City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XXI, Number 1 January 2013

Glaucoma: Pay Attention to Risks

More than two million Americans age 40 and older suffer from glaucoma. Glaucoma is a serious, lifelong eye disease that can lead to vision loss if not controlled. But for most people, glaucoma doesn't have to lead to blindness because it's controllable with modern treatment.

Anyone can have glaucoma, but here are the common risk factors for it:

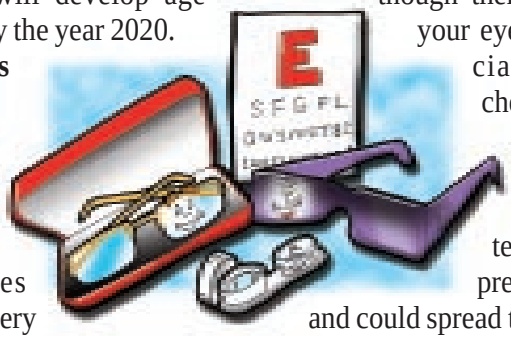
- Age – The older you are, the greater your risk.
- Race – African-Americans have glaucoma four to five times more often than others. African-Americans are also likely to have glaucoma at a younger age.
- Family history – If you have a parent, brother, or sister with glaucoma, you're more likely to get glaucoma too. If you have glaucoma, your family members should get complete eye exams.
- Medical history – Diabetes, previous eye injuries, eye surgery, or long-term steroid use can increase your risk of getting glaucoma.

For more information, visit Prevent Blindness America at http://www.preventblindness.org/glaucoma/glaucoma_what.htm.

Seeing Clearly in the New Year

Even if you're fortunate enough to have perfect vision, taking care of your eyes and protecting them against injury or infection is still important to maintaining your eyesight. According to a recent American Academy of Ophthalmology report, more than 43 million Americans will develop age-related eye diseases by the year 2020.

Here are some tips on how to take care of your eyes and beat the odds of having eye problems:



- Have your eyes checked at least every two years by an eyecare specialist.
- Wear sunglasses that offer 100 percent UV protection when you go outside – in the summer *and* winter.
- Wear prescribed glasses or contacts as directed.
- Eat a healthy and balanced diet containing fruits and colorful or dark green vegetables.
- Protect your eyes with proper eyewear when working where particles could get into your eyes.
- Avoid sharing eye makeup or eye drops with other people.
- Stop smoking. Smoking increases the risk and accelerates the development of cataracts, macular degeneration, and optic nerve damage
- Never touch the tip of a bottle of eye drops with your hands or eyes because it can be contaminated with germs.
- If you get any small foreign object in your eye, such as sand, sawdust, or metal shavings, don't rub it. Flush your eye for several minutes with lukewarm water. If it still feels as though there's something in your eye, see an eye specialist to have it checked out.
- Never put contact lenses in your mouth. Many bacteria and viruses are present in your mouth and could spread to your eyes.
- Take a break from focusing on the computer. Turn away from the screen and change focus. Lubricate your eyes with artifical tears as needed.
- Wash your hands regularly, but especially before touching your eyes.
- Look for warning signs of changes in your vision. These signs include: • trouble adjusting to dark rooms • difficulty focusing on near or distant objects • squinting or blinking due to unusual sensitivity to light or glare • double vision • lines and edges appear distorted or wavy • excess tearing or "watery eyes" • dry eyes with itching or burning • seeing spots • flashes of light or black spots • halos or rainbows around light • loss of peripheral (side) vision.

Surviving Tough Times

Like it or not, in tough times you need a budget. Your main goal should be to eliminate all waste and uncontrolled expenditures. Just the "miscellaneous" expenses in your family finances cause hundreds, even thousands, of dollars to slip though your fingers each year.

These expenses have to be pared down to the bare bones of what you really need, rather than what you desire. This means you have to stop impulse buying and learn to treat the first dollar as carefully as the last.

There are three basic steps to follow in establishing a workable family budget. It's important to take each step in sequence to ensure that the budget you wind up with is the best plan for your family and not someone else's.

