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## A CELEBRATION OF HARD WORK

### The History of Labor Day

**PEOPLE IN AMERICA WORK HARD**, and on the first Monday of every September we take a moment to acknowledge their efforts. Labor Day has a fascinating history, and one that you might not expect.

The roots of Labor Day stretch back to the Industrial Revolution, when jobs became plentiful, but not without a cost. As conditions worsened and work days grew longer, unions sprang up as a way to protect the rights of the common laborer. Workers in Canada didn't fare quite so well because unions were illegal. In 1872, workers marched directly to the door of Canadian Prime Minister John Macdonald, demanding the right to organize. He relented, and the march became a Canadian tradition.

As for who brought the tradition to our country, there are two competing candidates. Peter J. McGuire, a carpenter and member of the American Federation of Labor, witnessed the celebrations in Canada and

proposed a similar parade to New York City's Central Labor Union in 1882. That same year, machinist Matthew Maguire proposed a national Labor Day after a public demonstration by the Central Labor Union.

Labor Day didn't become a federal holiday, though, until a few years later. In 1894, the American Railway Union went on strike against the Pullman Company in what is now known as the Pullman Strike. President Grover Cleveland called in the Army and U.S. Marshals in an attempt to break the strike, and several workers in Chicago lost their lives. In an effort to quell tensions and garner union vote support, President Cleveland signed Labor Day into law just six days after the strike ended.

Our country would not be what it is today without the immense effort of laborers. As you enjoy the last long weekend before fall, take a moment to acknowledge just what a difference these hardworking people make.



## WHAT'S YOUR WORD WORTH?

### How a Counselor Shaped My Future



**For some, this time of year means it's back to school.** For others, it's their first full month of college. Both make me think of my own school days and of Tami Pierce Beall, my high school guidance counselor. And I'm still in touch with her! How many people can say that?

Tami was a very cool person, and I thought that even early on in high school. Although she'd set up periodic meetings with us, she had an open-door policy and a big office. We'd often drop in to hang out with her during lunch, and she treated us like adults — the first adult who did. She was also one of the first adults outside my family that I felt I could trust as a confidante and bounce ideas off of, and she gave great advice.

But Tami did more than just talk. She helped us prep for the SATs, pushed us to attend the right summer programs, and got us on track for college. For Tami, getting us kids into good colleges was one of the most important job duties she had, and she took it very seriously. She had contacts with all kinds of schools in the States, especially on the East Coast, and she was happy to use those contacts to help us set up school visits during high school so we could decide which college we wanted to attend.

When it was time for me to go on my own stateside college tour, Tami helped me set up 12 visits in five days. Looking back, it was way too much work to do it that way — for me and for her. But that's what I said I wanted, so she helped me anyway. I visited schools from Massachusetts to D.C. and everywhere in between.

Before I left on that trip, I was pretty sure that I was going to either Georgetown or Tufts. George Washington University (GWU) was a distant third, but with no real "campus," it didn't quite appeal to me. As the trip progressed, some of my top choices got shuffled around, but I still didn't want to go to GWU. Since it was the last school on my list, by the time we got there, I was not so excited. Sitting in the TGI Fridays at GWU, I told my dad I wasn't going to go to the interview or the tour.

"Okay," he said. "But remember, it's not your reputation on the line here. It's Tami's. She put her name out there to get you the interview in the first place and gave her word that you'd be there."

That put it into perspective. There was no way I was letting her down. Of course, I went to the interview. And then I went to GWU as an undergrad.

Tami had a profound impact on my life, and we're still in touch to this day. In fact, her own daughter is headed to school next year, and I can't believe how quickly that time has passed. As the kids head back to school or off to college this month, I want to thank Tami and all the other hardworking counselors, educators, and coaches out there. You truly can have a positive impact.

*- Meliha Pérez Halpern*

P.S. That college tour was a great trip in and of itself, and I'll tell you more about it next month!

# THE BENEFITS OF SEASONAL EATING

## Fresher, Cheaper, Tastier



### The nutritional benefits of fruits and vegetables hardly need explaining.

These health staples, though, can put a dent in your wallet if you're not making the right choices at the market. One way to feed your family healthy and delicious produce on the cheap is to eat seasonally. Not only will this save you money, but you will also vary your diet, support local farms, and put the freshest foods on your table.

Ever wonder why tomatoes cost so much more in December than in July? The answer is simple: shipping distance. Transporting produce long distances

is expensive because it needs to be protected and temperature-controlled. Eating seasonally means you'll save a ton on fruits and veggies.

Even better is to cut out the middleman entirely and buy directly from a supplier. In his exceptional cookbook "Six Seasons: A New Way With Vegetables," Joshua McFadden writes, "The best way to eat with the seasons is to frequent and support local farms, markets, and grocery stores that are doing good things." The USDA website ([ams.usda.gov](http://ams.usda.gov)) has a directory of markets that you can search for by ZIP code.

Learning what's in season at a given time might seem like a daunting task, but there are plenty of tools to help you. You can ask what's in peak season at the market and what to look forward to in the coming weeks. Apps like Farmstand will also let you know the freshest crops in your area and alert you to deals on produce.

