

Energy Zappers

By Kim Farmer

Feeling tired every now and then is normal, but if you are experiencing consistent periods where you feel dragged down, unenergetic, and constantly looking forward to laying your head on your pillow at night, you may need to take a second look at how you are treating yourself. Read the following tips to help you regain your spunk:

1. Sugar has a tendency to be a craving and a curse all at once. It tastes good going down and keeps you from feeling 'up'. When you crave something sweet, its important to have something else ready and available to eat instead. Try to choose snacks that have a small amount of carbohydrates to give you a measurable amount of energy for your day like whole grain crackers and low-fat cheese, fresh fruit or a small box of raisins and low-fat cheese or plain, nonfat yogurt blended with fruit.

2. Caffeine is another substance that will give us the wake up call that we need, but leave us hanging later on. Try to choose the decaffeinated version of your favorite beverage like coffee, tea or cola and avoid using caffeine to help you stay awake; this will only throw off your natural sleep cycle and promote your low energy levels.

3. Dehydration - With our busy lifestyles, it is easy to forget to drink water throughout the day. We need water to flush out toxins, keep our energy levels elevated and to keep our tissues hydrated. It contains no calories, so you can drink as much

of it as you want to, and if you need some variety, add a lemon or lime slice to it. You can also make homemade lemonade with lemon, water and a small amount of sugar or artificial sweetener.

4. Exercise -Whether or not you exercise consistently, **the amount of exercise that you get (or don't get) could be contributing to your lack of energy.** While exercise energizes us physically, mentally and emotionally, we feel more sluggish without it. On the other hand, when we do exercise, it enhances our mood by releasing endorphins, a 'feel good' chemical that increases energy levels. Hopefully it will encourage us to exercise more... but not too much. Overtraining will deplete your energy reserves, break down muscle and make you feel weaker instead of stronger. Exercising too much could suppress your immune system, which could increase your chances of a bacterial or viral invasion, making you more vulnerable to illness. So make sure that you stay in control of your workout sessions and the frequency of them.

You (and you alone!) are in control of your own energy levels, so choose to eat the right foods and drink the right beverages to boost your energy instead of bring it down.

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GCC February Action Alert



greencitiescoalition

After two years of meeting and organizing, the Green Cities Coalition now has more 300 organizations and individuals involved in a collaborative infrastructure for the entire sustainability community and beyond.

1. Hardware hard times: Despite his best efforts, Richard Skorman could not get enough foot traffic into Conservation Hardware on Tejon Street to keep the doors open. But does Richard give up? NOT! He's moved some of the cool conservation gadgets and technology to a rack in front of the bookstore in the Poor Richard's complex a block south. He'll be exploring new ways to sell (at just above cost) lots of things to help the community save energy. For more information, visit the Conservation Hardware Web site.

2. Student Green Fund: Pikes Peak Community College students will vote in April on whether or not to raise their own fees to fund a sustainability coordinator. Paid with a fee of less than \$5 a year per student, the full-time coordinator would establish a recycling system on campus, oversee the community garden project and a host of other environmental initiatives. A PPCC Sustainability Fair will also be held on April 22. For more information on the ballot measure or getting a booth at the fair, contact Jennifer Meier at jennifer.meier@ppcc.edu.

3. Click A Carpool: Metro Rides is making it even easier to put your single-occupancy vehicle behind you. They've quietly launched a new carpool matching site where you can register your rideshare needs and get hooked up with a carpool, vanpool or travel buddy. Of course, carpooling implies people going to basically the same destination at the same time. There are lots of people in danger of losing their jobs due to cuts in bus service. If you are able to drive people to places you might not otherwise be going, call Lori McGinnis of the Pikes Peak Area Council of Governments at 471-7080, ext. 108 to see how you can help.

4. Green Party: It's a new year and time to schedule a new series of Green Drinks/Sustainability Happy Hours. Typically held the last Thursday of the month (although we break the mold when necessary), Green Drinks is a business-friendly networking mixer sponsored by 2-3 green-friendly businesses. If you have a business and want to meet the pro-sustainability crew, contact Steve at sustain@ppjpc.org.



This Sustainability Action Alert was brought to you by Colorado Energy Audits, which will be holding a free workshop on home energy auditing from 5-6 p.m. on Feb. 22 at the Penrose Library Adult Conference Room.

Millions of Uninsured Kids Could Be Eligible for Health Coverage

(NU) - Each year, millions of children in the United States go without health insurance. A fall 2009 Johns Hopkins study reports that about 17,000 American children may have died over the last two decades because they did not have health coverage.

The good news? American families may be eligible for children's health insurance through the Children's Health Insurance Program (CHIP) and Medicaid, which provide low-cost health insurance for kids.

There are a number of reasons a child might not have health insurance- perhaps a parent or guardian has lost a job that provided health coverage, or they do not have access to health insurance through work. For some, the cost of insurance is simply too high. Whatever the reason, a family's uninsured kids may be eligible for children's health insurance now, even if they have been turned down in the past.

Who Qualifies?

Often, families think they cannot get health insurance coverage for their children because they make too much money or because they have been turned down in the past, but they may be surprised. Eligibility varies by state, but in most, a family of four who earns up to \$44,000 a year may be eligible for low-cost coverage.

What Is Covered?

With CHIP and Medicaid, children can get the regular check-ups and immunizations required to attend school and play sports. Most programs also cover dental care and prescription drugs. Also, in most cases, children can see the same doctor every time they get sick, providing consistency for families and allowing them to avoid long waits in the emergency room.



Families may be able to insure their children now, even if they have been turned down in the past.

Why Does a Child Need Health Insurance?

Research indicates that children with health insurance are more likely to have better health throughout their childhood and into their teens. They are sick less often, get the treatment they need when they are not feeling well and are less likely to miss school due to illness, which means fewer lost work days for their parents or guardians.

A parent or guardian who wants to determine whether their kids are eligible for children's health insurance can make a free, confidential call to 1-877-KIDS-NOW (1-877-543-7669) to speak with a CHIP or Medicaid representative in their state.

Families can also visit www.insurekidsnow.gov. There, parents and guardians can link directly to their state's Medicaid or CHIP program, find a list of local providers and get additional information about children's health insurance. In most states, families can complete their applications and submit them without having to take time off work.

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