• Step one: Find out where your money is going. Most people don't have the slightest idea how much they're actually spending, and they usually don't worry about it unless they end up in a financial mess and creditors get into the act. The best way to determine your actual expenditures is to keep a 60-day diary of every penny you spend. Don't change your habits during this period – just record every outlay for items. The discipline of this exercise will likely be the hardest thing you ever do in setting up a budget. So don't assume, just because the budget process starts out by requiring you to keep detailed records, that you'll have to continue it forever. You won't! It's only necessary to determine your present spending levels.

• Step two: Settle on an appropriate lifestyle for yourself and your family. One of the best ways to go about this is to set aside a couple of hours one afternoon or evening without interruptions. Consider every area of the budget, including vacations, insurance, cars, and so on. List items and activities in order of their priority in your family's life.

• Step three: Set up your basic family budget. If you're married, this must be a plan made by both husband and wife – together. Also, it must be realistic. It will take a couple of hours to consider and write down your goals and objectives. Then, you can count on a couple more hours to write out the budget. Finally, it will take about half an hour a week to maintain it. However, this is a small price to pay for financial peace of mind in tough times.

Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry's best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? *and* Victory Over Debt.

Warm Your Home for Less

- Install a programmable thermostat so you can regulate the temperature at different times of the day. For example, you can adjust the temperature for when you aren't home.
- Reverse your ceiling fans and use them to push the heat down from the ceiling.
- Arrange your furniture so that it doesn't interfere with the heat flow of your vents so the warm air can spread out into the whole room.

- Seal all gaps around windows and doors so that cold air can't get in and warm air won't get out. Check the seals around all windows and doors and replace old and worn-out ones.
- On sunny days, open the curtains to let solar power heat your room. Close them when the sun isn't shining in. Consider purchasing insulated curtains for your windows to keep the heat inside.
- Change your furnace filter every month to make sure the air flows cleanly. Consider using a washable filter to save money.
- Take a shower instead of a bath to save on water usage. Install a low-flow showerhead to reduce water usage even more. Also, consider lowering the temperature on your hot water heater.
- Turn the thermostat down and wear more clothes and use throw blankets to keep warm.

Simple Ways to Save on Fuel

Nearly one in five cars on the road has a loose gas cap. The Car Council says an unsealed cap allows gasoline to vaporize. It can reduce your mileage by up to two miles a gallon. That's as much loss as you would have with gas wasters such as underinflated tires, dirty air filters, and worn spark plugs.

Always twist the gas cap until you hear it click several times. On older vehicles, check for a tight seal. It pays to buy a new gas cap if you notice that it's loose or not sealing properly.

Driving 55 mph saves gas, but as long as you keep speed at 65 or under, you'll save fuel on a trip, according to Edmunds.com. On dry roads, use cruise control to keep speed steady. On frozen roads, cruise control isn't the best idea since you'll need to speed up and slow down as conditions and traffic allow.

Get Fit with Everyday Steps

According to the American Heart Association, swimming, cycling, jogging, skiing, aerobic dancing, walking or many other activities can help your heart. Whether it's included in a structured exercise program or part of your daily routine, all physical activity adds up to a healthier heart.

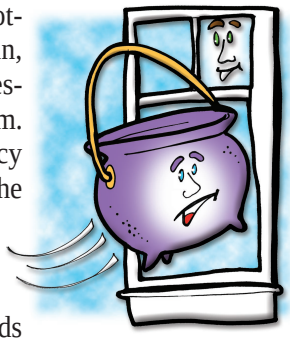
Here are some easy ways to incorporate exercise into your daily life: • Do housework yourself instead of hiring someone else to do it. • Work in the garden or mow the grass. Using a riding mower doesn't count. Rake leaves, prune, dig and pick up trash. • Go out for a short walk before breakfast, after dinner, or both. Start with five to 10 minutes and work up to 30 minutes. • Walk or bike to the corner store instead of driving. • When walking, pick up the pace from leisurely to brisk. Choose a hilly route. • When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. • Stand up while talking on the telephone. • Walk the dog. • Park farther away at the shopping mall and walk the extra distance. • Wear your walking shoes and sneak in an extra lap or two around the mall. • Stretch to reach items in high places and squat or bend to look at items at floor level. • Keep exercise equipment repaired and use it.

