



THOMAS SAFE BASE NEWSLETTER

Winter, November and December

Volume 1, Issue 2

Holiday Edition 2009

The Winter Time Blues...

Here are 9 low-cost steps you can take right now to banish the wintertime blues:

- 1) Go outside and walk briskly with your face in the light – even if it's gray outside – for 20 minutes every day. Both the light and the exercise will kick up your feel-good serotonin.
- 2) Keep your curtains or blinds pulled open all the way so sunlight (or daylight, even on cloudy days) can pour into your living/work space.
- 3) Paint your walls light colors – they'll reflect the light.
- 4) If your car has a sunroof, let in the light while you drive.
- 5) Increase the wattage of your light bulbs to between 5,000 and 10,000 lux (units of light).
- 6) If you have any sort of a desk job, buy a full spectrum light box (available online)

and aim it at your languishing self for an hour a day.

7) Add the raw materials your body needs to make more serotonin by taking these supplements every day: 2 grams of fish oil and one B complex.

8) Eat a small amount of high-quality carbohydrates with every meal and as snacks throughout your day. Fruits, nuts, veggies, and whole grains are among the best choices, as are beans, soups, and oatmeal. You need a little carbohydrate at every meal for your brain to produce serotonin.

9) If after trying the ideas in items 1-8 your symptoms haven't budged, consider taking St. John's Wort or 5HTP, both of which increase serotonin lev-



Important Numbers, Dates, Etc.

Just in case you need to get a hold of us for any reason:

Century Cell: 839-5596

Century Gym: 724-3848

Thomas Cell: 839-5597

The Center: 725-5486

Dates– KDO and Early Out

November 2 & 3: Kids Day Off at The Center.

November 25: 1/2 Day

No program November 26, 27

December 23: 1/2 Day

Winter Camp (at The Center)

December 28, 29, 30, 31, and January 4

No camp: December 24, 25, January 1

If you have any questions please do not hesitate to ask!

(Dates and times are subject to change)

Already Tired of Winter?

Try this Summer Recipe:

Fresh Fruit Pizza

1 (18 oz) pkg refrigerated cookie dough

1 (8 oz) pkg cream cheese, room temp.

3 Tsp sugar

1/2 tsp vanilla extract

Fresh berries, banana slices, orange slices, grapes, melon pieces

1/2 cup fruit preserves

2 Tsp water

Preheat oven to 350 degrees.

Line an ungreased pizza pan with the dough. Cut in 1/8 inch slices, slightly overlapping.

Bake 12 minutes or until light brown: remove and cool.

In medium bowl, combine cream cheese, sugar, and vanilla extract. Spread that over the cookie crust. Arrange fruit on top.

In a small saucepan, over low heat, make a glaze by heating preserves and water.

Brush glaze over fruit, especially dark pieces, and refrigerate until ready to serve.

For Your Reading Enjoyment...

Some important excerpts from the Parent Handbook:

Concerning "Children Not Picked Up by 6:30p.m.": Children must be picked up by 6:30 p.m. The school's clock will serve as the "official clock". If your child is not picked up on time, you will be charged a late fee of \$5.00 (per child) for the first 1-10 minutes late, with an addi-

tional \$1.00 for each additional minute.

Concerning "Times and Hours of Operations": Safe BASE Afterschool Programs are offered Monday through Friday when school is in secession. The hours of operation will be from 6:30 a.m. to the beginning of school and after school until 6:30 p.m. Safe BASE will not be in session on snow days or afternoons of early release days.

Concerning "Signing In/Out Procedure": Your child may NOT be dropped off before 6:30 a.m.; this is part of State Licensing. A child can only be released to the persons listed on the enrollment form. Persons who do not regularly pick up your child will be asked to show picture ID.

(Light reading, right?)

Thanks for your attention in these matters—Derek

Crazy Funny Stuff...

Life After Death

A boss asked one of his employees, "Do you believe in life after death?"

"Yes, sir," replied the new employee.

"I thought you would," said the boss. "Yesterday after you left to go to your grandmother's funeral, she stopped in to see you!"