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National Women and Girls HIV/AIDS Awareness Day

March 10 is National Women and Girls HIV/AIDS Awareness Day. The U.S. Department of Health and Human Services is leading this day. Women represent 26 percent of new AIDS cases. Most women are infected with HIV through heterosexual contact and injection drug use. Women of color are disproportionately affected by HIV/AIDS. AIDS is now the leading cause of death for African-American women ages 25-34.

[\[VIEW THE FULL STORY\]](#)



Swiss Chard Pie

This vegetarian pie can go straight from the freezer to the oven. It is perfect to have on hand for a busy family on the go!

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Five Foods To Try Today

1. Turbinado sugar – Dust this coarse sugar on pastries or baked goods to make them sparkle.
2. Israeli Couscous – These big chewy grains are substantial enough for soups and stews.
3. Capers – Capers give a salty, savory kick to a variety of dishes. Add a spoonful to deviled eggs, pastas, salads and tuna.
4. Quinoa – Simply simmer in water and this grain cooks up fluffy with a slight nutty flavor. Quinoa is a great source of protein.
5. Mirin – Sometimes confused with rice vinegar, mirin is a sweet rice wine integral to Japanese cooking. It adds a mild sweetness and sheen to stir-fries.



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[Spring Into Shape](#)

ten tips for starting a exercise prgram and sticking to it

Every single year, people vow to loose those extra pounds and get in shape. For whatever reason, they have high goals and aspirations about starting a fitness/exercise program. Perhaps they want to get in shape for a wedding or want to look good in a swim suit. Here are some tips to staying committed and focused on your newfound exercise regimen.



1. Set realistic goals. Don't try to do too much too soon.
2. Don't overdo your regimen. Do enough to prove that you are capable but not enough to wear yourself out.
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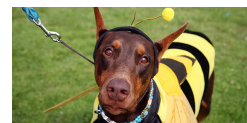
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Walk 'N' Roll

<http://www.sdhumane.org/site/PageServer?pagename=2...>

Join thousands of animals for fun in the sun on Saturday, May 1 from 7:30am to noon at Crown Point Shores for the [San Diego Humane Society](#) and SPCA's 16th Annual Walk for the Animals.

The pledge walk will feature a pancake breakfast and a vendor village, complete with a number of animal-related informational booths. More than 3,000 local animal loves and their pets are expected to join together for this fun-filled, dog themed event to help raise money for the animals in need! Register to walk or pledge your support online at www.sdhumane.org/walk.



[Clean and Green](#)

easy tips for earth-friendly spring cleaning

There still might be a chill in the air, but the calendar is already hinting spring. It is time to tackle some spring cleaning, without using nasty chemicals and generating needless waste. Here's how:



1. Kitchen floors: Whether you have linoleum or ceramic tile in the kitchen, vinegar is all you need to get floors clean. Use a sturdy mop, natural sponge or old washrag to scrub and mop. Vinegar and a tooth brush also clean up grout nicely.
2. Kitchen sinks: Make your own sink scrub using one part vinegar, four parts baking soda and a few drops of your favorite essential oil. Scrub the paste on with a sponge. Let it sit for a few minutes and then rinse.

3. Carpets: Before vacuuming, shake baking soda over the carpeting; it will help to absorb odors. For spot cleaning, try that natural wonder vinegar. Spray it on, scrub out the spot with a washrag and don't worry about the vinegar smell, it goes away quickly.

[\[VIEW THE FULL STORY\]](#)

Dates to Remember

March 14 – Daylight Savings Time Begins

March 17 – St. Patrick's Day

March 20 – Spring Begins

March 28 – Palm Sunday

March 30 – Passover



Meet the Team

www.greatdayeveryday.com

Spice of Life is a team of very dedicated, talented professionals who consistently and cooperatively work together to create successful events that exude the heart and passion that is discovered in its production.

Spice of Life's team is devoted to touching people's lives-- one event at a time.