Get a Good Night's Snooze

Getting a good night's rest is vital for living a healthy, balanced life. In order to work or play, you must get plenty of rest each 24-hour period. **Here are some tips on how to get a good night's rest:** • Keep a regular bedtime schedule, even on weekends. • Try to make dinner time earlier in the evening, and avoid heavy, rich foods as bedtime snacks. Avoid alcohol and caffeine before bed. • Develop a relaxing routine before bed to send a signal to your brain that it's time to wind down. Try reading a light, entertaining book or listening to soothing music. • As much as possible, avoid things that may trigger worry or anxiety before bed, like upsetting news or television shows. • If you must take sleep prescription medications, work carefully with your doctor to find the best one for you that is safe.

Say Goodbye to Your Pot-Belly

The holidays are over and so are the pot-luck luncheons, so why are you still hanging on to your "pot-belly"? When did you decide to let it take space and keep you "warm" without offering rent each month? Now is the time to release that pot-belly which can cause back pain, restless sleep, heart disease, depression, and major lack of self-esteem.



This year focus on consistency and commitment instead of just the resolution itself. The resolution is the first step and from there you have earned the right to follow through and put your words into action. You can literally buy all the fitness magazines, infomercial gadgets, diet books, fitness equipment, and gym memberships, but if you don't apply them to your life – they're useless. The second step is to pay really close attention to your nutrition or lack thereof. Shrinking your waist is 80 percent diet and 20 percent exercise. The food you eat is a vital part in achieving the abs you've been longing to see again or sculpt for the first time. Consume lean proteins (such as fish and chicken), fresh and organic fruits and vegetables, and nuts and whole-grains. Stay away from refined sugars and any processed foods. Think of grazing throughout the day, eating five to six mini meals. Stay hydrated with water. When you stay hydrated with good ole H_2O, you'll have more energy, less bloating, and you'll snack less.

Cardio exercise is important to release your pot-belly, but resistance exercises are even more important. The more muscle you build, the more calories you burn. **Try this for maximizing your abs:** Lie back on your elbows and lift your pelvis with both feet on the ground (knees bent). Now, lift one leg slowly trying to bring your knee to your nose. You should feel this in your abs and in your hamstring (back of leg) on your supporting leg. Repeat 8-10 times on each side working all reps on one leg before alternating. Deep breathing is another favorite of mine. Inhale deeply through the nose and exhale though the mouth releasing all the air you just inhaled. As you exhale, take your abs down and back towards the spine. Think of a vacuum cleaner suctioned to your back drawing your abs toward it. You'll be amazed at the effectiveness of deep breathing. Keep regular with your workouts and adjust to "clean" eating to succeed.

Wendie Pett is a mother and fitness expert, the author of Every Woman's Guide to Personal Power *and co-author of* The Miracle Seven. *She trains people individually and conducts seminars to corporate groups to help teach others how to maximize their wellness through the balance of mind, body, and spirit. For more information on Wendie visit www.wendiepett.com.*

Setting Goals to Guide You in the New Year

By Paul J. Meyer

Years ago, a young man was drifting from one job to another because, as he put it, "None of the jobs really seemed to serve anyone." As a teenager, this same young man had begun the habit of writing a short summary of magazines and books he had read. At night, he reviewed what he had learned that day. When he lost his job because of the recession, he decided to move ahead with his idea of condensing articles and publishing them in a small, handy magazine.

With faith in his dream, DeWitt Wallace and his wife Lila started producing their little magazine in 1922. At last count the "little magazine" has more than 100 million readers. *Reader's Digest* was born out of a goal to serve others. When you choose goals that will benefit others, *you* benefit most of all.

