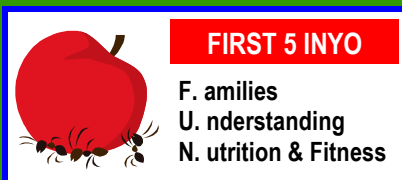




First 5 Inyo County
 a division of
 Health & Human Services
 568 W. Line Street
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AN EARLY CHILDHOOD NUTRITION & FITNESS NEWSLETTER * DECEMBER 2010



PLAYGROUPS STARTING SOON

FATHERS GROUPS

Want to connect with your child and have fun too? Call us to register and choose the group that is right for you!

GRANDPARENT GROUPS

Whether you are the main caregiver for your grandchild, or just want to spend some quality time together, come learn how play can enhance your grandchild's development as you create some great memories together!

BILINGUAL GROUPS

If you speak Spanish or English or both this group is for you! Expose your child to another language besides the one you speak at home, and have fun doing it, too!

Call 873-6453 to learn more, or stop by First 5 at 568 W. Line across from the Post Office!



In the Mood for Feel Good Foods?

Between the nip of frost in the early morning air and the diminishing daylight hours each evening, most folks are in the mood for some traditional comfort food. But will mashed potatoes and meat loaf really make you feel better as you burn the Yule log or knock back some egg nog? Take a look at this list of proven pick-me-ups and see if your December diet is designed to boost you up, or bum you out. Incorporate more of these into your family feasting for sure-fire holiday fun!



- 1. LEMON** – Did you know that 78% of scientific study participants report feeling happier and more energetic after catching a whiff of citrus? Whether you add a squeeze to iced tea or zest some rind into your tuna salad, lemon will lift your mood.
- 2. SEAFOOD** –The perfect companion for that juicy yellow citrus fruit? Fish high in omega 3 fatty acids, like salmon, promotes positivity and a sense of well being. Tuna, cod, halibut, and many other fish contain helpful levels of the antioxidant selenium, which promotes proper thyroid and immune system responses. Brazil nuts and whole oats are other sources of this valuable system booster.
- 3. CINNAMON** – Studies have shown as little as ½ tsp. of cinnamon a day can significantly lower cholesterol, and simply smelling cinnamon can boost your cognitive functions and memory center.
- 4. DARK CHOCOLATE** – We all know that eating chocolate releases endorphins, those neurotransmitting chemicals that enhance our feelings of well-being and reduce sensations of pain. But did you know that it only takes 1/3 of a dark chocolate candy bar, or two dark chocolate candy kisses, to make a significant shift in brain chemistry? A little dab will do ya!
- 5. SPICY CHILES** – Eating chiles is another way to stimulate endorphin production. As a rule, red peppers are hotter than green, and pungent crimson varieties from anchos and jalapenos to habaneros all contain cancer fighting antioxidants from vitamins A & C, as well as calcium, so munch away until it hurts so good.
- 6. WALNUTS** – A quarter cup of walnuts provides over 90% of the your body's daily serving of omega 3 fatty acids! Omega 3's protect your heart, memory, and skin, and they reduce inflammation in your joints and lungs.
- 7. COFFEE** – High in anti-aging antioxidants and in minerals like magnesium and chromium, coffee helps level your blood sugar and may help prevent type 2 diabetes



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FEEL GOOD FOODS CONTINUED

diabetes in frequent drinkers. Besides the caffeine kick (coffee blocks adenosine, a natural sedative released in our bodies throughout the day) a good cup o' joe can also help women lower their chances of a stroke by about 20% and lower the risk of Alzheimers and dementia by almost 65% according to 2009 Swedish and Finnish study.

8. **PURPLE GRAPE JUICE** – Dark juice is higher in flavanol antioxidants, which help you stay active by increasing the elasticity of your arteries, so blood can circulate freely. Grape juice also contains resveratrol, an antioxidant associated with reducing the effects of environmental stress and boosting resistance to fungal infections and herpes viruses.
9. **BANANAS** – This list might seem bananas, but this unusual fruit contains lots of B6 which can help you fight feelings of irritability, and get a good night's sleep. Bananas also are high in Potassium, which will soothe cramped muscles if you overdo it at the gym or the grocery store.
10. **SWEET POTATOES** – Chock full of antioxidants, potassium, and vitamin A, sweet potatoes provide the benefits of fiber and the satisfaction of consuming a starch, while actually helping stabilize blood sugar, instead of spiking it like so many other starchy holiday favorites. Besides strengthening your heart, lungs, and brain eat sweet potatoes to reduce stress, cramping, and even the effects of second-hand smoke. This uber tuber also fights inflammatory problems like arthritis, asthma, and gout.



