



Inside this Issue...

WISEWOMAN Program Welcomes Gwen Waldron.... 1

Stats At-A-Glance..... 1

Let's Get Ready to Enjoy Our Local Michigan Foods!..... 2

Michigan's Special Treat: Rhubarb..... 3

April Declared Sexual Assault Awareness Month..... 4

National Soyfood Month Observed in April..... 4

Super Easy Ways to Exercise..... 5

Tricks to Avoid Exercise Burnout..... 5

10 Benefits of Strength Training..... 5

WISEWOMAN Program Welcomes Gwen Waldron

The WISEWOMAN Program is pleased to welcome Gwen Waldron as the Program's Data Entry Assistant.

Having started on January 18, 2008, Waldron is responsible for the WISEWOMAN Program's data entry. She also is assisting the Michigan Department of Community Health's Cancer Prevention and Control Section with budgeting issues and tracking expenditures.

Waldron is a student at Wayne State University and will graduate with a degree in Accounting next year.

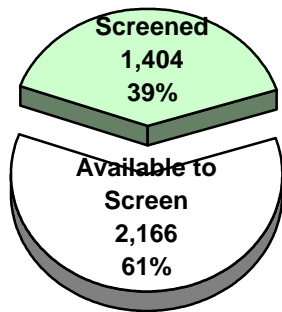
In her free time, Waldron enjoys spending time with her daughter, Ava. She also likes to run, watch movies, go to musicals, and shop.

Welcome, Gwen! We are thrilled you have joined the WISEWOMAN team and appreciate everything you do to ensure that the WISEWOMAN Program runs smoothly.

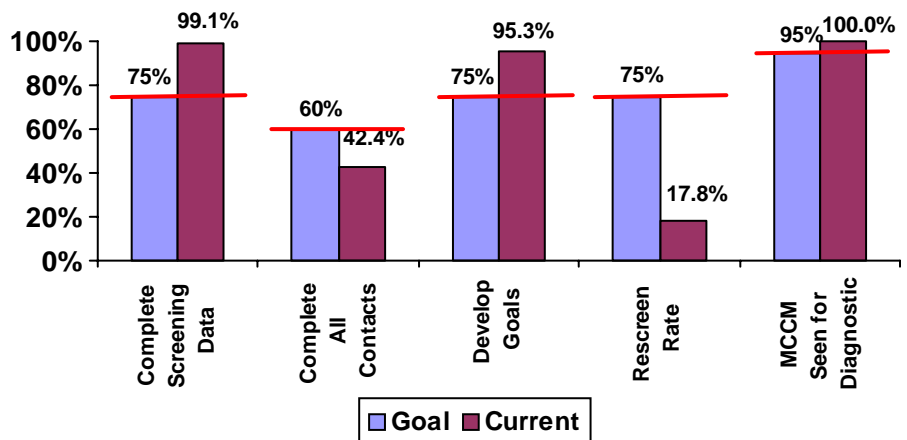
Gwen can be contacted at waldrong@michigan.gov or 517-335-9616.

Stats At-A-Glance

FY 08 Caseload Goal = 3,570



WISEWOMAN Program Indicators



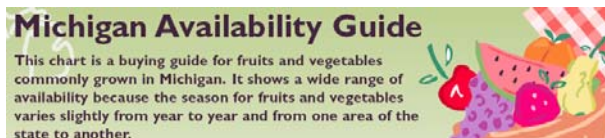
Let's Get Ready to Enjoy Our Local Michigan Foods!

~ By Cindy Goebel
Ingham County Health Department

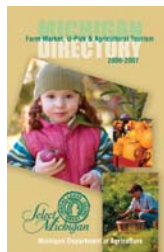


It's springtime in Michigan...the time to find the closest farm market, u-pick farm, or plant your own seeds! Did you know that the number of farmer's markets in the U.S. has grown from nearly 300 in the mid-1970s to more than 3,700 in 2004? In Michigan, we now have over 200 farm markets and u-pick operations throughout our state!

One of the best places to begin is with the colorful Michigan Availability Guide available at: <http://www.projectfresh.msu.edu/WhatsinSeason/MichiganAvailabilityGuide/tabid/949/Default.aspx>. The first fresh crops begin May 1st and include asparagus and rhubarb. Soon to follow come strawberries and sugar peas in June. And then, the list goes on and on throughout the summer and fall months!