Only you can decide what your goals will be, for only you know what you want to ultimately achieve. However high you set your goals, you must pursue them with determination and commitment. **Here are some general principles to guide you:**

- Set challenging goals that demand effort and dedication. Unless your goals challenge you and push you to work, you will not improve and will not be any better for having reached your goals.
- Set goals that are realistic. Remember that you have incredible potential. Select goals that are in keeping with your current level of development. Study your abilities carefully and discuss them with someone whose judgment you respect as you establish challenging but realistic goals.
- Set new, higher goals as you reach the old ones. The most successful people are never satisfied with past achievements; they seek constantly to improve by setting higher and higher goals. Keep setting higher goals as you reach old ones. In this way, you continue to improve.
- Choose goals that benefit others as well as yourself. Goals that reflect concern for other people seem to liberate your inner power and persistence more readily than ones that benefit only you. The desire to serve others is an attitude that undergirds all success stories.

When these explosive ingredients meet, they energize your actions and propel you to greatness. As you work toward your goals, believe not only that you can succeed, but expect that you will. Get started today working toward your goals!

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. *For more information, visit his website at www.pauljmeyer.com.*

Do You Listen to the Music?

Music surely must have almost magical powers. I'm sure you've had the experience of hearing a song that you haven't heard in years, and yet you find you can remember every word. No doubt, you have heard a song that immediately brought back vivid memories of a certain time, a particular place, or a special person. Music locks itself into our brains and never seems to let go, and it can have a positive or a negative effect on our moods. It has the ability to lift our spirits or to make us melancholy.

What kind of music do you like? I like a variety. If you were to get into my car and check the radio stations, you'd find that they range from pop to classical and from country to jazz. I like gospel, blues, opera, choral, rock and roll, and everything in between.

If I'm really stressed or have a lot on my mind, I turn on the classics. Sometimes I'm in the mood for luscious love songs. Other times the lyrics and the beat of a country song or the energy of the "golden oldies" of rock and roll can rev me up and get me going. Research studies have shown that workers who are allowed to listen to music tend to be more productive and have a higher level of morale, especially if they get to choose the music.

Find out what kind of music makes you feel good, and turn it on. It can alter your attitude. If you see me driving down the road, I'll probably be listening to and singing along with my favorite music of the moment. When you see me, just know that I'm having a great time – listening to my favorite music and having a great day.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life *and* Make Life Count! – 50 Ways to Great Days. *For more information, visit www.JulieAlexander.com.*

InSync® Moment – Take Risks

We shy away from risk-taking because we like being comfortable. Yet, taking calculated risks expands your experience in life. When an unfamiliar opportunity comes your way, consciously consider it. Picture yourself in that situation. If it feels right for you, go forward. Be willing to experience something new.

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at pilgrim.s@sbcglobal.net.

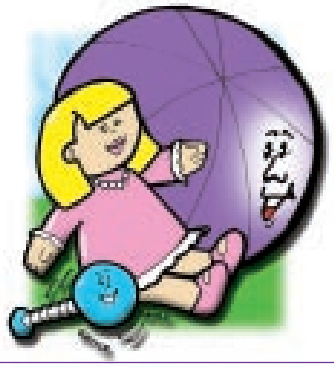
Make Healthy Choices

With the new year upon us, it's important to take the initiative and get healthy. **Here are several ways you can take the reins of your life and make healthier choices that prolong your life:** • Cut junk food from your diet. Choose healthy foods like fruits, vegetables, and whole grains. • Drink plenty of water every day. Cut back on caffeine and alcohol. • Schedule daily exercise. • Get a complete physical to make sure you're healthy. If you discover you have a health condition, follow your doctor's advice to get well or manage the disease. • Gather information and make informed wellness-oriented choices. • Actively participate in your health decisions and healing process. • Get adequate rest each night. • If you're overweight, lose weight by making healthy choices. Avoid fad diets. • Stop smoking.

Tips for a Healthy Pregnancy

According to the Centers for Disease Control and Prevention, not all birth defects can be prevented, but a woman can take some actions that increase her chance of having a healthy baby. **The following are some suggestions from the CDC:**

- ▲ See your doctor and get prenatal care as soon as you think you're pregnant.
- ▲ Stop smoking. Cigarette smoking during pregnancy increases the chances of premature birth, certain birth defects, and infant death.
- ▲ Drink at least six to eight glasses of water, fruit juice, or milk each day.
- ▲ Avoid X rays. If you must have dental work or diagnostic tests, tell them you're pregnant immediately.
- ▲ Get plenty of rest.
- ▲ Let your doctor know if you experience any of the following: cramps, uterine contractions at 20-minute intervals, vaginal bleeding, leaking of amniotic fluid, dizziness, fainting, shortness of breath, palpitations, constant nausea and vomiting, trouble walking, edema (swelling of joints), or if your baby has decreased activity.