Getting the nutritional benefits and great taste of fresh produce doesn't need to cost an arm and a leg. Eat seasonally and locally, and the savings will pile up.

# DEALING WITH STRESS

## LEARN HEALTHY COPING MECHANISMS THAT PUT YOU IN CONTROL

You have more control over stress than you think. Stress management is about taking charge of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to regain control.

### IDENTIFY SOURCES

Chronic stress is hard to recognize. Look closely at your habits and excuses. Do you explain away stress as temporary? Do you define stress as an integral part of your life? Do you blame your stress on others? If you don't recognize your role in creating or maintaining stress, you will never be able to control it.

### FIND HEALTHY STRATEGIES

Withdrawing from loved ones, bingeing on food or alcohol, procrastinating, and sleeping too much are all unhealthy ways to deal with stress. Instead, find unique, healthy

coping strategies. Focus on what makes you feel calm and in control.

### AVOID, ALTER, ADAPT, AND ACCEPT

Some stressors are predictable. Learn how to predetermine your reactions by choosing to avoid, alter, adapt, or accept. Avoid people or situations that stress you out. Talk about your feelings instead of bottling them up, create a balanced schedule, reframe your problems, look at the big picture, and practice gratitude. It's critical to look at the glass as half-full and learn to forgive.

### MAKE TIME FOR RELAXATION

Nurturing yourself is a necessity, not a luxury. If you make ample time for self-care, you will be in a better place to handle life's stressors. Give yourself options like going for a walk, calling a good friend, journaling, or reading a book.



### LIVE A HEALTHY LIFESTYLE

In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress. Eat a healthy diet; reduce caffeine and sugar; avoid alcohol, cigarettes, and drugs; and get enough sleep.

Stress is unavoidable, but it doesn't have to dictate your life. With stress management techniques, you can avoid chronic stress, reduce your stress levels, and live your life to the fullest.

# SCHOOL LUNCH HACKS

## Get by When School Lunch Isn't Cutting It

**Jokes about the quality of school lunches are about as old as lunch itself.** But children's health is no joke. The United States Department of Agriculture reports that 67 percent of middle school students who eat school lunches are overweight.

Packing a better lunch can be a hassle, especially if you're trying to choose food your children actually want to eat. Here are a few hacks to make bag lunch better for your kids.

**Utilize jars.** You want to pack your kid a salad, but you keep losing the itty-bitty container for the dressing. Try using a jar, but put the dressing in first, followed by items

that won't get soggy, like corn or cherry tomatoes. Put the lettuce on top. You can also use jars for dippable foods like celery sticks and peanut butter.

**Thermoses aren't just for your morning coffee.** Kids with a cold lunch from home might look over at Tommy's unpleasant school lunch and think, "Hey, at least the mystery mush is a hot meal." Use thermoses to keep chicken nuggets and other warm foods at their ideal temperature.

**Give the power to the kids.** Nothing tastes better than the power of choice. Homemade fruit cups, hard-boiled eggs, and other healthy foods have a refrigerator life of more than a week. That gives you time



on the weekend to make up a snack bar for your child to pick from every morning.

**Make fruit cool again.** Colorful melons look more delicious if you use a small cookie cutter to cut them into interesting shapes. Also, pen ink looks great on an unpeeled banana, so try inscribing a funny joke or an embarrassing message, like "I love you," on the outside.

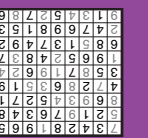
With these tips, your child will never have to worry about being served mystery mush again, and they'll be happier and healthier for it.

## PUZZLE YOUR BRAIN BREAK CORNER

**Sudoku Rules:**

- Use numbers 1-9 only.
- The full grid is 9x9 cells.
- The full grid is broken into 9 regions, 3x3 cells each.
- Each region can contain only one of each number 1-9.
- Each cell can contain only one number.
- Each row and column should contain only one of each number, 1-9.

7				1				
5			9					
8		9	3	4				
	7		8		3	5		
		8		1	9		2	4
1				2				3
		5						
2								
9		3	4		2			8



## WILO BENET'S COCONUT PUDDING

(Tembleque)



### Ingredients

- 2 14-ounce cans coconut milk
- 2 1/4 cups sugar
- 1 cup cornstarch
- 1/2 teaspoon salt
- Ground cinnamon for dusting

### Directions

1. In a saucepan, combine coconut milk with sugar and salt. Bring to a full boil and cook for about 6 minutes, stirring occasionally.
2. In a bowl, combine cornstarch with 3/4 cup of water, and with a whisk, mix well into a slurry.
3. Immediately pour slurry into saucepan and cook for 2 minutes, continuously whisking until mixture thickens into a pudding.
4. Remove from heat. Pour mixture through a colander and transfer the strained pudding into a nonstick 12-inch by 6-inch deep dish or into individual martini glasses.
5. Smooth out the surface and set aside to cool. Refrigerate for 2 hours to completely set.
6. Dust surface with ground cinnamon, slice, and serve.

*Recipe inspired by thelatinkitchen.com.*