For Recipes that incorporate many of these Feel Good Foods, visit our website:

www.inyocounty.us/first5

and click under the F.U.N. Team logo! Look for new recipes and games every month!



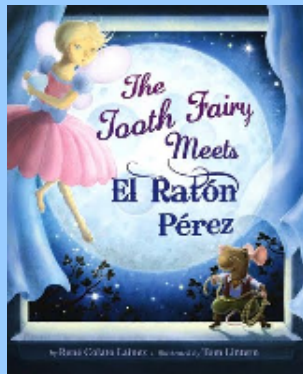
GREAT ACTIVE GAME!

SILVER SLEIGH BELLS

Supplies Needed:
Silver bells and a blanket

Buy some inexpensive silver bells of various sizes at the craft store. Spread a low-nub blanket on the floor and have your children/child hold the ends opposite you. Take turns tossing the bells in the blanket, making your own jangly tunes and maybe even singing the chorus to "Jingle Bells" in accompaniment to your parachute play. If this grows old string a couple bells on your child's shoe laces or on a yarn necklace so they practice jumping and running to make their bells ring!

Mousetcapades ORAL HEALTH MONTH LITERACY PARTY



Mice, McDonalds, and Pixie Dust—
Join us for a magical morning meal in February at both our Bishop and Lone Pine parties!

873-6453 - Call First 5 Inyo for details or download a flyer in February at :
www.inyocounty.us/first5

Holiday Happenings *...into the new year!*

Nov. 29- City of Bishop Art Program
Mondays, From Nov. 29 to Jan.3
Children ages 5 to 11 * 873-5863

All December— FREE WeeLuvMusic
Music & Movement Classes, babies to age 5
Call 873-5123 x.0 to register
Wednesdays 1, 8, 15, 22 * 3-5 PM
Thursdays 2, 9 * 6-7 PM
Sundays 5, 12, 19 * 3-5 PM

Dec. 2 - Doula Meet & Greet Tea
Pregnant Moms come find out about Doula services from 4:30 to 6 PM 8 * 872-2360

Dec.3 - Bishop Park Tree Lighting
Meet at 6PM in Bishop City Park for the annual lighting of the tree, free refreshments, carols by Sweet Adelaides, and more!

Dec. 4 - Bishop Christmas Parade
Snag a Main St. seat for the parade at 10AM, then receive a free book from Santa in Park!

Dec. 5 - Big Pine Tree Lighting
Meet at 5 PM at the giant tree at the corner of Hwy's 395 and 168 for the new LED light unveiling, snacks, songs, and more!

Dec. 12 - Annual Christmas Concert
The Bishop Methodist Church presents their Handbells and Chancel Choir at 3:30PM.

Dec. 14 - Bishop Decorating Contest
Pick up a form, or call 873-8405 to enter the Chamber of Commerce's decorating contest! Judging takes place all night long!

Dec.19 - Independence's Annual America's Got Fruitcake Party
You must bring a fruitcake or egg nog for admittance to this wacky talent contest at 4 PM at the American Legion Hall. Call 760-878-2053 for more fun details.

All Jan. - 6 Week Gymnastic Classes
Baby Gym \$30 * 9AM Tuesdays
Tumble Tots \$30 * 10M Wednesdays
Kinder Gym \$40 * 2:30PM Wednesdays
Call Alex Ellis 760-937-6105 for availability.

All Jan. - FREE Pre-K Art Classes
Thursdays Jan 6 to Feb. 10 from 3 to 5 PM, children ages 3 to 5 can explore art. 873-5123

Jan. 18&19 - First 5 Parenting Class
Join us Tues & Wed. in Lone Pine at Statham Hall from 5:30 to 7:30 PM to learn about 4 easy behaviors that can optimize your baby's development! The class is free to parents of children 2 and under, and those who finish all 4 hours receive a \$100 Vons gift card.

All Feb. - National Children's Oral Health Month in the U.S.
From age 1, children need yearly dental exams. To get screened to see a pediatric dentist locally, call 873-6453 for info.