Source: http://www.cdc.gov/ncbddd/bd/abc.htm

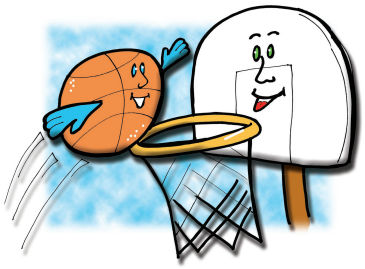
New Year, New YOU

It's that time when most of us make a lot of well-intentioned resolutions, only to realize later that we're not sticking to them. And there are plenty of reasons to go around: a busy work schedule, hectic family life, or bad weather. Well, no more excuses. Start off the New Year with an attainable goal: to look and feel younger. **Follow this RealAge plan for success:**

- Whittle your waist. If you had too many helpings of food over the holidays, you've probably put on a pound or two. But instead of beating yourself up, commit to eating healthier and smarter. Load your plate with colorful fruit and veggies; cut back on saturated and trans fats; fill up on fiber (it makes you eat less); pass on the processed; and if you do crave the occasional treat, get in some extra exercise.
- Get strong, fit, and lean. When's the last time you walked for 30 minutes or hit the gym? The holidays can interrupt workout routines, but now it's time to get off the couch and get moving. If you haven't been active in a while, start out slowly and work your way up to 30 minutes of walking every day. Get in some strength training by using free weights or resistance machines. Last but not least, limber up. Yoga, chi-gong, and daily stretches are great for improving flexibility.
- Love your skin. Most women barely have time to put makeup on in the morning, let alone go through a skin care regimen. Well, you don't have to. You might be surprised to know how some simple daily habits – like practicing deep breathing, eating mindfully, getting adequate exercise and sleep, and adopting a positive outlook – could nurture your skin and make it look and feel younger. F
- Be happier, stress less. You can't eliminate stress from your life, but you can keep it from getting the best of you. Along with practicing relaxation exercises like deep breathing, carve out at least five minutes each day to meditate. Most important for loving your life: Find what makes you happy, and do it every chance you get!
- Ring in the New Year by lowering your RealAge. Take the RealAge Test and get a personalized plan to live life to the youngest. www.realage.com

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? *and* The RealAge Diet: Make Yourself Young with What You Eat. *Roizen, an internist and anesthesiologist, has been listed for the last 13 years in* The Best Doctors in America, *published by Woodward/White. For more information on RealAge, visit www.RealAge.com.*

Score Big with Safety Tips



• Wear the required safety gear every time you play or practice. Knee and elbow pads protect against scrapes and bruises, mouth guards prevent serious dental injuries, and eye protection is recommended since eye injuries account for about two percent of injuries, according to the National Collegiate Athletic Association. • Select basketball shoes that fit snugly, offer support, and are non-skid. • Always warm up and stretch before playing. • Inspect the court for safety. Baskets and boundary lines shouldn't be close to walls, fences, bleachers, or water fountains. Goals and walls behind them should be padded. If you play outside, check the court for holes and debris. • Don't wear jewelry or chew gum while playing.

Source: American Heart Association, www.americanheart.org

Drive Safely this Winter

- Before you start: Clear the snow and ice off your whole car. Don't forget to clean the headlights. Carry a cell phone, shovel, sand or kitty litter, snacks, and water in case you get stuck. After a big snow, don't leave until the snow plows and sanding trucks have done their work. For a frozen door lock, heat the end of the key with a match. Turn your lights on when you leave.
- On the road: Drive slowly and leave three times the amount of space you normally allow between your car and the one ahead. Don't use cruise control. To stop, brake gently. If your wheels start to lock up, ease off the brake.
- In a skid: If your rear wheels skid, stop accelerating and steer in the direction you want the front wheels to go. Apply anti-lock brakes with steady pressure. For standard brakes, pump them gently.