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There are many ways you can take action in response to HIV/AIDS:

1. get tested for HIV
2. practice safer measures to prevent HIV
3. do not engage in high risk behaviors
4. provide support to people living with HIV/AIDS

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Swiss Chard Pie

2 tablespoons extra virgin olive oil
1 medium red onion, diced small
4 garlic cloves, minced
2 ½ pounds Swiss chard stems cut
¾ teaspoons red pepper flakes
Coarse salt and ground pepper to taste
½ cup grated parmesan
3 tablespoons all purpose flour
Grated zest of 1 large lemon, plus one tablespoon of fresh lemon juice
1 recipe pie dough (or your favorite store bought dough, such as Trader Joe's or Pillsbury)
1 large egg yolk

1. In a large pot, heat oil over medium- high. Add onion and garlic; cook until onion begins to soften, about 2 minutes. Add chard stems and red pepper flakes; cook until stems begin to soften, about 2 minutes.
2. Pack chard leaves into pot; season with salt and pepper. Reduce heat to medium, cover, and cook until chard leaves wilt, about 4 minutes. Drain, pushing out as much liquid as possible. Place chard mixture in a large bowl and toss with Parmesan, flour, lemon zest and juice. Season with salt and pepper.
3. Roll two-thirds the dough into a 12 ½ - inch round cake pan (2 inches deep). Fill bottom crust with chard mixture. Roll remaining dough into a 9 ½ - inch round: place over filling. Pinch edges of dough together and tuck to seal; cut several small slits in the center of pie. Combine yolk with 1 teaspoon water and brush over dough, avoiding edge of pan. Freeze pie or cook at 400 for 40-45 minutes. If cooking from frozen cook at 400 for about 1 ½ hours. Serve warm or at room temperature.

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ten tips for starting a exercise program and sticking to it

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1. Set realistic goals. Don't try to do too much too soon.
2. Don't overdo your regimen. Do enough to prove that you are capable but not enough to wear yourself out.
3. Become more active. Pick three ways you can become more active. Write them down and visualize yourself accomplishing them. Then, go out and do them! Track your progress.
4. Try it for 21 days. According to most researchers, it takes 21 days to form a single habit so if you can commit yourself to 21 days of a healthier life you are more likely to stay committed.
5. Enlist a workout partner. Find someone who shares the same goals as you and enlist their help. Make a plan to get together every few days and workout together. The two of you will help motivate one another and help each other succeed.
6. Choose a fitness program that you enjoy and stay away from those that you don't. For example if you hate yoga, but love swimming then join an aquatics class.
7. Don't wane. If you fall off the exercise train then get back right on.
8. Schedule time for your exercise. Make your fitness/exercise program part of your everyday life. Don't make failure on option. Instead commit yourself to accomplishing your goal and don't let anything stand in your way of ultimate success.
9. Enjoy your healthy journey. Just like you didn't learn to walk in one day it will take some time and effort to make your exercise regimen part of your daily life. Just remember to not give up and to keep at it. In not time at all you will be a workout machine!

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3. Carpets: Before vacuuming, shake baking soda over the carpeting; it will help to absorb odors. For spot cleaning, try that natural wonder vinegar. Spray it on, scrub out the spot with a washrag and don't worry about the vinegar smell, it goes away quickly.
4. Tubs and toilets: Spray with vinegar first, then sprinkle on baking soda for totally natural fizzy cleaning power. Scrub with a sponge or toilet brush, then rinse clean or flush.
5. Garbage cans: Sprinkle the bottoms with the natural mineral borax to prevent mold and fungus from growing, and to keep insects away.

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Amy's background in sales, management and corporate fitness is what led her into producing Health & Lifestyle Expos. In 2006 Spice of Life incorporated making Amy the official CEO. With an incredible love for animals and plants she spends much of her time caring for her pets and garden.

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Tim joined the Spice of Life team three years after its inception. With his background in outdoor recreation systems management and an openness to learn sales and the business, event planning came naturally for him. He also quickly took ownership of his role in the company which has led him where he is today, sharing the role of running the business with Amy.



Laurie joined the Spice of Life team after 26 years in Human Resources. Her strong background in benefits and her natural ability to meet and greet people made this career change seamless.

With a background in Public Relations and Education, Sabrina joined the Spice of Life team in 2001. After taking a break to start a family she is back with the team on a part-time basis helping with logistics and contributing to our company newsletter.

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