Or check out the Michigan Department of Agriculture's website at <http://www.mda.state.mi.us/market/u-pick/index.asp>. You can search the entire online directory of u-pick farms and farm markets...it's called the *Farm Market, U-pick and Ag tourism Directory*. View and print the entire directory or select the u-pick farms and farm markets of a specific region in Michigan.



Another excellent website to search is www.localharvest.org. It explains that when we purchase local foods, we have a fresh, tasty product that helps local farmers stay in business. We also have a fresh product that didn't travel very far, and that helps to conserve energy that would have been required for long distance transportation!



Project Fresh (www.projectfresh.msu.edu) is a program that makes fresh produce available to low-income nutritionally-at-risk families by using Michigan farmers markets. Encourage everyone who is eligible to sign up for Project Fresh and to be sure and use their Project FRESH coupons.



Last, but not least, get ready to plant some seeds of your own! Explore your area to find out about local garden projects or community gardens. Plan anything from a small container garden to a large outdoor garden. This is a great time to plant some seeds indoors which will be moved outdoors at the end of May. There is an excellent website which links to many other garden websites including Lowes, Home Depot, etc. It's found at: www.onlinegardeningbook.com



OK, fellow Michiganders, get ready to get out there and start planting, picking, or purchasing some fresh, local Michigan foods!

Michigan's Special Treat: Rhubarb

As the growing season gets underway here in Michigan, we have a special treat to look forward to: rhubarb. That's right, rhubarb is one of the first crops to come to harvest beginning in late May or early June.

It's a little known fact that Michigan is one of the top producers of rhubarb in the United States, coming in third out of all fifty states. This is due to the ideal climate here in Michigan with an average winter temperature below 40 degrees and an average summer temperature below 75 degrees.

Exactly when Michigan rhubarb will ripen is dependent on the variety grown, with several varieties being viable options here in Michigan. For instance, the Valentine with its red stem or petiole and very few seed stalks is a favorite followed by the MacDonald, Canada Red, Strawberry, and Victoria. The Victoria actually has a green petiole and numerous seed stalks.

When selecting rhubarb at the store, you should look for firm, full stalks - but be careful they aren't too tough as that is a sure sign of over-ripeness. Also the ends shouldn't be split, which is an indication that the rhubarb hasn't been stored properly. As mentioned previously, the color of the rhubarb may vary from variety to variety; therefore, redness isn't a good indication of ripeness. As a final cautionary note, the leaves of rhubarb are poisonous to humans and should not be consumed.

Try using Michigan grown rhubarb for this delicious recipe:

Spring Soup

Serves 8

2 Tbsp. olive oil
1 or 2 rhubarb, diced
1 bunch asparagus, trimmed and cut into ½-inch pieces
2 cups tiny fresh peas or frozen equivalent
8 cups chicken or vegetable stock
½ cup small pasta, like orzo or small shells
1 can cooked white beans
Freshly ground black pepper and salt to taste

Note 1: Drain the canned beans for a clear soup

Note 2: Soup cooks fast (15 minutes simmer after boil) and looks best when all vegetables are chopped into ½-inch pieces

In a soup pot, heat the olive oil and rhubarb. Sauté until softened and starting to brown.

Add the asparagus, peas, and stock. Bring to boil and simmer until almost tender, about 3 minutes.

Add the pasta. Cook until tender, about 5 minutes.

Add beans and heat through.

Check for seasoning and add pepper and salt, if needed.





April Declared Sexual Assault Awareness Month

In solidarity with leaders across the nation, Governor Granholm has declared April as Sexual Assault Awareness Month for Michigan. The Governor's proclamation recognizes that sexual violence continues at an alarming rate and emphasizes the need to foster greater public awareness of the causes and effects of sexual violence, and to address the problem on every civic level.

According to the 2006 Michigan State Police, Uniform Crime Report, 5,344 forcible rapes or attempted rapes were reported to law enforcement. It is estimated that half or fewer of all sexual assaults are reported to police. According to the FBI and the Centers for Disease Control, sexual assault is more likely than any other crime to go unreported and it is estimated that nearly two-thirds of all sexual assaults are never reported.

Sexual Assault Awareness Month (SAAM) was established to bring to light the prevalence of sexual violence in our society, to recognize and support victims, to recommit to holding offenders accountable, and to acknowledge that every individual plays a role in ending sexual violence by working to change societal conditions that condone and support it.