- If you get stuck: It can happen in your yard, in front of a house, or anywhere you happen to slide off the road for even a few feet. When it does, don't spin your wheels. Turn the wheels from side to side to push away the snow. Use a light touch to ease your car out. If that doesn't work, use a shovel to clear the snow from the wheels and underside of the car and put sand under the wheels. If none of this works, dial up a tow truck and just relax and wait for help.

Shovel Snow Safely

A heavy snow is beautiful to see as it coats the trees and the ground. But sometimes, snow on the sidewalk and driveway makes you think twice about its beauty. **Here are some tips:**

- Get ready: Don't eat a big meal, smoke, or drink coffee or liquor before you go out. Drink water to prevent dehydration and stretch to warm up your muscles.

- Dress in layers: You'll be able to remove a layer if you start to sweat.
- Have two snow shovels: Use a regular snow shovel for pushing snow and one with a smaller blade to pick up packed snow. One big shovel of wet snow can weigh as much as 25 pounds.
- Don't wait until it's over: If a big snow is forecast, take your regular snow shovel and push it off your sidewalk whenever a couple of inches collect.
- Get a grip: Hold your hands at least 12 inches apart on the shovel handle to increase leverage and reduce strain on your body.
- Watch your back: The Academy of Orthopaedic Surgeons says if you must lift snow, squat with your legs apart, knees bent and back straight. Don't bend at the waist.
- Walk away: Scoop small amounts of snow and walk to where you want to put it. Hold the shovel of snow close to your body and don't twist when you dump it.
- Pace yourself: Take frequent breaks and gently stretch your back and legs.

Should you be shoveling at all? Anyone who has had a heart attack or who has heart problems shouldn't shovel without a doctor's permission.

Helping Kids Cope with a Move

Educators at the University of California, Santa Barbara, say it's very disruptive for kids to change schools mid-year, but a single school switch isn't likely to put a well-adjusted child at risk. **Here's how you can help:** • Before the move, explain why it's necessary and describe the advantages of the new location. • After the move, get involved with their activities at church, PTA, scouts, YMCA, or other groups. • If the student is a senior in high school, consider letting him or her stay with a trusted family for the rest of the year. • Help children stay in touch with friends through letters, E-mails, or telephone calls.

Oatmeal: Tasty Choice for Cold Day

Would you like to protect your heart, fight cancer, boost your bones, and have a sweet treat for breakfast?

A toaster pastry won't do it, but a dish that's almost as convenient will. Try oatmeal and raisins.

You might be too busy to cook, but placing equal amounts of regular oatmeal and water (2/3 cup) in the microwave, adding a handful of raisins, and cooking for a minute and 20 seconds will bring you a great breakfast.

It has a chewy, sweet, nut-like flavor. Raisins are called "nature's candy," but you can also add fake sugar to sweeten even more without adding calories.

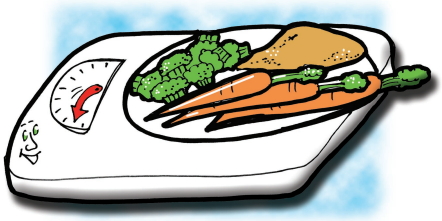
Use regular oatmeal instead of instant. The difference in microwave time is only a few seconds, and you get more of these health benefits:

- Insoluble fiber and phytochemicals that are cancer fighters. Oatmeal has soluble fiber that reduces bad cholesterol without lowering the good kind.
- People who eat oatmeal are less likely to develop heart disease. They think better and don't get hungry before lunch. And oats are good sources of many other vitamins and nutrients.
- Raisins have high antioxidant activity that prevents cell damage. They're one of the best sources of boron, which is vital to bone health.
- Raisins are a fruit that can lower your risk of macular degeneration.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, The Energy Edge, *gives power points to have energy for life!*

Healthful Tips for Cooking Lighter

When trying to cook lighter, healthier meals, the first step is to reduce the amount of high-fat, high-salt ingredients, and then second, replace them with lower-fat, lower-salt alternatives.



