

## Peres Lab Does it Again!

It is apparent year after year that no lab loves Halloween more than the Peres Lab. This year they were a bag of M&M's, and we love it! Such fun and the best smiles. They were also winners of the door contest with their scary, wacky door.



As with most of our holiday parties, we have a potluck, and we appreciate those who brought in food to share with the enormous crowd that showed up at the Halloween Party. Potlucks are a wonderful tradition— *But what is a potluck?* A potluck is a get together where everyone brings a dish of food to be shared among the group of people invited. Suggested items are appetizers, sides, main courses, and desserts. When our Christmas/Winter Holiday/End of the Year Party or whatever you want to call it comes around on Friday, December 14, we hope that everyone who attends will bring a dish to share as is the tradition of a potluck.

## Got Pomegranates?

How about 40+ varieties of pomegranates? Our faculty and staff had the opportunity to try a long list of pomegranates last month as this superfood continues to be in high demand by consumers.



Here are just a couple of the health benefits of pomegranates:

The pomegranate is a fruit that contains hundreds of edible seeds called arils. They are rich in fiber, vitamins, minerals and bioactive plant compounds, but they also contain some sugar.

Pomegranates contain punicalagins and punicic acid, unique substances that are responsible for most of their health benefits. The punicalagins in pomegranate juice have been shown to reduce inflammation, one of the leading drivers of many serious diseases, including cancer and diabetes.

## Love the Holiday Season without Gaining Weight

It is that time of year again when we look forward to gathering with family and friends to rejoice in the spirit of the holidays. The joys of the season are also filled with lots of wonderful food, seasonal goodies, and merriment that can result in a few extra pounds that wrap around your middle. Dangerous pounds! Research shows that most adults gain a few pounds over the holidays, lose one or two of those added pounds, but usually hold onto at least one pound each year. This slow and steady weight creep finds most adults overweight by middle age!



Fear not, you can take pleasure in the holidays and indulge in the delicious foods. The holidays are not a time of deprivation; no one wants to face Thanksgiving, Christmas, or any holiday party without being able to enjoy his or her favorite foods. With a little anticipation and a plan in hand, this year, you can avoid being a victim of the annual holiday trap.

### Make Your Plan

Make your own plan by studying the habits of successful dieters. Try some of these slimming tips and ideas:

**Keep up your regular physical activity** and make sure to get in a good workout on the day of the party or event. NO excuses!

**Be super-diligent on non-party days** by sticking closely to your eating plan.

**Eat a small, nutritious snack** before leaving for the party. This helps to take the edge off of your appetite and gives you willpower to resist hors d'oeuvres, saving your calories for the meal.

**Offer to bring a healthy dish**, one you know you can enjoy without lots of extra calories.

**Buy yourself a fabulous holiday outfit** that makes you look great and celebrates your recent weight loss. Basic solid colors with clean lines are the most flattering.

**Ladies, carry a clutch handbag** that will keep one hand occupied, reducing the urge to nibble.

**Ladies and gents, wear a comfortable yet tight outfit** that will not allow you to overindulge.

**Watch your alcohol calories** -- they add up fast. Alternate alcoholic beverages with non-calorie beverages such as sparkling water.

**Look over all the food offerings** before you decide what you are going to eat. If there are foods that you love but know are decadently rich, just sample a tasting portion.

**Use a smaller plate** (the dessert plate is good). This tip can help you reduce the total amount you eat as long as you don't go back for seconds.

