smoker’s

5 Years after Quitting:
- Stroke-risk is reduced to that of a non-smoker’s 5-15 years after quitting

10 Years after Quitting:
- Lung cancer death rate about half that of a continuing smoker’s
- Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases

15 Years after Quitting:
- Risk of coronary heart disease is that of a non-smoker’s

Use this day to take action in your own life. Stop by our office to pick up resource materials for you, family members, or friends. Our wellness library contains a stop smoking guided imagery CD that you can borrow.

Diabetes Awareness Month

Every November, the American Diabetes Association works to raise awareness of this ever-growing disease. The Association designs programs to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Common symptoms of diabetes include:

- Frequent urination
- Feeling very thirsty
- Feeling very hungry – even while eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal

These symptoms can be indicators of either Type 1 or Type 2 Diabetes.

Type 1 Diabetes

- Usually diagnosed in children and young adults
- The body does not produce enough insulin
- In most cases, risk factors must be inherited from both parents, as well as environmental factors
- Only about 5% of those with diabetes are affected by this type
- Specific symptom: weight loss even though you are eating more
Type 2 Diabetes

- Either the body does not produce enough insulin or the cells ignore the insulin causing a buildup of glucose in the blood
- Strong link to family history of disease, but also depends on environmental factors including lifestyle, diet and exercise
- Some groups are at a higher risk for this type: the elderly, African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders
- Specific symptom: tingling, pain, numbness in hands and feet

Here are just a few of the recent statistics on diabetes, from the Association’s website:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $174 billion. For additional information, go to www.diabetes.org.

**Thought for the day…**

*Life is like riding a bicycle. To keep your balance, you must keep moving.*

— Albert Einstein