

HEALTHY U

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"If you light a lamp for somebody, it will also brighten your path."

COMMUNITY SUPPORTED AGRICULTURE

Community Supported Agriculture (CSA) consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. Typically, members or "shareholders" of the farm or garden pledge in advance to cover the anticipated costs of the farm operation and farmer's salary. In return, they receive shares in the farm's bounty throughout the growing season, as well as satisfaction gained from reconnecting to the land and participating directly in food production. Members

also share in the risks of farming, including poor harvests due to unfavorable weather or pests. By direct sales to community members, who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing.

Although CSAs take many forms, all have at their center a shared commitment to building a more local and equitable agricultural system, one that allows growers to focus on land stewardship and still maintain productive and profitable small farms. As stated by Robyn Van En, a

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WHAT'S NEW

Say What You Mean!

Tuesday, April 14, 6-7 PM
Basement of Arey Hall
Free.

Tai Chi Easy™

Thursdays, 12:15-1:00 pm
UC room 261
Free

Open to new people

[More Information on Page 3](#)

AUTHENTIC HAPPINESS

There are 6 virtues and 24 character strengths considered important for optimal human fulfillment and psychological well being. Virtue 6 is Transcendence and two of its character strengths are appreciation of beauty and humor

The beauty that is all around you can greatly enrich your life. Beauty can be art, dance, nature, music, a skilled athletic performance, a sweet aroma or a wonderful taste. Whatever the beauty is, if it is experienced with awe and wonder your mood will be uplifted. Beauty is there to be noticed and appreciated, if you take the time. Every day stop to be wowed by things like the trees reflected in the lake, outdoor sculpture,

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URGENT AND EMERGENCY CARE

UHCS is not an urgent care center, but students who are ill or have minor injuries can usually get an appointment the same day. The Counseling Service provides crisis intervention services during regular office hours.

There are several options for receiving health care when the UHCS is closed. Monday - Friday 5-9 p.m. and Saturday 9 a.m.-5 p.m. at Mercy Whitewater Urgent Care 473-0400 or M-F 5-11 PM, Weekends Noon-11 PM

at Fort Health Urgent Care 920-568-5330

The Fort Atkinson Memorial Health Services Emergency Department 1-920-568-5330 is open 24 hours per day

If you have a question about

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VALUABLE LINKS

[Test Your Knowledge About Men's Health](#)

[Men's Health Center](#) - (Information on screening tests, a quiz to determine how well you know your body, links to information on sex and relationships, fitness and weight control, prostate health, psychological health, and men's health A to Z.)

[HIS Health](#) Syndicated columns by Dr. Ken Goldberg on approximately 20 topics ranging from aches and pains to weight loss and birth control to growing older are contained on this site. There is also a quiz and sections for symptoms, sex and self care.)

[What Depression in Men Looks Like](#) (Learn about depression in men, the signs and symptoms of depression, the treatment available, and getting help for depression. Also hear real stories of depression and order publications and other materials.)

[Be a Man, Self Exam](#) (Humorous videos to encourage testicular self exam)

["Did You Know...?"](#)

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This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

WELLNESS RESOURCE CENTER

Natural Tranquilizers: Six different ten minute natural tranquilizers, set to soothing music allow the listener to slow down, relax, and drift off to sleep or return to work refreshed. Audiotape

Relaxation and Wellness: This imagery helps with general anxiety and promotes feelings of peace, balance and optimism. CD

Deep Sleep: Soothing Delta wave frequencies, associated with deep restorative sleep and subliminal messages are woven into gentle music. Best used with headphones.CD

Healthful Sleep: Designed to promote peaceful sleep; create relaxed feelings of safety and calm; release muscular tension in the body; clear the mind of worry and obsessive thinking; heighten a sense of protection and support. Followed by continuous music. CD

PM Yoga Meditations: Tune into your breath, heart and mind to find deep relaxation, intuitive guidance and a calm strength to let go of the day's stress and prepare for a night of restful and rejuvenating sleep. CD

