



## December's Quiz Answer:

**B. 1966**

Congratulations to **Nicole Farrell & Warren Worrior**, 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, Byron & Jodi McManus, Aaron & Rebecca Shoop, Colin Cople, Steve Zavatsky, Nicole Fisher & Eric Christenson, Lupita Burruel, Chris & Alex Bartow, Nicole Farrell & Warren Worrior, Ryan & Vanessa Garcia, Michael Posko, Gina Gonzales, James & Monica Murray, Levette McEaddy, Mike Horton, Jerry & Yolanda Hallberg, Rosanne Williams, Fred & Jeanne Yslas, Jose & Danielle Townsend, Dirk & Jo Ann Van Der Kroon, Bitaya Mulato, Kerry Lechner*

Good luck next month!

## January's Quiz Question

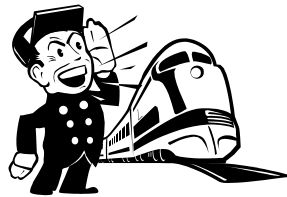
Send us the correct answer before **February 1** and we'll enter you in our drawing for **free movie tickets**.

Here's the question, in honor of our birthday girl:

**What movie features the characters Buzz Lightyear, Ken, and Lotso Huggin' Bear?**

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!



## Absent-Minded Professor

One of the world's greatest scientists was also recognized as the original absent-minded professor. One day, on board a train, he was unable to find his ticket. The conductor said, "Take it easy. You'll find it."

When the conductor returned, the professor still couldn't find the ticket. The conductor, recognizing the famous scientist, said, "I'm sure you bought a ticket. Forget about it."

"You're very kind," the professor said, "but I must find it. Otherwise, I won't know where to get off."

## Bad Dream?

Jemima was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?"

"Aha, you'll know tonight," answered Max smiling broadly.

At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited, she opened it quickly. There in her hand rested a book titled: "The Meaning of Dreams."



## Changing Times

I have five siblings, three sisters and two brothers. One night I was chatting with my mom about how she had changed as a mother from the first child to the last. She told me she had mellowed a lot over the years:

"When your oldest sister coughed or sneezed, I called the ambulance. When your youngest brother swallowed a dime, I just told him it was coming out of his allowance."

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

# Healthy Eating on the Cheap!



Let me start by saying that health is recession-proof. No matter how rich or poor you are, your health has been, is and will always be the most important part of your life. You don't have to be wealthy to be healthy. You simply need to take a moment, think about what you're eating—and make wise choices from there. Here are some tips for eating healthy during hard times.

**1. Fix yourself a plate of brown rice and beans with a green vegetable.** It's cheaper than fast food and the least expensive meal you can have. If you can't afford fresh, then buy frozen green vegetables such as spinach. The vibrant color indicates antioxidants, and most people don't know that rice and beans make a complete protein.

**2. If convenience and time is also an issue, you're still in luck because fast food chains are catching on.** Now they have to list the nutritional information on all of their menu items, and they are offering interesting salads, fruit and whole grain alternatives. When there are no healthy available options, watch your portions. Start getting used to the word "small." Even with beverages, there is no reason that a human being needs to consume 34 oz. of sugary soda. America is the land of large, but what most Americans don't realize is that the value that you perceive to be getting with larger portions is outweighed by the money you will spend on diets, diet books, gyms and fitness fads.

**3. Eat, enjoy, then stop.** After that point there is no upside. Once you become used to eating less, you will actually enjoy what you are eating even more. Very often, people finish what is in front of them simply out of habit. There is a point of diminishing return in an order of large fries. You've eaten half the order; you know how good they are; you've satisfied your craving and now you are eating because it's there. The fries won't get better—you'll just be more full and racked with guilt that you overindulged. Also, eating less of one thing makes it possible for you to try a variety of things. A few bites of a burger and a handful of fries followed by a small ice cream definitely beats a large order of fries on its own.

**4. Eat real food.** If it has ingredients you are unfamiliar with, then you shouldn't eat it absentmindedly. Read labels. Choose the item with the fewest ingredients and ones that look familiar. Corn chips have corn, oil and salt. I'm not suggesting that corn chips are healthy, but they are often the lesser of the evils. Choose the real ice cream that has butter, sugar and flavors versus the one with all of the foreign, chemically enhanced ingredients.

**5. Educate yourself by looking at what you are eating.** Eat the rainbow. The brighter the color, the more antioxidants the food contains, and thus the better the choice. These are tips that you can use anywhere in the world from a plane to your office to a fast food restaurant. Open up your eyes and your mind to how healthy life can be.

Reprinted from [http://www.ehow.com/how\\_4472952\\_eat-cheap-healthy.html](http://www.ehow.com/how_4472952_eat-cheap-healthy.html)

## News and Announcements

### Happy Birthday to...

- Megan Addis
- Colleen Anderson
- Debbie Balta
- Cody Bonfanti
- Kenneth Brandstatt
- Rosalia Campa
- Carlos Cervantes
- Canyon Clark
- Quinton Cooper
- Misty Eggleston
- Aracely Gutierrez
- Austin Harvey
- Brianna McGinnis
- Angel Telles
- Matthew Tennyson
- Nicole Tennyson
- Steve Zavatsky



### Happy Anniversary to...

- Paul & Michelle Adams
- Tim & Cheryl Wolaver

### January Is...

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



# Morning Glory Muffins

## Ingredients:

- 1 1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/4 cups white sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups grated carrots
- 1 apple - peeled, cored, and chopped
- 1 cup raisins
- 1 egg
- 2 egg whites
- 1/2 cup apple butter
- 1/4 cup vegetable oil
- 1 tablespoon vanilla extract
- 2 tablespoons chopped walnuts
- 2 tablespoons toasted wheat germ



## Instructions:

1. Preheat oven to 375° F (190° C). Lightly oil 18 muffin cups.
2. In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
3. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
4. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
5. Bake at 375° F (190° C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed. Makes 18 muffins, 195 calories each.

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