

Food banks share wish lists

Officials say many canned goods are high in salt, sugar and calories. If you want to give, a bag of rice is a good start.

See a list of recommended donations at food.usatoday.com.



By Dinesh Ramde, AP

USA TODAY Your Life

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Join our Twitter chat today

Pediatrician Jim Sears from the TV show *The Doctors* will join us online at 1 p.m. ET. Use the hashtag [#docsears](https://twitter.com/docsears) to participate or just follow along.



Could you become a morning person? Yes, but it takes work

Bright light, exercise can help you get going early

By Kim Painter
Special for USA TODAY

Steve Pavlina began adulthood as an extreme night owl: up until dawn and asleep past noon. By his early 30s, he was more of an 8 a.m. guy. But he noticed he got more done on days he got up earlier.

So he set out to become a real morning lark, happily up at 5 a.m.

He failed. "I struggled with it for years," says the personal development speaker and blogger from Las Vegas. But then he succeeded, using a technique many sleep doctors recommend: He got up at 5 a.m. every day, including Saturdays and Sundays, no matter how he felt about it — no snooze alarms allowed.

"Now it's easy for me," says Pavlina, 40.

For some people, mornings will never be easy. And "it's harder for almost everybody to be a morning person in winter," when sunrise (nature's alarm clock) comes late,

Are you a lark or an owl?

Are you a lark (morning person) or an owl (night person)? A few differences, adapted from *The Body Clock Guide to Better Health* by Michael Smolensky and Lynne Lamberg:

	Lark	Owl
Most alert	Around noon	Around 6 p.m.
Most productive	Late morning	Late morning and late evening
Best mood	Between 9 a.m. and 4 p.m.	Steady rise from 8 a.m. to 10 p.m.
Alarm clock	Don't need it	Need multiple alarms
Favorite exercise time	Morning	Evening
Favorite meal	Breakfast	Dinner

For a full lark vs. owl self-test, go to the Center for Environmental Therapeutics' website at cet.org.

says Alfred Lewy, a psychiatrist who studies "chronobiology" (the body clock) at Oregon Health & Science University in Portland.

Dark mornings are one likely contributor to seasonal affective disorder (SAD), or winter depression, Lewy says. But you don't have to be clinically depressed to pull the covers over your head: A combination of genetics, age and lifestyle makes some people love the nightlife and dread mornings. When we're young adults, most of us are owl-like; as we age, most of us go to the lark side, like it or not. Plenty of older folks complain about waking at 4 a.m., sleep doctors say.

But at midlife, larks and owls are more evenly distributed — and it's the owls who suffer in a world where most jobs and other responsibilities start early, says Jeanne Duffy, a researcher at Brigham and Women's Hospital in Boston. Owls "are very often sleep-deprived," she says. Some respond by arranging their lives to match their clocks — taking night jobs or flexible work-from-home gigs.

Many people can't do that. But most can "become more productive and alert in the morning," says Tracey Marks, a psychiatrist in Atlanta and author of *Master Your Sleep*.

Expect it to be a project, akin to

losing weight, Duffy says: "It takes discipline and consistency."

Here's what would-be morning people can try:

► **Pick your ideal wake-up time** — and if your schedule allows, work toward it, getting up 15 minutes earlier each day, Lewy suggests. Once you reach your time, stick to it, even on weekends. Otherwise, your body clock will drift later, and you'll feel it Monday mornings.

► **Get up the first time the alarm rings.** "Swing your legs over the side of the bed and walk toward the coffee pot," says James Wyatt, a sleep researcher at Rush University Medical Center in Chicago.

► **Get a big dose of morning light.** Light is "the most powerful signal" that the day is underway, Duffy says. Go outside within an hour of rising. Or, if it is still dark, consider getting a light box, a device used successfully by many people with SAD. Get guidelines on using one from the Center for Environmental Therapeutics (cet.org) and the Society for Light Treatment and Biological Rhythms (sltbr.org).

► **Get morning exercise.** "Have a spurt of energy to start off your day," Marks says. Walk or run in the morning sun and get a double boost.

