



Health & Fitness

Sunset on the Pass Fire, in the Yolla Bolly - Middle Eel Wilderness Area

VOLUME 2, ISSUE 7

SEPTEMBER 2012

You won't chew tobacco if you look at its hazards

Upcoming events within the area

- Company 55 Tri Tip Dinner
Sep 7, Bangor Hall
5-7 pm
- Bidwell Bark, Fun Run & Festival
Sep 25, One Mile Rec Area
Dog attendance is encouraged
- Ignite the Fight 5k run
Oct 6, Bidwell Park

The nicotine can be consumed by chewing tobacco apart from smoking and sniffing. This article provides insight into the hazards of chewing tobacco. If you believe that only smoking is injurious, certainly not. Any form of nicotine consumption is injurious. This article covers

- How tobacco is made
- Chewing of tobacco
- Hazards of chewing it

Tobacco is bad for health, no matter in what form you take it the ill effects are always there. Tobacco are leaves of plants that are used in a dried form, they are high in nicotine and consequently addictive in nature. Tobacco can be taken in the form of:

- Chewing
- Snuff
- Smoking

The high content of nicotine makes it very addictive, once a person gets addicted to smoking, chewing or sniffing it becomes difficult to leave it. At times efforts fail and the person goes back to taking tobacco.

Chewing of Tobacco

Chewing tobacco also known as smokeless tobacco is equally bad as smoking. It is a myth that chewing is not as harmful as smoking. Chewing tobacco is made of tobacco, nicotine, sweeteners and chemicals. The continuous chewing process

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Top 10 reasons you're not as lean as you want to be

Published August 26, 2012 Askmen.com

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You work hard in the gym, you watch what you eat, you go running every morning, but you're still not as lean as you want to be. What gives? It could be one of many things according to strength and conditioning coach Nick Mitchell, who was recently named London's Best Personal Trainer 2010 in Time Out magazine.

The founder of Ultimate Performance Personal Training says: "With all the good will in the world, your training may not be enough to get yourself into shape. If you're committing any one of these sins, you'll never be as lean as you want to be."

Here are the top 10 suggestions as to why you may not be as lean as you'd hope to be.

You Eat Too Much Fruit

"Fruit is healthy," I hear you cry! Sure it is, but that doesn't mean it does diddly squat for your fat loss efforts. In a nutshell, the sugar from fruit (fructose) does a very bad job at raising insulin levels. Insulin is required to shove fructose into the muscle as stored energy (glycogen).

Instead, it just lingers around reaping metabolic havoc via a process known as glycation, whereby the fructose binds to amino acids leading to such lovely things as fat gain and metabolic aging. Renowned clinical nutritionist Robert Crayhon has said that "Fructose is the guest that won't go home once the party is over."



You Are Lazy

You have been sold the story that a few easy jogs and some low-calorie meals are all you need to be lean. Get real.

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Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard

Tossing chicken tenders with cornmeal gives these chicken nuggets great crunch without deep-frying. Blackberries (or raspberries, if you prefer) combined with whole-grain mustard make for a sweet-and-savory dipping sauce. Serve with: Steamed broccoli and carrots.

Nutrition

Per serving: 184 calories; 5 g fat (1 g sat , 3 g mono); 67 mg cholesterol; 9 g carbohydrates; 3 g added sugars; 26 g protein; 2 g fiber; 452 mg sodium; 70 mg potassium.

Ingredients

- 1 cup fresh blackberries or raspberries, finely chopped
- 1 1/2 tablespoons whole-grain mustard
- 2 teaspoons honey
- 1 pound chicken tenders, cut in half crosswise (see Tip)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons cornmeal
- 1 tablespoon extra-virgin olive oil

Preparation

1. Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce
2. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).
3. Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones).
4. Serve the chicken nuggets with the berry mustard.



Chicken tenders are the lean strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded “chicken nuggets.”

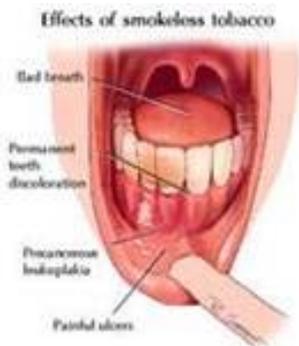
Recipe courtesy of:



Tobacco (cont. from Pg 1)

gives a constant high to the person. This high leads gives temporary relief from stress and anxiety. Small temporary relief leads the person to use it frequently and before the person realizes he is addicted.

