



## Current Studies

Acute Low Back Pain  
 Hot Flash  
 Gout  
 Post Surgical Nerve Pain  
 Psoriasis **new**  
 Knee Osteoarthritis  
 Chronic Low Back Pain  
 Contraception  
 Ankle Osteoarthritis



### APPLY TO PARTICIPATE:

Call 208-621-2503,  
 scan the QR Code, or head to  
 our website.

[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

## Letter from the Director

This has been an exciting time at Family Care Research and Injury Care Research. Our renovation is close to FINALLY being done. It was a long haul with a few hiccups as many renovations often have. We've also welcomed new staff and have brought on some new studies (check out our new Gout study or our new Contraception study - where we're looking at how hormonal birth control versus non-hormonal birth control affect a woman's bone density).

Below you'll read about Labor Day. That means it's also one of my favorite festivals in Boise- the Spirit of Boise Hot Air Balloon Festival. There's something so beautiful about a hot air balloon in the early morning. My kids and I have been attending this event for 10 years so, if you're local and in town for the holiday weekend, you should check it out. It may mean some early mornings if you want to see them fly but, as the famous poet Rumi said, "The breeze at dawn has secrets to tell you. Don't go back to sleep." The balloons lifting off is such a beautiful way to start the day you won't want to go back to sleep.

Warm regards,  
**Jill**



**The breeze at dawn has secrets to tell you. Don't go back to sleep.**



## Did You Know?

The Industrial Revolution of the 18th and 19th centuries brought a vast array of jobs and commerce to the United States. It also created harsh working conditions. Labor unions slowly started to form and fight for American workers' rights to fair pay, fair hours, and safe working conditions. The holiday was designed as a day of well-deserved acknowledgment for the contributions that American workers have made to our country. Labor Day always takes place on the first Monday of September.

<https://www.rd.com/article/what-is-labor-day/>



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## Awareness Month

In 2012, President Obama proclaimed September as National Childhood Cancer Awareness Month to bring awareness to pediatric cancer, which remains the leading cause of death by disease for children under the age of 14.

While much remains to be done, our Nation has come far in the fight to understand, treat, and control childhood cancer. Thanks to ongoing advances in research and treatment, the 5-year survival rate for all childhood cancers has climbed from less than 50 percent to 80 percent over the past several decades. Researchers around the world continue to pioneer new therapies and explore the root causes of the disease, driving progress that could reveal cures or improved outcomes for patients.

This month, we pay tribute to the families, friends, professionals, and communities who lend their strength to children fighting pediatric cancer. May their courage and commitment continue to move us toward new cures, healthier outcomes, and a brighter future for America's youth.

For more information and resources visit:

<https://www.stjude.org/>

<https://www.stjude.org/get-involved/other-ways/childhood-cancer-awareness-month.html>



## SOUTHWESTERN CASSEROLE

From: <https://www.tasteofhome.com/recipes/southwestern-casserole/>

### INGREDIENTS:

- 2 cups (8 ounces) uncooked elbow macaroni
- 2 pounds ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) chopped green chiles, drained
- 1-1/2 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 2 cups shredded Monterey Jack cheese
- 2 jalapeno peppers, seeded and chopped

### DIRECTIONS:

- Cook macaroni according to package directions. Meanwhile, in a large saucepan, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in next 8 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain macaroni; stir into beef mixture.
- Preheat oven to 375°. Transfer macaroni mixture to 2 greased 2-qt. baking dishes. Top with cheese and jalapenos. Cover and bake at 375° for 30 minutes. Uncover; bake until bubbly and heated through, about 10 minutes longer. Serve 1 casserole. Cool the second; cover and freeze up to 3 months.
- To use frozen casserole: Thaw in refrigerator 8 hours. Preheat oven to 375°. Remove from refrigerator 30 minutes before baking. Cover and bake, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°, 20-25 minutes.