**Don’t be Afraid to Confront Your Fears**

You’re afraid. Admit it. We all face fears and anxieties every day, and the only way to overcome them and succeed is to recognize them upfront so we can confront them directly.

- Examine your fears by identifying them. Spend some time each morning asking yourself what might happen during the day that you’re afraid of—failure to reach the people you need to talk to, for example, or getting lost on the way to an appointment.
- Take preventive steps. Think of what you can do to prevent your fear from coming true. Maybe you just need to be persistent to get hold of people, for example. Be on the lookout for behaviors and thoughts that add to your fear, and train yourself to change your patterns of action and thinking.
- Learn from your fears. You’ll either succeed or fail. Either way, use the experience of confronting your fear to overcome new problems.

**‘Mighty Mice’ Research May Help Long-distance Astronauts**

A crew of mice sent to live aboard the International Space Station may help future astronauts survive on long-term space missions, according to CNN. Space explorers who must endure weeks, months or more of a zero-gravity environment lose muscle mass and bone density, a major problem in mounting a mission to Mars.

Forty female mice were sent up to the ISS where they lived for 30 days before returning to Earth. On the station, some were treated with an agent that blocked molecular signaling pathways related to myostatin and activin, which influence and regulate bone density and skeletal muscle mass. A control group on Earth were treated similarly.

Both the mice on the station and those on Earth who had been genetically engineered to lack myostatin maintained their muscle and bone mass compared to those who weren’t treated. The mice on the station actually doubled their muscle mass, earning them the nickname “mighty mice.”

The space mice also proved surprisingly resilient to the pressures of space travel, returning to their normal activity quickly after returning to the ground.

**Thanksgiving’s Origins**

*No pie, but lots of other tasty food*

The first Thanksgiving didn’t feature pies or cakes, because the Plymouth pilgrims had no ovens and a limited supply of sugar. But it may have included cranberries, which Native Americans used in a variety of foods (including pemmican, made from berries, dried venison, and melted fat) as well as for medicinal purposes.

So what was the “original” Thanksgiving really like? Although harvest feasts were common in what became known as the Commonwealth of Virginia throughout the 17th century, the Thanksgiving most Americans probably think of was held at the Plymouth Plantation in November 1621.

William Bradford, the governor of the plantation, organized a feast for colonists and their neighbors, the Wampanoag tribe, to celebrate a successful harvest. The harvest had thrived thanks in part to Squanto, a native of the Patuxet tribe who had learned English as a slave before returning to his native land. Squanto taught the pilgrims how to grow corn, catch eels and fish and avoid poisonous plants in the surrounding forest, as well as helping them to forge a relationship with the Wampanoag and its chief, Massasoit.

This first Thanksgiving lasted three days, and probably did feature wild turkey as well as venison supplied by the Wampanoag—but no football.

**National Nurse Practitioner Week**

*November 8–14*

National Nurse Practitioner Week is held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so that nurse practitioners will be allowed to practice to the full extent of their experience and education.
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Happy Thanksgiving

HC November Sudoku Puzzle
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through to 9. There is only one solution to the puzzle.

Across
1. a mixture of bread, onions and herbs used to stuff (or fill) turkey, chicken or other meat before cooking.
2. the season that is between summer and winter.
3. an area occupied by settlers from another country.
4. the transmission of customs or beliefs from generation to generation.
5. a small, red berry, typically made into a sauce for Thanksgiving.
6. the 11th month of the year.
7. the ship that transported the first Pilgrims from Plymouth in England to the New World in 1620.
8. a large bird that is native to North America.
9. the quality of being thankful; readiness to show appreciation for an act of kindness.
10. a person who decides to live in an area, one that typically has no or few previous inhabitants.
11. a group consisting of parents and children.
12. a process or period of gathering or picking crops once they have grown enough to be used later.
13. a large rounded orange-yellow fruit with a thick rind, edible flesh, and many seeds.
14. a person who goes on a journey for religious reasons.
15. the fat and juices exuding from meat during cooking that is used to cover the meat and vegetables.

Down
1. to have a portion of something with others.
2. the season that is between summer and winter.
3. This is a symbol of abundance and nourishment, commonly a large horn overflowing with produce, flowers or nuts.
4. the season that is between summer and winter.
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Sometimes we take our lungs for granted. They keep us alive and well and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health. Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease. Here are some ways to keep your lungs healthy.

**Don’t Smoke**

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it’s never too late to benefit from quitting. The American Lung Association can help whenever you are ready.

**Avoid Exposure to Indoor Pollutants That Can Damage Your Lungs**

Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smokefree. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

**Minimize Exposure to Outdoor Air Pollution**

The air quality outside can vary from day to day and sometimes is unhealthy to breathe. Knowing how outdoor air pollution affects your health and useful strategies to minimize prolonged exposure can help keep you and your family well. Climate change and natural disasters can also directly impact lung health.

**Prevent Infection**

A cold or other respiratory infection can sometimes become very serious. There are several things you can do to protect yourself:

- Wash your hands often with soap and water. Alcohol-based cleaners are a good substitute if you cannot wash.
- Avoid crowds during the cold and flu season.
- Good oral hygiene can protect you from the germs in your mouth leading to infections. Brush your teeth at least twice daily and see your dentist at least every six months.
- Get vaccinated every year against influenza. Talk to your healthcare provider to find out if the pneumonia vaccine is right for you.
- If you get sick, keep it to yourself! Protect the people around you, including your loved ones, by keeping your distance. Stay home from work or school until you’re feeling better.

**Get Regular Check-ups**

Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected until it is serious. During a check-up, your healthcare provider will listen to your breathing and listen to your concerns. If you need health insurance, learn more about your options.

**Exercise**

Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy. Learn more about how exercise can strengthen your lungs.

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**Protecting Your Lungs**

Tips from the American Lung Association

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