**Eat slowly and savor every bite.**

**Don't linger** around the food table! Move to another location that is less tempting.

**Always sit** down while you eat.

**Portion control** and moderation are the keys to success.

# PARTY

**Friday December 14th is our Holiday/Christmas/Winter Party. 3 p.m. in the auditorium. It's a Potluck, so bring something to share. Gift Exchange, Lab Contest (to be determined), games, food and fun. Mark your calendar!**



### Life is Short, Embrace It

If I had my life to live over, I would have talked less and listened more.  
 I would have invited friends over to dinner even if the carpet was stained and the sofa faded.  
 I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.  
 I would have taken the time to listen to my grandfather ramble about his youth.  
 I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.  
 I would have burned the pink candle sculpted like a rose before it melted in storage.  
 I would have sat on the lawn with my children and not worried about grass stains.  
 I would have cried and laughed less while watching television - and more while watching life.  
 I would have shared more of the responsibility carried by my husband.  
 I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.  
 I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.  
 Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.  
 When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."  
 There would have been more "I love you's".. More "I'm sorrys" ...  
 But mostly, given another shot at life, I would seize every minute... look at it and really see it ... live it...and never give it back.  
*Erma Bombeck*

### Your Turkey Cheat Sheet

- Safely thaw your turkey—if frozen through when you purchased it, the turkey will thaw within a few days in the fridge, approximately 24 hours for every five pounds of turkey. For quicker thawing, place the turkey in a cold water bath and change the water every 30 minutes until thawed.
- Plan on 13 minutes of cooking time for every pound of turkey if roasting without stuffing and 15 minutes per pound if stuffed.
- Heat oven to 450F to preheat and then drop the temperature to 350F when putting the turkey in the oven.
- The turkey is done with it registers a minimum of 165F in the thickest part of the thigh.
- Let the turkey rest for at least 15 minutes before carving.



### 10 most popular side dishes:

Cranberry Sauce, Cornbread, Brussel Sprouts, Corn, Sweet Potato Casserole, Mac and Cheese Rolls, Green Bean Casserole, Mashed Potatoes, Gravy and, of course, Stuffing



# GCREC Employee News

November 2018



### BIRTHDAYS

8...Andre Gama  
 9...Leandro Cordova  
 14...Sam Hutton  
 14...Jason Steward (PC)  
 21...Zhengfei Guan  
 30...Anthony Ellis

### Unthanksgiving Day? Yes, it's a Thing

In 1969, a number of Native American members of the Alcatraz-Red Power Movement group Indians of All Tribes occupied the island of Alcatraz, under the terms of the 1868 Treaty of Fort Laramie that allocated surplus government land to Native Americans. The occupation lasted for 19 months, from November 20, 1969 to June 11, 1971. They were visited by members of the American Indian Movement who, inspired by the occupation, led other protests, the first on Thanksgiving in 1970 when they painted Plymouth Rock red. The latter protest continued as the National Day of Mourning. The US government ended the Alcatraz occupation with force. During the occupation, hundreds of Native Americans joined the movement to speak out for their rights. This was part of a heavy period of Indian activism and protest at a time when the civil rights movement in the United States amongst minorities was at a height. Today, every year on the date of the United States Thanksgiving holiday in November, several thousand indigenous people and spectators travel to Alcatraz Island. Groups dance before sunrise, to honor their ancestors, while other groups demonstrate other aspects of their cultures and heritage and speak out for the rights of their people.

### Florida Ag Expo OVER!

Thanks to everyone who participated during the 13th Annual Florida Ag Expo.

Smaller crowd, but still nearly 500 visitors ascended on our center on the 7th of November. The comments from visitors were all positive and we are so proud of all of you who worked so hard to make this expo another great success.

One of the highlights is our Student Poster Contest. The winners this year are as follows:

Undergraduate Students  
 First Prize - Rafaela Gomes  
 Second Prize - Juma Bukomba

Graduate Students  
 First Place - Leandro Cordova  
 Second Place - Rodrigo Onofre  
 Third Place - David Moreira

We would also like announce the following students were awarded Travel Awards this fall:

First Place Ronald Tapia  
 Second Place Syuan-You Lin  
 Third Place Jin Hee Kim

*Your comments and suggestions to make next year's Expo even better are always welcome. The suggestion box is in the copy room.*