Effects of Chewing tobacco leads to numerous side effects, which can be internal or exter-



nal. The main harmful effects of tobacco are:

Erodes Teeth

The ingredients of tobacco consist of gravels, sand, and other harmful chemicals that erode the enamel of tooth. Continuous chewing leads to early loss of teeth.

Early Decay Of Teeth

Chewing leaves small particles in teeth that forms bacteria and plaque, it harms enamel and gums, which leads to decay of teeth.

Gum slump

Chewing leads to decomposing of gums, the gums get infected and the grip on teeth loosens which exposes the sensitive area of the tooth.

Bad Breath

There is nothing as bad as bad breath of a person, they are major turn offs for people around them. The long-term habit of chewing and spitting is unacceptable and looks indecent.

Affects Eating Habit

Eating habits of people who chew tobacco tends to be unhealthy, continuous chewing affects the taste buds and the sensitivity of them decreases. This leads to an increase in intake of more salt, sugar and spices in food as he feels a bland taste in his mouth.

The above effects of tobacco is just the *Continued on Page 3*

10 Tips to improve your nutrition

(Stolen from the 2012 Focus on Safety)

1. **Just do it.** Stop making poor food choices. Nothing that comes in a colorful package with a cartoon spokesperson should be considered a healthy food, no matter what the marketing claim. We're all grown-ups and, luckily, in charge of what we eat (and what we don't eat).

2. **Ditch the simple carbohydrates.** White bread, soda, cereal and donuts are the most frequent culprits when it comes to poor blood sugar control. Better alternatives: See Number 5.

3. **Ten ingredients or less.** Ideally each food you eat will be composed of just *one ingredient* (i.e.: Salmon. Pepper. Carrot. Almond.) But when it comes to packaged foods, or frozen dinners, stick with those under 10 ingredients. Anything over 10 is often a laundry list of additives, preservatives, and emulsifiers.

4. **Commit.** Breaking bad habits means learning a *new* set of behaviors. You may feel you're just "going through the motions" at first (Open mouth. Insert healthy food.) but, in time, it will become second nature. You'll even start to enjoy it.

5. **Learn a new way to snack.** Snacking is often necessary, so you've got to know what to choose. Navigating the convenience store, for example, can be fraught with candy land mines. Opt for nuts, trail mix, unsweetened coconut flakes, olives, fruit or veggie trays, or hard-boiled eggs (they're a great source of protein, with far fewer "bad ingredients" than standard protein

bars).

6. **Keep track of your energy.** Your food should *sustain* your energy levels, not create a spike-and-crash effect. If you feel far too tired between meals or around 3 in the afternoon, you may need to add more healthy, whole proteins and fats while continuing to reduce your intake of packaged, processed foods.

7. **No Soda.** Soda – even diet soda – is a simple, processed food with negative health effects and no benefit whatsoever.

8. **Be a label detective.** Some foods that appear "healthy" actually contain hydrogenated or partially hydrogenated oils, high-fructose corn syrup, or other sneaky names for sugar.

9. **Know your fats.** Fats are important tools for keeping yourself full and providing your body with long-lasting energy. But you need to know which fats are healthy and which aren't.

10. **Congratulate yourself.** Changing your habits, and choosing *not* to eat 90% of what passes as "food" in most grocery stores isn't an easy choice. But it's the right one, and you deserve credit for making it.

Tobacco (cont. from Pg

beginning of trouble for people who chew, it has more deep rooted and life threatening effects. Chewing of tobacco has major or near to fatal effect on addicted people. The major areas where they proved to be fatal are:

- Damage to tongue, jaw and lips
- Lung Cancer
- Oral Cancer

Damage to tongue, jaw and lips

As mentioned above chewing leads to the early decay of tooth, bad breath, damaged gums and falling of tooth. The addiction of tobacco affects the area around the mouth. The tongue and jaws face the following problems:

- Discoloring of lips and lip cancer
- Sore Throat
- Difficulty in movement of jaws and tongue
- Rashes or irritation on tongue
- Burning sensation on lips and tongue

Oral Cancer

Continuous chewing process leaves infectious juices on tooth and lips. These develop in white patches that can be considered as an early symptom of oral cancer.

