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# January's Quiz Answer:

*Toy Story 3*

Congratulations to **James & Monica Murray**, you won the drawing for free movie tickets! Call Matt at 615-8432 to collect your prize.

Thanks to everyone who responded correctly:

*Sandy & Anne Shiff, Lisa Mitchell & Colin Robertson, Jack & Lillian Lovio, Aaron & Rebecca Shoop, Steve Zavatsky, Nicole Fisher & Eric Christenson, Lupita Burruel, Nicole Farrell & Warren Worrior, Michael Posko, Gina Gonzales, James & Monica Murray, Jerry & Yolanda Hallberg, Fred & Jeanne Yslas, Jose & Danielle Townsend, Kerry Lechner, Thad & Miranda Jones, John & Erica Price, Wes and Angela Morgan, Brian & Stephanie Strand, Paul & Michele Adams, Mark Tennyson, Cheryle Clawson, Karla Garcia & Monica Gracia, Stephen Thompson*

Good luck next month!

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# February's Quiz Question

Send us the correct answer before **March 1** and we'll enter you in our drawing for **free movie tickets**.

Here's the question:

**What team won the 2011 U.S. Football Championship game?**

Either call or e-mail your answer to **615-8432** or **matt@HUDSinTucson.com**. If you would like to receive e-mail reminders, contact us!



# Whacha Doin'?

My wife asked me this morning, "Whacha doin' today?" I said, "Nothing." She said, "That's what you did yesterday." I said, "I wasn't finished."

# Companies After Me

"I need a raise," the man said to his boss. "There are three other companies after me."

"Is that so?" asked the manager. "What other companies are after you?"

"The electric company, the telephone company, and the gas company."

# What It Means

Five-year-old Becky answered the door when the census taker came by. She told the census taker that her daddy was a doctor and wasn't home, because he was performing an appendectomy.

"My," said the census taker, "that sure is a big word for such a little girl. Do you know what it means?"

"Sure! Fifteen hundred bucks, and that doesn't even include the anesthesiologist!"

# GPS

Do I look that shady? I just got a GPS for my car, and my first trip with it was to a drugstore. Since the manual said not to leave it in the car unattended, I brought it with me into the store. While there, the GPS came alive, and a voice stated, "Lost satellite contact."

I wasn't embarrassed until a woman turned to me and said, "Your ankle bracelet monitor is talking to you."

*Reprinted from <http://www.gcfl.net>.*



# Fitness: Adding More Activity to Your Life

If you have decided to get more active, congratulations! Making that decision is an important first step in becoming a healthier person. Keep these key points in mind:

- ◆ Being fit helps you look and feel your best and reduces your risk for a heart attack, diabetes, high blood pressure, and some cancers.
- ◆ Knowing why you want to get more active can help you make a change.
- ◆ Start with small, short-term goals that you can reach pretty easily. It's easier to stick to something new when you have early, frequent successes.
- ◆ Support from family and friends can go a long way toward helping you find success in becoming more active. Don't be afraid to let them know what you're trying to do—and ask for their help.
- ◆ If you're worried about how more activity might affect your health, have a checkup before you start. Follow any special advice that your doctor gives you for getting a smart start.

Doing an exercise or some other physical activity once isn't so hard. The hard part is making changes in your daily life so that you start moving more—and keep moving more as part of your daily routine.

Jumping in too far too fast doesn't usually work, especially over the long haul.

Starting an exercise program—or any kind of change in the way you live your daily life—is like being on a path. The path leads to success. And there are three steps you have to take first:

- ◆ Have your own reasons for doing this.
- ◆ Set goals. Include long-term goals as well as short-term goals that you can measure easily.
- ◆ Think about what might get in your way, and prepare for slip-ups.

Your reason for wanting to become more active is really important. Don't do it just because your spouse or boyfriend or parent wants you to. What makes you want to get more active?

It's not easy to make changes. But taking the time now to really think about what will motivate or inspire you will help you stay active for the long term.

*Reprinted from <http://www.webmd.com/fitness-exercise/get-moving-how-to-add-more-activity-to-your-life>*



## News and Announcements

### Happy Birthday to...

- ☆ Sherri Aalbu
- ☆ Ann Allender
- ☆ Zachary Allender
- ☆ Frank Ames
- ☆ Janet Ames
- ☆ Ashley Blodgett
- ☆ Gabriela Borboa
- ☆ Russ Boston
- ☆ Sharon Brandstatt
- ☆ Victoria Campa
- ☆ Cheryle Clawson
- ☆ George Carter
- ☆ Abbygail Clark
- ☆ Chris Frederiksen
- ☆ Amy Haymore
- ☆ Anita Holguin
- ☆ Michael Hoye
- ☆ Avery Nilsen
- ☆ Ron Olsen
- ☆ Sandy Shiff
- ☆ Rachel Tapia
- ☆ Jillian Vermilye
- ☆ Brent Ware
- ☆ Trudy Welch



### Happy Anniversary to...

- ☆ Manuel & Pati Castellanos
- ☆ Carey and Patricia Vonada

### February Is...

- ☆ American Heart Month
- ☆ An Affair to Remember Month
- ☆ Black History Month
- ☆ Creative Romance Month
- ☆ Great American Pie Month
- ☆ National Cherry Month
- ☆ National Grapefruit Month
- ☆ National Weddings Month



# Chicken Tortilla Soup

## Ingredients:

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 (28 ounce) can crushed tomatoes
- 1 (10.5 ounce) can condensed chicken broth
- 1 1/4 cups water
- 1 cup whole corn kernels, cooked
- 1 cup white hominy
- 1 (4 ounce) can chopped green chili peppers
- 1 (15 ounce) can black beans, rinsed and drained
- 1/4 cup chopped fresh cilantro
- 2 boneless chicken breast halves, cooked and cut into bite-sized pieces
- crushed tortilla chips
- sliced avocado
- shredded Monterey Jack cheese
- chopped green onions



## Instructions:

1. In a medium stock pot, heat oil over medium heat. Sauté onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
2. Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
3. Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion. Makes 8 servings.

Reprinted from <http://www.allrecipes.com>

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