

Let's Get Cookin'

Vegetable Hand Rolls
 1 carrot
 4 scallions
 2 oz. mushrooms (about 1/3 cup sliced)
 1 small onion
 1 head iceberg lettuce
 6 egg whites
 salt
 3 Tbsp. vegetable oil
 1/2 cup beansprouts
 freshly-ground black pepper



What's Cooking?

pan until very hot. Add the carrot, scallions, mushrooms, bean sprouts, and onion to the pan and cook over medium-high heat, stirring constantly, until onion is translucent. Add the egg-white mixture to the pan and cook, stirring, for 1 minute. Season to taste with salt and pepper. Immediately roll hot vegetable mixture

1/2 cup olive oil
 black pepper
 1-1/2 lbs. bavette or spaghetti
 4 tomatoes (peeled and chopped)

To prepare: In a mortar pound garlic, salt and basil into a paste; add the almonds little by little and then the tomatoes. When all the ingredients are reduced to a pulp, add the oil and the pepper. (This can be done in an electric blender, in which case the oil should be added at the beginning.)

Cook the pasta in boiling, salted water, drain, and toss in a serving bowl together with the pesto until the latter is evenly distributed. Serve at once.

Serves: 6.
 Cooking Time: 20 minutes
 Source: *Cook's Magazine, April 1990*

-Contributed by Health and Wellness Programs

in the crisp lettuce leaves and serve.
 Serves: 4.
 Cooking time: 15 minutes.
 Source: *Cook's Magazine, May 1988*

Pesto Trapanese

6 cloves garlic
 1 tsp. salt
 1 cup fresh basil leaves
 1 cup blanched, chopped almonds

To prepare: Shred the carrot to measure 1/2 cup. Shred the scallions. Slice the mushrooms. Slice the onion to measure 1/2 cup. Rinse and trim 8 lettuce leaves into circles. Recipe can be made to this point several hours ahead.

Cooking and Serving: With a fork beat egg whites and a pinch of salt in a small bowl. Heat oil in a wok or frying

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and disease prevention called "Healthy People." In this paper he defined the objectives of "health education":

- To INFORM people about health and illness and about ways to improve and protect their health;
 - To MOTIVATE people to want to change to a more healthy lifestyle;
 - To help people LEARN the necessary SKILLS they need to adopt and maintain healthy behaviors;
 - To improve TEACHING and COMMUNICATION skills among health educators, instructors and medical personnel;
 - To advocate ENVIRONMENTAL CHANGES that help people have safe and healthy living and working conditions;
 - To conduct ongoing RESEARCH and EVALUATION to determine the most effective ways to meet these objectives.
- Health education is not only evolving

Here [Health & Wellness Programs], you can find information on a variety of topics such as nutrition, fitness, stress, smoking, cessation, safe-sex, etc. You can take advantage of one-on-one counseling with a peer health educator, or you can request a presentation for your residence hall organization.

(as noted above), it is also involving. It encompasses people of all ages, nationalities and income levels.

It seeks to include all population groups. It uses a variety of techniques, since people all learn in different ways. It goes beyond simply learning the facts to being able to use and apply that information. It is an interactive, on-going process.

Students have access to a range of health education-related resources. The Health & Wellness Program office, located in the basement of the Thomson Student Health Center, is a good starting point.

Here, you can find information on a variety of topics such as nutrition, fitness, stress, smoking cessation, safe-sex, etc. You can take advantage of one-on-one counseling with a peer health educator, or you can request a presentation for your residence hall or organization.

The staff at Health & Wellness can also point you in the right direction if you need other campus health education resources.

This week, Oct. 20-26, is National Health Education Week, and we invite you to see for yourself what health education is all about!

Here. There. Everywhere. ETC.

WOMEN'S STUDENT SERVICES

THE MENTORING NETWORK

Students, Faculty, & Staff - Sign Up NOW!!

The Women's Student Services Mentoring Network is a unique opportunity that pairs professional women on campus with undergraduate students who have similar academic or career interests. Information on developing a mentoring relationship along with planned activities throughout the year are offered. The registration deadline for mentors is October 25, 1996. Also, mark your calendars for the mentor-protégé orientation session on November 18, 1996, at 4:00 p.m. in the Gressett Room in Harper College. For additional information contact the Office of Women's Student Services at 777-6688.

Registration Materials are available in the Russell House at the Information Center and the Campus Activities Center

Registration Deadline: Friday, October 25, 1996

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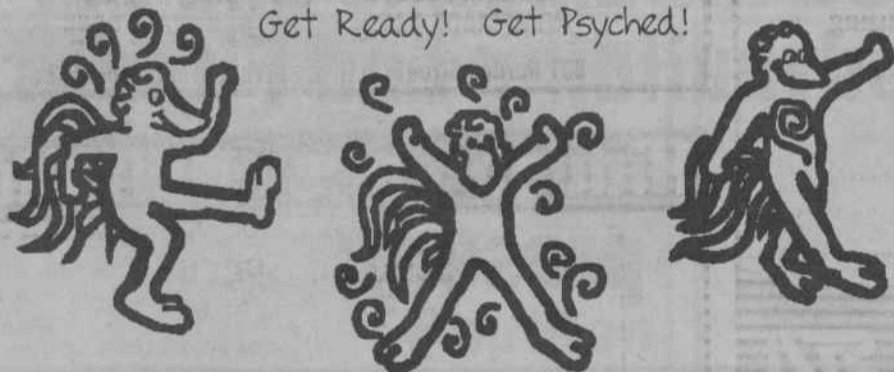


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