People who indulge in tobacco chewing have higher risk of

Continued on Page 6

IAPS Data from August 2012

Reportable Injuries:	9
Record Only Injuries:	5
Injury by Activity:	
PT	1
Incident:	7
Training:	0
Station Duties:	6
Injury by Body Part:	
Head:	0
Torso/Back:	1
Extremities:	9
Heat Illness:	1
Exposure:	3

"SAFETY CORNER"

- 8/1/12, Green Sheet, CATCU006811, Vehicle Accident
- 8/3/12, Napa City Near Miss
- 8/3/12, Green Sheet, CAMVU007686, Heat Injury
- 8/7/12, Green Sheet, CALNU005495, Multiple Heat Injuries
- 8/9/12, Green Sheet, CAFKU009545, Vehicle Accident
- 8/14/12, Blue Sheet, CAMMU012674, Vehicle Accident
- 8/17/12, Blue Sheet, CARRU080142, Tanker Drop with injuries
- 8/17/12, Green Sheet, CAFKU010227, Water Tender Rollover Accident
- 8/20/12, Blue Sheet, CALNU006335, Burn Injury
- 8/20/12, Blue Sheet, CACSR000062, Medical Emergency
- 8/21/12, Blue Sheet, CAAEU019245, Vehicle Accident
- 8/27/12, Green Sheet, CARRU080142, Tanker Drop with injuries
- 8/27/12, Green Sheet, CACSR000062, Firefighter Fatality
- 8/28/12, Green Sheet, CAAEU019245, Vehicle Accident
- 8/29/12, Updated Green Sheet, CAMEU004405, Copter Hard Landing
- 8/29/12, 2012 Focus on Safety Released



Wye Fire in LNU



Pass Fire in MEU

Lean (cont. from Pg 1)

If you are aspiring to become a Men's Health cover model, then you need to graft and work at it -- every single day. Three-times-a-week sessions in the gym just won't cut it, and some of you may even need twice-a-day training. To look extreme, you have to train extreme.

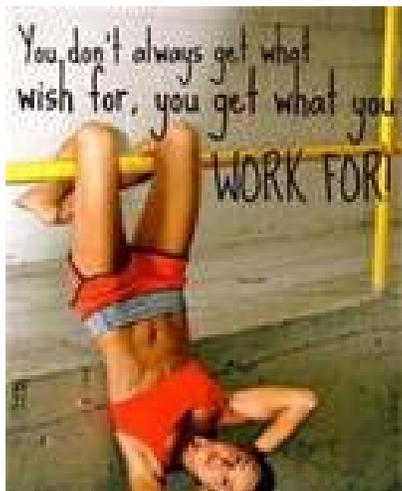
You Obsess Too Much

There is a fine line between dedication and obsession. The former is necessary to transform your physique; the latter will ultimately lead to burn out, elevated cortisol levels and poorer overall condition.

Take a leaf out of the book of men who maybe knew a thing or two about getting in ridiculous shape, [Arnold Schwarzenegger](#) and Ronnie Coleman. Two totally different characters united by their ability to focus completely on the task at hand, and then switch off and relax outside of the gym.

You Don't Lift Heavy Enough Weights

Heavy weights build muscular physiques. Yes, I know that Olympic gymnasts look great but they are genetically elite midgets who are in fact capable of astounding



feats of strength. Don't pump out sets of 25 reps in the gym; instead, strive to always get stronger and spread out your repetition ranges.

Do workouts of 6 reps per set one week, then 12 reps the next, then 5, 8, 4, and back to 6. Trust me, when I tell you that this is one of the very best ways to develop an impressive body.

You Have No Knowledge of Hormone Control

If you are overstressed, under sleeping, eating too much sugar, and never have any downtime, then chances are that you are not looking too hot right now. If you can't get a handle on your own hormones, then good intentions and hard gym work will be for naught.

Educate yourself on insulin, cortisol, growth hormone, and testosterone, and the best ways to optimize your own natural production. Better yet, seek out the advice of someone who has taught Charles Poliquin's BioSignature Modulation theories -- this can really fast-track you down the path of physical excellence.

