



Institute for Strengthening Communities
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Have You Been Naughty or Nice?

Yet another Christmas is just around the corner. What does the Christmas season mean to you? If you're the type of person who likes to help others, here's one suggestion to show you care this season by offering your services to those in needs. The Salvation Army is hosting its annual Kettle Campaign again this year and they need your help. The funds, raised by the Army and most importantly its volunteers, allow donations to be dispersed that provide disaster relief and food for hungry people throughout the entire year. This holiday season is especially important as they strive to reach the proposed goal of \$360,000. If you are interested in volunteering and giving back this holiday season, please visit www.tsacedarrapids.org to register online and chose a location. And when Santa asks, "Have you been naughty or nice?" you'll know exactly what to say.



Anyone Up for a Run?

If you like to exercise outside but don't know what to wear, here are some helpful tips to enjoy those cold-weather activities.

Clothing Thermometer

What to wear as it gets colder (in Fahrenheit)

40-49 degrees: long sleeved T, shorts or tights or wind pants, sock or mittens and gloves (pretty nice for winter in Iowa, probably won't last).

30-39 degrees: long sleeved T and T-shirt, tights and shorts, socks or mittens or gloves, and hat over ears (still not too bad for winter in Iowa especially if you've lived in Minnesota).

20-29 degrees: Polypro top or thick long sleeved T, another T-shirt layer, tights and shorts, mittens or gloves, and hat over ears (it's cold, but it could be worse).

10-19 degrees: Polypro top and thick long-sleeved T, tights and shorts, wind suit (top and pants), thick mittens, and thick hat over ears (starting to get worse).

0-9 degrees: Two polypro tops, thick tights and shorts, Gore-Tex or similar thickness warm-up, gloves and thick mittens, ski mask and hat over ears, and Vaseline covering any exposed skin (may want to think about relocating).

minus 15 to minus 1: Two thick Polypro tops, tights and thick

polypro tights and thick underwear (and supporter for men), thick warm-up, gloves, thick (arctic) ski mask and thick hat over ears, Vaseline covering any exposed skin, thicker socks on feet and other measures for feet, as needed (then ask yourself if this is really worth it!).

minus 20 and below: Add layers as needed. Stay in touch with the outdoor and ski shops for the warmest clothing which is thin. Watch your feet. There are some socks which heat up...and other innovations (and if it gets this cold in Iowa, you may want to keep on runnin' south).

Note: These are only recommendations; use the combination of layers which works best for you.

Winterize Your Body

With cold weather comes more inside time which means more germ-sharing with our friends and families. Flu shots are available in most areas and are recommended by many health care professionals. But in addition to those here are some suggestions to include in your everyday eating that can also help your immune system keep up the good fight: almonds (vitamin E), bananas (B6), butternut squash (vitamin A), oranges (vitamin C), oysters (zinc), tuna (low-fat protein), yogurt (helps with your body's production of gamma-interferon), and chocolate (copper). It seems worth a try. And speaking of chocolate.....

Chocolate Fudge

- 1 cupful milk
- Pinch of salt
- 2 squares (2 oz.) chocolate
- 2 cupfuls sugar
- 1 tablespoonful Crisco
- 1 teaspoonful vanilla extract

Put Crisco, milk, sugar, salt, and chocolate into saucepan, and stir and boil until it forms a soft ball when tested in cold water, or 240 degree F. Remove from fire, add extract, allow to stand a minute, and beat until creamy. Pour into Criscoed tin and mark off into squares.



