

Today's Timely Tips

Useful Information From Your **Tongass Timber Trust** Health Plan.

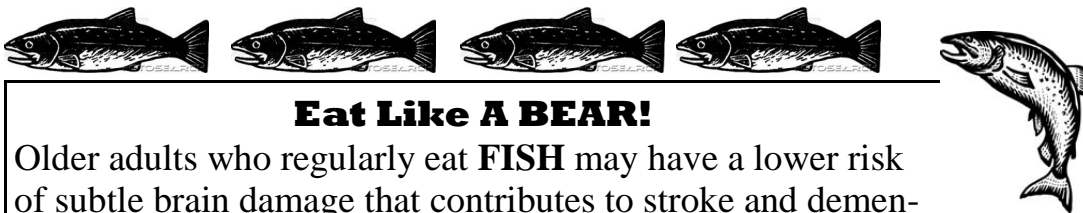
Congratulations!!

The first report on the AVIA Partners Pharmacy-Discount Cards is in, and I am happy to report to you that (1) your generic drug use has increased to 61% of all prescriptions since January, and that (2) a lot of you saved between 30% and 80% (yes, I really said 80%) with the discount card on your prescriptions. Very Impressive!

Remember...

If your favorite drugstore does not accept our AVIA discount cards for prescriptions, ask if they have a free drug-discount program that you can join. Some pharmacies belong to other discount programs.

Also, if you use any drugs on a long-term basis, ask your pharmacist for a comparison of the cost for a 30-day refill and a 90-day refill. This can often save you significant money.



Eat Like A BEAR!

Older adults who regularly eat **FISH** may have a lower risk of subtle brain damage that contributes to stroke and dementia -- *as long as the fish isn't fried* --. The American Heart Association recommends that all adults strive to eat at least two fish meals per week, preferably fatty fish, for the sake of their cardiovascular health.



In addition—Studies have shown that aging rats, fed diets rich in **BLUEBERRIES** had greatly improved learning capacity and motor skills.

Salmonific !

Want to power up your ability to concentrate? Start with a meal of:

- ◆ 100% fruit juice,
- ◆ a whole grain bagel with salmon, and
- ◆ a cup of coffee.

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Blueberry Jello

Quick, easy, delicious, 3-ingredient dessert

- ◆ 1 pt blueberries
- ◆ 2 bananas
- ◆ juice of 1/2 lemon

In a blender, puree blueberries, bananas, and lemon juice. Remove to a bowl and chill until jelled.

Tootin' Our Own Horn

Health-insurance premiums nationwide increased 78 percent between 2001 and 2007, according to the Kaiser Family Foundation, a health-care research organization. Tongass Timber Trust increased only slightly more than 2%, with a maximum increase of only \$21 per family.

TEENS IN THE HOUSE?

Look on The Bright Side! Banging your head against a wall uses 150 calories an hour.

QUOTE OF THE MONTH:

If swimming is so good for your figure, how do you explain whales?

Did You Know?

The Alaska Comprehensive Health Insurance Association (ACHIA) is a nonprofit organization created by state statute to provide health insurance to Alaska residents who are denied health insurance in the private market because of medical condition. It is also available for persons who are eligible under the Federal Portability Act or under the Health Coverage Tax Credit federal program. Go to <http://www.achia.com/> to read the eligibility rules.

All licensed health insurance providers in the state contribute to this plan on an as-needed basis determined by the State of Alaska.

Tongass Timber Trust contributed over \$38,000 to this plan in 2007.

Miracle Pill On The Horizon For Us Couch-Potatoes?

For all who have wished they could enjoy the benefits of exercise without the pain of exertion, the answer may one day be yes — just take a pill that tricks the muscles into thinking they have been working out furiously. *Researchers at the Salk Institute in San Diego report that they have found two drugs that did wonders for the athletic endurance of couch-potato mice.* One drug, known as Aicar, increased the mice's endurance on a treadmill by 44 percent after just four weeks of treatment. A second drug, GW1516, supercharged the mice to a 75 percent increase in endurance but had to be combined with exercise to have any effect.

"It's a little bit like a free lunch without the calories," said Dr. Ronald M. Evans, leader of the Salk group. The results, Dr. Evans said, seem reasonably likely to apply to people, who control muscle tone with the same underlying genes as do mice. If the drugs work and prove to be safe, they could be useful in a wide range of settings. They should help people who are too frail to exercise and those with health problems like diabetes that are improved with exercise, Dr. Evans said.

Did You Know?

(Trivia To Amuse You & Amaze Your Kids)

- ◆ In your very own lifetime, you'll produce enough spit to fill two swimming pools?
- ◆ It's totally impossible to sneeze with your eyes open?
- ◆ The length of your foot is the same as that of your forearm between your wrist and the inside of your elbow? You're probably thinking "no way", but give it a try...you'll be amazed!
- ◆ You will be totally unable to lick your elbow, and you just know your kids are going to try.

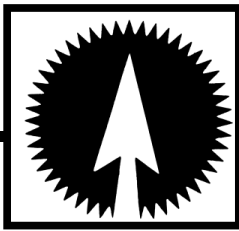
Hot vs. Cold

A dip in chilly water can help endurance athletes recover faster after a tough workout, while alternating between cold and hot water immersion is also beneficial, according to new research published in the International Journal of Sports Medicine.

On the other hand, soaking in hot water was only slightly better than resting for the same amount of time in helping athletes to maintain performance, Dr. Joanna Valle, of the Australian Institute of Sport in Canberra, and her colleagues found.

(Totally unnecessary research in my opinion— Anyone that's ever fallen off the dock can testify how it perks you right up...)





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TO:

Speaking of Diets ---- A beer here, a rum & coke there. Before you know it, your jeans are feeling a little snug. When it comes to calories, not all alcoholic beverages are created equal, especially when sweetened mixers drive up the calorie count. A happy hour-worthy margarita (six ounces) has around 350 calories. And an eight-ounce Long Island iced tea can pack a whopping 600 calories. A light beer is 100 calories. A 12-oz. can of regular beer averages about 150 calories. A can of non-alcoholic beer is about 60 calories. A 5-oz glass of wine averages 100 calories.

The Pencil Diet

You might call it the "write" approach to losing weight: After you put it in your mouth, put it down on paper. A diet diary can help people take off pounds.

We tend to forget what we eat, so the awareness of writing it down and figuring calories is helpful. You don't always realize where extra calories are coming from plus if you know someone else might see your diet list, you will be more careful about all those "just a little bite won't hurt" snacks..

Medical Humor

A physician claimed that the following are actual comments made by his patients (predominately male) while he was performing their colonoscopies: Colonoscopies are no joke, but these comments during the exam were quite humorous.....

1. 'Take it easy, Doc. You're boldly going where no man has gone before!'
2. 'Find Amelia Earhart yet?'
3. 'Can you hear me NOW?'
4. 'Are we there yet? Are we there yet? Are we there yet?'
5. 'You know, in Arkansas, we're now legally married.'
6. 'Any sign of the trapped miners, Chief?'
7. 'You put your left hand in, you take your left hand out...'
8. 'Hey! Now I know how a Muppet feels!'
9. 'Hey Doc, let me know if you find my dignity.'
10. 'You used to be an executive at Enron, didn't you?'

And my favorite..

11. 'Could you write a note for my wife saying that my head is not up there?'