

CHOICE Morsels (for Smart Women)

November 2011

Have you heard what's going to happen 600 years from now? The plastic water bottle you threw away today will have finally disintegrated! Makes you think, huh? And if that doesn't, maybe this will: **The cost of just one case of bottled water could supply a person in Africa with clean, safe drinking water for the next 5 years!** The choices we make really do matter. Check out this site: thewaterproject.org



Don't forget to turn your clocks back on November 5th before you go to bed. YIPPEE!

Sometimes the smallest things take up the biggest place in your heart!



Are you pregnant, less than six months postpartum, or breastfeeding? Do you have an infant or children less than five years of age? If you answered "yes" to any of these questions, then W.I.C. may be able to help you with nutrition and supplemental food. To see if you qualify, call 563-243-9329 or toll free at 877-437-2942.



If you were unable to come to the breastfeeding class here in October, you have an opportunity to attend a La Leche League meeting at the hospital on Nov. 16th. [They will even let you attend with your infant!! Plus you get points – as long as you have someone sign your form.]



The Center/Botique will be closed on November 16th and 24th.

Congratulations to Lindsey Wing upon the birth of her son Brycen. He arrived on Sept. 29th weighing 7 lbs. 8 oz. and measuring 21 inches. Welcome little one!



Speaking of births and days... beginning in 2012 we are going to do a much better job of announcing the birthdays of our Smart Women!



Did you know ...

Turkey is low in fat and high in protein?
Turkey has more protein than chicken or beef?
Turkeys will have 3,500 feathers at maturity?
Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner? Carbohydrates in your Thanksgiving dinner are the likely cause of your sleepiness.

50 per cent of U.S. consumers eat turkey at least once per week?

June is National Turkey Lover's Month?
45 million turkeys are eaten each Thanksgiving?

Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States?

The average weight of a turkey purchased at Thanksgiving is 15 pounds?

The heaviest turkey ever raised was 86 pounds, about the size of a large dog?



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A Thanksgiving Prayer  
Oh, God, when I have food  
help me to remember the hungry;  
When I have work, help me  
to remember the jobless;  
When I have a warm home,  
help me to remember the homeless;  
When I am without pain,  
help me to remember those who suffer;  
And remembering, help me  
to destroy my complacency  
and bestir my compassion.  
Make me concerned enough  
to help, by word and deed,  
those who cry out  
for what we take for granted. - Samuel. F. Pugh

"For I was hungry and you gave Me food, I was thirsty and you gave Me drink. I was a stranger and you welcomed Me..." - Matthew 25:35

Please join us on December 6<sup>th</sup> here at the Center for a Christmas party from 4:00-5:00. We'll have a game or two (who doesn't love games!?) and eat some goodies. Let us know SOON if you are coming so we can have enough food

prepared! Those who R.S.V.P. on or before Nov. 29<sup>th</sup> will  
earn 20 extra points! Mark your calendar now!