



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



Bangor Region
Public Health & Wellness
www.WhatYouDoMatters.org
City of Bangor

September 2010

September 27 is National Family Day—Celebrate with a Family Meal!

There are many benefits to eating together as a family:

- Eating family dinners together most or all days of the week is associated with eating more healthfully.
- Children who eat family meals consume more fruits, vegetables and fewer snack foods than children who eat separately from their families.
- Children who frequently eat meals with their families tend to do better in school, and tend to be happier with their present life and their prospects for the future.



But what your kids really want is to spend time with YOU!

Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

Become a Family Day STAR! It's EASY!

- S**- Spend time with your kids by having dinner together
- T**- Talk to them about their friends, interests and the dangers of drugs and alcohol
- A**- Answer their questions and listen to what they say
- R**- Recognize that YOU have the power to help keep your kids substance free!

For more information visit:

<http://casafamilyday.org/familyday/>

september2010
National Alcohol
& Drug Addiction
Recovery Month

In September, cities and towns across the U.S. will celebrate National Alcohol and Drug Addiction Recovery Month. Locally, the Bangor Area Recovering Community Coalition (BARCC) will hold their 3rd Annual Bangor Area Conference on Addiction Recovery. The goal of this event is to bring light to the recovering community and educate people about recovery.

Addiction affects many people in our area. In 2009, over 2,000 people were treated for substance abuse in Penobscot County alone. With over 9,000 Penobscot County residents currently in recovery, it is clear that treatment can and does work. With the proper treatment and supports, people can lead healthy, productive lives in recovery. These people serve the community by volunteering their time to carry out the message of recovery.

It is important for all members of the community to learn about substance use issues and how they affect us all. By learning more, we can help to combat the myths of addiction. To learn more, visit www.BangorRecovery.org or join us at the 3rd Annual Bangor Area Conference on Addiction Recovery. Join the Voices of Recovery: Now More than Ever!

Bangor Area Conference on Addiction Recovery

Penobscot Job Corp Gymnasium
1375 Union Street, Bangor, Maine

September 9, 2010

8:30 am – 4:30 pm



City of
Bangor
Maine
www.bangormaine.gov

Healthy Maine Partnerships
Maine Department of Health and Human Services
Maine Office of Substance Abuse

Fruits and Veggies - More Matters

Ten reasons to eat more fruits and vegetables:

- 1. Color & Texture** – Fruits and veggies add color, texture and appeal to your plate.
- 2. Convenience** – Nutritious in any form - fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
- 3. Fiber** – Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- 4. Low in Calories** – Fruits and veggies are naturally low in calories.
- 5. May Reduce Disease Risk** – Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 6. Vitamins & Minerals** – Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- 7. Variety** – Fruits and veggies are available in an almost infinite variety...there's always something new to try!
- 8. Quick, Natural Snack** – Fruits and veggies are nature's treat and easy to grab for a snack.
- 9. Fun to Eat!** – Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard
- 10. Taste – Great!**

For more information visit: <http://www.fruitsandveggiesmorematters.org/>

Make Use of your Garden Bounty!

Insalata Caprese Salad - Mozzarella, Tomato and Basil Plate

1/2 pound fresh mozzarella cheese, sliced 1/4-inch thick

2 large vine-ripened tomatoes, sliced 1/4-inch thick

1 cup fresh basil leaves

Coarse salt to taste*

Freshly-ground black pepper to taste

2 tablespoons drained capers (optional)

1/4 cup extra-virgin olive oil

In a circular design around the side of a serving plate, alternate fresh mozzarella slices on a large platter (or on individual plates if you are doing individual portions) with sliced tomatoes, overlapping for effect.

Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste. Sprinkle capers over the top.

Just before serving, drizzle on some top-quality extra-virgin olive oil.

NOTE: Insalata Caprese should never be allowed to sit in oil for any length of time and become soggy, and no vinegar of any kind goes on true Insalata Caprese!



What You Do For You

Fall is one of the most beautiful times of year in Maine. This time of year is also full of many of the fun festivals, agricultural fairs and events that our region has to offer. Breathe in the crisp fall air and be a tourist in your own backyard!

September

- 2nd-6th- [Blue Hill Fair](#)- Blue Hill
- 3rd-5th- [Annual Windjammer Weekend](#)- Camden
- 8th & 20th- [Ghost Lamp Tour](#)- Bangor
- 12th- [Blacksmith's Roundup](#)- Bradley
- 24th-26th- [Common Ground Country Fair](#)- Unity
- 25th & 26th- [Art in the Park](#)- Bar Harbor
- All Month- [Visit an Apple Orchard](#)- Statewide

October

- 1st & 2nd- [Bangor Book Festival](#)- Bangor
- 2nd- [Brunswick Blues & BBQ Bash](#)- Brunswick
- 3rd & 4th- [Fall Living History Days](#)- Bradley
- 6th & 20th- [Ghost Lamp Tour](#)- Bangor
- 10th- [Acadia's Oktoberfest & Food Festival](#)- Southwest Harbor
- 14th-17th- [Foliage, Food & Wine Festival](#)- Blue Hill