The [Wellness Resource Center](#) is located in the lobby of the Ambrose Health Center. Materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

Community Supported Agriculture, Cont.

leading CSA advocate, "...the main goal...of these community supported projects is to develop participating farms to their highest ecologic potential and to develop a network that will encourage and allow other farms to become involved." CSA farmers typically use organic or biodynamic farming methods, and strive to provide fresh, high-quality foods. More people participate in the farming operation than on conventional farms, and some projects encourage members to work on the farm in exchange for a portion of the membership costs. Most CSAs offer a diversity of vegetables, fruits, and herbs in season; some provide a full array of farm produce, including shares in eggs, meat, milk, baked goods, and even firewood.

An [excerpt](#) from Suzanne DeMuth's *Community Supported Agriculture (CSA): An Annotated Bibliography and Resource Guide*, USDA, National Agricultural Library, September 1993.

Buying shares in a CSA farm is an excellent way to build more fruits and vegetables into your diet. You will receive a regular supply of freshly picked, nutritious, locally grown produce. The nutrient content of produce goes down the longer the time period from farm to table, so fresh is good. As the season progresses, you will receive different fruits and vegetables every two weeks. Most will be familiar but you may also be introduced to some new varieties. The reality is, if you have already paid for it; it's in your kitchen; and it's tasty; you will probably eat it!

There are a number of CSA farms in our area. This year [Wholesome Harvest](#) (920) 675-6113, chriszas@yahoo.com will be delivering their produce to our campus for share holders in the area. Shares must be purchased soon. Delivery will start in mid May.

By Marilyn Kile, LCSW
Wellness Coordinator

Urgent & Emergency Care, Cont.

a substance consumed by or spilled on someone, the National Poison Control Center emergency line is 1-800-222-1222

The UHCS is not equipped to handle life threatening emergencies. In case of an emergency call 911 and arrange for [immediate](#) and rapid transport to an emergency facility, such as a hospital, where sophisticated equipment and resources are available. Whitewater has it's own rescue squad and will transport to Fort Atkinson Hospital.

In the case of a mental health emergency when UHCS is closed, call 1-800-365-1587 for the 24 hour Walworth County Crisis Line or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

For assistance following a sexual assault, call the UWW Sexual Assault Response Team at 472-1060 24 hours per day for support, information/referral and advocacy.

By Marilyn Kile, LCSW
Wellness Coordinator

What's New, More Information

Say What You Mean!

Tuesday, April 14, 6-7 PM

Basement of Arey Hall

Free.

Would you like to learn how to say no? Do you sometimes feel like your opinion is overlooked by others?

Everyone is encouraged to come to this interactive workshop to learn a variety of ways to be more assertive and have your voice heard. If you have questions or have a disability and need accommodations, contact Jill Mallin, 262-472-1305

[Tai Chi Easy™](#)

Thursdays, 12:15-1:00 pm

UC room 261

Free

Open to new people

Relax, Unwind!

Experience the calming and revitalizing practice of Tai Chi, a moving meditation.

Come and learn some simple but very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi helps improve balance, increase flexibility, sharpen focus, and diminish the effects of daily stress.

If you have questions or have a disability and need accommodations, contact [Marilyn Kile](#), Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

Authentic Happiness, Cont.

the sunset, the grace of our Olympic athletes, the flowers/fall leaves/glistening snow, the smell of bread baking and the giggles of children.

Playfulness is a perspective and behaviors. Good natured teasing and silliness can lighten a heavy load and banish the boredom of the everyday. Positive humor brings joy. It helps to laugh about the absurdities of life. It can put challenges into perspectives. Humor can break the tension in a situation with a good laugh. When we share a laugh together over the craziness of our lives, we build social bonds and realize we are not alone in our frustrations.

The concept of authentic happiness comes from the field of positive psychology pioneered by Dr. Martin Seligman. If you would like to better understand your own character strengths, take the Signature Strengths Questionnaire at www.authentichappiness.org