

Sun      Mon      Tue      Wed      Thu      Fri      Sat

					1	2	3
4	5	6	7	8	9	10	
11  Daylight Savings Time Begins	12	13	14	15	16	17  HAPPY ST. PATRICK'S DAY	
18 	19 Wellness T-Shirt and Jeans Day	20	21 Third H-B Shot 5 to 4 p.m. Flair's Office Cactus	22  School Board Meeting	23	24	
25	26	27	28	29	30 Good Friday Bad Weather Day 	31	



# Healthy Quote



# 5 Steps to Live Healthy

## Part 2

### Step 2

#### Build Your Mental Strength

Working out is one of the most powerful things you can do to increase confidence. When you exercise, your brain receives messages from your body that say, I'm strong and capable. I can lift heavy things and run long distances.

Exercise releases energizing, mood-boosting endorphins, relieves tension, and distracts you from negative thoughts. To benefit, do at least 180 minutes of exercise a week, or 30 to 40 minutes five days a week. And work out in the morning if you can possibly swing it. The lasting sense of accomplishment you get will influence your behavior all day.

### Step 3

#### Power Up With Yoga

Certain yoga poses may help you build confidence, according to new research. Mountain pose (standing with your legs together and your spine and chest lifted) and eagle pose (standing with your arms raised to shoulder height and crossed in front of the chest) boost energy and feelings of empowerment. Why? Other research show yoga may stimulate the vagus nerve--a cranial nerve that runs from the brain to the abdomen--which in turn increases stamina, well-being, and self-esteem. The changes were evident after just two minutes. Do yoga regularly. It may have long-lasting benefits. It can affect the central nervous system in a profound, enduring way to improve energy and build confidence.





# Healthy Recipe

## Greek Omelet With Feta, Tomatoes, and Olives

### Ingredients

- 2 eggs
- 1/4 cup crumbled feta Cheese
- 10 cherry tomatoes, halves
- 5 kalamata olives, pitted and chopped
- 1 scallion, thinly sliced (about 2 tablespoon)
- 2 large basil leaves, thinly sliced, plus extra for garnish (optional)
- 1/4 teaspoon extra-virgin olive oil
- Freshly ground black pepper
- Salt

### Preparation

1. Add the eggs, feta, tomatoes, olives, scallion, basil, olive oil, about 5 twists of fresh pepper, and a pinch of salt to a 16-ounce widemouthed mason jar. Screw on the lid.
2. Just before cooking, shake until the mixture is well blended. Remove the lid and microwave until the omelet rises to 2 inches from the top of the jar and the eggs are mostly set.
3. Carefully remove jar from microwave. Sprinkle with basil is desired.

Serves 1

Per Serving: Calories 311, 23g Fat, 6 Carbs., 19 g Protein, 1g Fiber, 1.182mg Sodium



# Exercise Tip



## Hop, Hop, Throw

Works Shoulders, Triceps, Abs, Psoas. Butt, Legs

Stand with feet wider than hip-width apart and arms bent, hands in front of head, palms facing each other. Keeping knees slightly bent, hop (with both feet) twice toward the left.

1. On second hop, bring bent arms out to right then,
2. rotate torso toward left, forcefully extending arms diagonally down outside left hip (as if slamming a medicine ball on floor) and bending right knee behind you. Quickly bring right foot down and return arms to start position and hop twice toward right; repeat on opposite side. Continue alternating for 1 minute

1



2







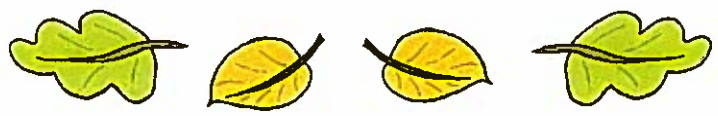
# March Birthdays

- John Thacker - Spouse - March 1  
Marissa Sanchez - Cactus - March 2  
Linda Salazar - LHS - March 3  
Lynn Hale - Retiree - March 5  
Jessica Romo - South - March 6  
Rick Huckaby - Spouse - March 6  
Celinda Rejino - LMS - March 8  
Karen Torres - LABC - March 11  
Amanda Underwood - South - March 12  
Maria Quintana - LABC - March 13  
Diane DeLuna - LIS - March 14  
Mary Cardona - Cactus - March 15  
Laura Escudero - LHS - March 15  
Tracy Barker - LHS - March 17  
Ben Prowell - South - March 21  
Annie Davis - LMS - March 23  
Liz Pruitt - Capitol - March 27  
Donna Pugh - Admin - March 30  
Frances Blair - LABC - March 31



# Laugh Corner

I wish there was a way to  
donate Fat.  
Like you can donate Blood!



March

# St. Patrick's Day Word Search

L L Y K C U L C M Q P H B S R  
 F E R R N P F E O T S O N M J  
 N P G O C Z Q L X I V A N Y L  
 C E K E N H H T R Y K V Y S W  
 K W E Q N K M I C E Y Q S B N  
 E C R R S D W C S E G G R K N  
 D D O Q G O F C I I W G A Z V  
 X S J R B N K M F P N O B K I  
 S U D N M S W U Z M B J U C J  
 U Q I N U A H C E R P E L I I  
 E A G O L D H F H A X O H R G  
 R I X M N Z A S A H K Y T T O  
 I R E L A N D P L C B V B A L  
 D P Z I S J N D C C W A A P U  
 N Y A X F E M H Z K S D E V J


CELTIC  
 CHARM  
 GOLD  
 GREEN  
 IRELAND  
 IRISH  
 JIG  
 LEGEND

LEPRECHAUN  
 LUCKY  
 PATRICK  
 POT  
 RAINBOW  
 SHAMROCK  
 SNAKES



[JinxyKids.com](http://JinxyKids.com)





# Hep-B Shots

Third Shot Schedule  
March 21, 2018



Cactus  
Flair's Office  
Room 103  
501 Cactus Drive  
3 p.m. to 4:30 p.m.