Prevent Sexual Violence...in our workplaces is the theme for SAAM 2008. Designed to help employers recognize the vital role workplace culture plays in the prevention of sexual violence, this theme promotes a healthy work environment. "There are simple ways each of us can take a stand against sexual violence on a daily basis," notes Tammy Lemmer, Program Manager with the Michigan Coalition Against Domestic and Sexual Violence. "We set a powerful example every time we talk to our kids about the importance of respect and equality in relationships, every time we speak up if someone makes a degrading or objectifying comment about women or girls, every time we demonstrate support for survivors of sexual violence. By educating ourselves and talking with others, we can challenge our communities to reject sexual violence."

Sexual Assault Awareness Month and the SAAM Day of Action (April 3, 2008) are recognized nationally and are symbolized through a teal ribbon. To learn more or to get involved, please contact your local sexual violence agency or visit the Michigan Coalition Against Domestic and Sexual Violence's Web site at www.mcadsv.org.

National Soyfood Month Observed in April

Soyfoods can deliver health benefits regardless of age or gender. The essential nutrients in soyfoods boost growth and development. Whether you are interested in being more heart healthy, looking to manage food allergies, or seeking healthful snacks, soyfoods can fit into every lifestyle. Take a few minutes to look at the resources listed below to help you celebrate these healthful and versatile foods this month and all year long.

Soyfoods Resources

Soybean Organizations/Resources	Recipes	Research and News	Electronic Newsletter	Nutrition and Health Fact Sheets	Interactive Media and Learning Tools
Michigan Soybean Promotion Committee www.michigansoybean.org					
The United Soybean Board www.soyconnection.com					
Soyfoods Association of North America www.soyfoods.org					
Soyfoods Council www.thesoyfoodscouncil.com					
U.S. Soyfoods Directory www.soyfoods.com					

Super Easy Ways to Exercise

- Outdoor lawn work. Such things as pushing a lawn mower, raking leaves, and gardening are all beneficial, low impact ways to burn some calories.
- Table tennis (ping-pong). If you are like most of us, you've probably played table tennis some time in your life either battling a sibling or friend as a child or at a social party as an adult. It keeps you on your feet and moving about so it ranks as an easy and fun way to get in a little exercise.
- Cleaning windows. Raise your hand if your windows are less than clear! Sure, cleaning windows is not the most fun activity but one that almost all of us need to do a few times a year. Next time you dread the thought of window cleaning time, remember it's another way to burn calories and work your upper body.
- Stair climbing. If you've got a flight of stairs in your home or nearby, then you have an instant, inexpensive piece of fitness equipment. Simply walking up a flight of stairs and back down (even at a slow pace), and repeating that sequence for just 5-10 minutes will give you an effective workout.
- Pass time efficiently. Waiting for a pot to boil? Try some standing wall push-ups while you wait.
- If you spend many weekends or evenings watching a child play a sport, utilize that time for some of your own workout time. Instead of plopping down in a chair for the duration, take a long walk around the field several times or just small paces back and forth. Any movement is more beneficial than sitting.
- During television commercials, get down on the floor and alternate doing sit-ups and leg lifts. You'll be amazed at how many repetitions you can fit in during the commercials of a half hour show.

Tricks to Avoid Exercise Burnout

- Don't overdo it in the beginning. Start with as little as just two 20 minute sessions per week and build slowly week after week.
- Workout at home. You'll be able to save travel time and avoid the "can't get to the gym" excuse.
- Watch for over training signals which include: loss of appetite, lack of progression, extreme fatigue, and recurring injury.
- Start slowly and try to manage your motivation so that it lingers rather than waning after a few short weeks.
- Make at least minor changes to your workout routine every four weeks.
- Completely change your routine every 8-12 weeks.
- Don't do the same exact workout every session. Try 2-3 different workouts per week.
- Strive to try something completely unique and different every few months.
- Take a week off from exercising every 3-6 months.
- Alternate between 2-3 different cardio machines (or options) within a given workout

10 Benefits of Strength Training

1. Increase your metabolic rate to burn more calories all day
2. Increase and restore bone density
3. Increase muscle mass, strength, and endurance
4. Improve balance, flexibility, and mobility
5. Prevent injuries
6. Foster rehabilitation and recovery after an injury
7. Decrease risk of coronary disease
8. Boost performance in sports and exercise
9. Maintain strength and fitness as you age
10. Feel better and look better