You Think Fortified Cereals Are "Health Foods"

If you really think you'll get lean eating cereal, then I have some swampland I'd like to sell you: Cereal is bad in pretty much every way, bar the taste of course. All the studies from the 1980s that espoused the health benefits of cereal were sponsored by one very large, very well-known cereal manufacturer. Instead, have eggs and steak for breakfast, and go and buy the excellent Good Calories, Bad Calories by Gary Taubes.

You Do Too Much Regular Cardio

We have all seen them, the cardio bunnies toiling away on their treadmills. What we usually don't see, however, is any change in their physical appearance. This is because the body is a very clever organism and adapts to most forms of cardio in a matter of weeks.

Sure, you will still be working hard, but your metabolism shifts a gear and goes into cruise control rather than working too hard. So, instead of wasting too much time worrying about cardio, simply lift a few more weights, sprint a few more hills and eat a few less carbs.

You Party Too Much

We all need a quick lifestyle check once in a while. If your physique goals are not progressing the way you want them to, then it often pays to examine what is going on in your social life. Just because your buddy is ripped and can get away with a few brews every Saturday night doesn't mean that you can. In fact, he is the exception and the only thing that counts is you and how different factors impact upon your body.

Late nights, drinking, smoking -- all of these will substantively negate your otherwise hard work in the gym and in the kitchen. If a great physique is your goal for the summer, then it's time to knock the vices on the head for a little while. And then, when you do party, think how much fun it will be sporting a new six pack.

You Think Abdominal Training Is Easy

No, it's not. If done correctly, abdominal training can be excruciating. The concept of banging out 50 quick sit-ups disappeared along with the ozone layer in the 1980s.

Abdominals are actually fast-twitch muscles and this means that relatively low (40 seconds) time under tension is optimal for development and muscular growth. This means 15 reps max.

You Believe the Myth of Discipline

There is no such thing as discipline, all we have is love. Either you love being lean and ripped, or you love burgers, fries and donuts. Stop making excuses about having a "lack of discipline" and man up -- what do you love the most?

“To eat is a necessity, but to eat intelligently is an art.”

~ La Rochefoucauld



Tobacco (cont. from Pg

oral cancer to people who take alcohol. The most infected area in oral cancer is the tongue and the area below the tongue.

The cancer slowly spreads to cheeks and throat. Though it can attack any part of the lips, tongue, upper and lower mouth, the cheeks, or gums and esophagus.

It is very important to go in for early diagnosis as soon as one feels suspicious.

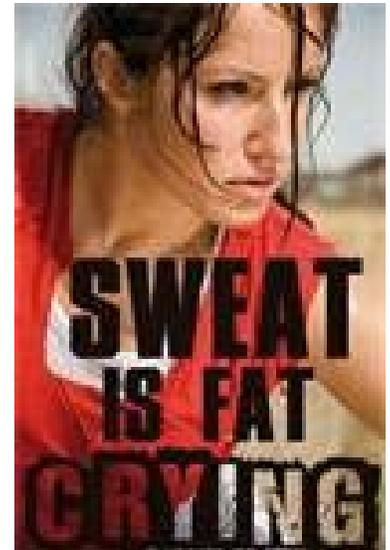
Lung Cancer

Chewing tobacco leads to oral cancer but it is not the end of it, it can spread the disease to the lungs and the linings of the stomach.

Reports show that 90% of lung cancers are cases of people who either smoke or chew tobacco. Destructive agents termed as carcinogens in tobacco injure the cells in the lungs. Over a period of time, these spoiled cells may develop into lung cancer.

98% of guys who use chewing tobacco say their male friends don't mind at all.

Oddly, there are no figures for how their girlfriends feel about it!



"The truth of the matter is that you always know the right thing to do. The hard part is doing it."

-Norman Schwarzkopf

CE Answer Sheet:

Complete this answer sheet from the previous CE article and forward it to the Training Office for grading and credit. (1 CE hour Credit for successful completion)

- 1. True
 False
- 2. True
 False
- 3. True
 False
- 4. True
 False
- 5. Yes
 No
 What does OTC mean?
- 6. True
 False
- 7. True
 False
- 8. True
 False
- 9. True
 False
- 10. Yes
 No

Station:

Name:

Be Back Next Month!

Comments:

For Suggestions or Comments:

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"Let No Man's Ghost Say His Training Let Him Down!" -Unknown Author