

From the Health Office

Hello Blenman Eagle Families. We are here to help if you need assistance.

Nurse: Heather Shaw

Health Assistant: Jennifer Kennedy

Phone: 520-232-6517

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Office Hours: Mon, Tues, Thurs, Fri 8:30-2:40, Wed 8:30-1:40

Feeling ill? It is a good idea to get tested for COVID. Testing is free and there are multiple testing locations. Please see the link below for locations and instructions.



<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=575060>

Kino Event Center 855-452-2346

Morris K. Udall Center 855-452-2346

El Pueblo Center 520-670-3909

If you have chosen to have your student on campus for the remainder of the school year (starting March 22th) and they will need medication during the school day, please make sure to contact the health office. You will need to schedule an appointment to bring in your child's medications and/or inhalers (520-232-6517). Please make sure prescriptions are not expired. We are limiting the amount of people in the building and in the health office and are unable to accept walk-ins currently. We greatly appreciate your cooperation.



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Apples!

This Photo by Unknown

Apple trees take 4-5 years to produce their first fruit. A standard size apple tree starts bearing fruit 8-10 years after it is planted. A dwarf tree starts bearing fruit in 3-5 years.

Apples will ripen six to ten times faster at room temperature than if they were refrigerated.

Apples contain 0 grams of fat or sodium and have no cholesterol.

At 4 grams per average size apple, they are an excellent source of fiber.

Apples are members of the rose family

Apples are full of fiber and can help you feel full on fewer calories – which can ultimately help in weight management. Plus, fiber fights cholesterol and lowers your heart disease risk. (from appleholler.com)

Apple Crisp

Serves 6

Prep: 15 minutes; Bake 40 minutes

Ingredients

4 green apples, peeled and thinly sliced

1/2 c brown sugar

1/2 c flour

1/2 c oats

3/4 tsp cinnamon

3/4 tsp nutmeg

6 tbsp butter

Directions

1. Heat oven to 375. Grease bottom and sides of square, 8x8 pan.
2. Arrange apples in pan. Mix remaining ingredients in a bowl.
3. Sprinkle over apples.
4. Bake about 40 minutes, or until topping is golden brown and apples are tender. (from mommypoppins.com)





Corn!

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Farmers grow corn on every continent except Antarctica.

One bushel of corn will sweeten more than 400 cans of Coca-Cola.

There are about 800 kernels in 16 rows on each ear of corn.

The corncob (ear) is actually part of the corn plant's flower.

The main ingredient in most dry pet food is corn.

Corn is America's number one field crop. Corn leads all other crops in value and volume of production.

A pound of corn consists of approximately 1,300 kernels.

Corn is used to produce fuel alcohol. Fuel alcohol makes gasoline burn cleaner, reducing air pollution, and it doesn't pollute the water. (from [beef2live.com](#))

Fresh Corn Casserole with Red Bell Peppers and Jalapenos



Level: Easy

Total: 1 hr Prep: 15 min

Cook: 45 min

Yield: 6 servings

Ingredients:

8 ears corn (still in the husk)

2 red bell peppers, diced

2 fresh jalapenos, diced

1 cup heavy cream

1/2 cup milk

Salt and freshly ground black pepper

1 stick salted butter, cut into pieces

Directions: Preheat the oven to 350 degrees F.

Remove the corn from the husks. In a large, deep bowl, slice off the kernels of corn with a sharp knife. Turn the knife to the dull side and scrape the cob all the way down to remove all the bits of kernel and creamy milk inside. (I do this inside the bowl because it goes everywhere if you cut it on a board.)

Add the red bell peppers, jalapenos, heavy cream, milk, salt to taste, a generous amount of pepper and butter and mix it well. Pour into a 9 by 13-inch baking dish. Bake until thoroughly warmed through, 30 to 45 minutes. (from foodnetwork.com)