► **Try melatonin.** Lewy recommends 0.5 milligrams eight hours after waking and, if needed, a larger

dose at bedtime. (Note: The hormone, which helps regulate the sleep-wake cycle, appears safe in many studies but is sold as a nutritional supplement, so it is untested for safety or effectiveness by the Food and Drug Administration.)

► **Limit nighttime light.** "Mother Nature really didn't intend for us to have all this artificial light," says Michael Smolensky, a researcher at the University of Texas Health Science Center in Houston. So dim the lamps and step away from the screens to tell your body it's almost time to sleep.

► **Get enough sleep.** "For most people, that's going to be seven to nine hours," Wyatt says — which means turning in well before midnight. That gets easier for most folks, the experts promise, if you follow the other tips.

If it does not? You could have a disorder called delayed sleep phase syndrome — meaning you have extreme difficulty falling asleep early and waking up in time for jobs, school and other responsibilities.

Such people often are judged unfairly as slackers, Smolensky says. "Many resort to alcohol and sleeping pills."

Sleep doctors can help many find better solutions, he says. But for some, the best idea might be to find a night job.

If turkey is frozen on Thanksgiving morning, don't panic

You can still roast it and cut safety risks

By Elizabeth Weise
USA TODAY

If you go to your refrigerator Thursday morning and your 15-pound turkey is still a frozen block, food-safety experts have a solution. It will take longer than cooking a thawed turkey, but there's less risk for spreading salmonella in the kitchen.

The technique isn't new, yet it's gaining traction because of a how-to Web publication by Peter Snyder of the Hospitality Institute of Technology and Management, which does safety training for food companies.

Snyder found that roasting a rock-solid bird produces a better turkey. "The breast is still moist, and the dark meat is still tender," he says from his office in St. Paul. It also is excellent for food safety "because you didn't drip that nasty turkey juice on everything in the refrigerator for four days."

Turkeys are by no means a bio-hazard, but they can carry salmonella



By Elizabeth Weise, USA TODAY

You can wing it: Cooking a frozen turkey instead of thawing it can cut down on the risk of salmonella, experts say — and it may result in a better bird.

or campylobacter germs.

Given that, Donald Schaffner, a food microbiologist at Rutgers University in New Brunswick, N.J., says that from a safety perspective, Snyder is right. "A

frozen turkey is going to spread less contamination ... than a thawed turkey."

Snyder's technique is simple: Take one frozen turkey, 12 to 13

Let's talk turkey

Procrastinators, take heart: If you are still scrambling to find a dish to make for Thanksgiving dinner, head to recipes.usatoday.com for side dishes and desserts that will wow the table, including:

- Peppery roasted squash with parsnips
- Classic bread stuffing with dried cherries and apples
- Seeded glazed carrots



See photos and story on cooking a frozen turkey at yourlife.usatoday.com.

pounds. Place a low wire rack on a cookie sheet with low sides. Remove the plastic cover from the turkey and put it on the rack and into a 325-degree oven. Wait 4½ to five hours.

Snyder recommends using a cookie sheet or another baking sheet with a low rim, not a high-sided pan. "You want the hot oven air to evenly circulate all around the turkey," he says. He also recommends putting the turkey on a rack in the pan so that the hot air can circulate underneath as well.

Don't turn the temperature up to rush the process, he says. "It won't work — the outside burns and the inside is still raw."

The U.S. Department of Agriculture's experts agree. Kathy Bernard of the USDA's Meat and Poultry Hotline says "you can cook a turkey from a frozen state. The only thing you need to know is that it takes 1½ times longer to cook" than a thawed bird.

Check the turkey with a meat thermometer. The ideal final temperatures for the turkey are 160 degrees at the breast and 185 for the legs.

The technique is well known to the folks on the Butterball Turkey Talk-line.

Caller stories are similar, says Butterball's Carol Miller. "They buy the turkey late on Tuesday or even on Wednesday, and they think a 20-pound turkey is going to be thawed on Thursday morning." When it isn't, the 60-strong hotline staff has instructions on how to roast a frozen turkey, which are similar to Snyder's.

The one thing you can't do with a frozen turkey is deep-fry it, because the frozen liquid can cause the oil to boil over, Snyder says. "That would be very, very dangerous."