Here are a few substitution ideas you might try:

- Use skim milk, nonfat plain yogurt, skim-milk cheese, low-fat or nonfat cottage cheese, and light cream chease instead of the higher-fat products.
- Eat more fish and white meats and fewer red meats. If you eat red meats, buy lean cuts and trim them well. Cook them in a low-fat way, such as grilling or broiling on a rack.
- Remove skin from poultry before cooking to cut the fat by 50 percent.
- Use cooking sprays and nonstick skillets that enable you to brown meats without grease. Sauté in stocks and broths rather than fats and oils.
- Use monounsaturated oils such as canola or olive oil for salads and cooking.
- Use egg whites or egg substitutes in place of whole eggs (two egg whites = one egg).
- Use legumes (dried beans or peas) as a main dish or a meat substitute.

CUMIN-DIJON DRESSING

3 Tbsp. lemon juice
1 Tbsp. olive oil
2 Tbsp. chicken stock (fat-free/low salt)
1 Tbsp. red wine vinegar
1 tsp. cumin
1 tsp. Dijon mustard
2 cloves garlic, minced
1/2 tsp. creole seasoning

Whisk lemon juice, oil, chicken stock, vinegar, cumin, mustard, garlic, and seasoning in a bowl. Set aside to use with Confetti Chicken Salad. This dressing may also be used with other salads and is a delicious addition to chicken or turkey sandwiches. Makes 4 servings of 2 Tbsp. each.

Each serving contains: 31 calories, 0 g. protein, 3.4 g. fat, 0 mg. cholesterol, 0 g. carbohydrates, 150 mg. sodium. Calories from fat: *98 percent*

CONFETTI CHICKEN SALAD

Makes 4 servings

12 oz. boneless skinless chicken breasts
2 cups chicken broth (fat-free/low salt)
1 recipe Cumin-Dijon Dressing
3 ears of corn, cooked and cooled
24 cherry tomatoes, halved
6 radishes, sliced thin
1/2 red bell pepper, sliced
4 cups romaine leaves, torn into bite-sized pieces
Serve with 4 oranges, peeled and sliced.

In a skillet over medium heat, bring chicken and broth to a boil. Reduce heat to medium low. Cover and poach chicken until it is no longer pink., 6 to 8 mins. Transfer chicken to cutting board and cut into bite-sized pieces. Add Cumin-Dijon Dressing to chicken and toss to coat. Cut kernels from corn cobs. Add corn, tomatoes, radishes, and peppers to chicken. Toss until well combined. Arrange lettuce on a platter and top with the salad. Surround each salad with 1 orange, sliced.

Each serving contains: 312 calories, 22 g. protein, 8 g. fat, 48 mg. cholesterol, 38 g. carbohydrates, 220 mg. sodium. Calories from fat: *23 percent*

From Pamela Smith's Eat Well, Live Well. *Visit www.pamsmith.com for more information.*

✂ clip and keep

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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family

Sidestep Stress in Your Life

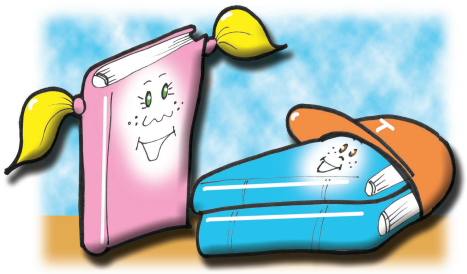
Are you feeling overwhelmed by stress? If so, you're not alone. In fact, one survey found that one-third of people in the United States are living with extreme stress.

According to Mental Health America, stress in small doses can be good for you since it can give you energy and motivation. However, too much stress or stress over a long period of time can take an unhealthy toll on your body.

Here are some of the warning signs of too much stress in your life: • Feeling angry, irritable or easily frustrated • Feeling overwhelmed • Headaches • Change in eating habits • Problems concentrating • Feeling nervous or anxious • Trouble sleeping • Problems with memory • Feeling burned out from work • Feeling that you can't overcome difficulties in your life • Having trouble functioning in your job or personal life • Faster heartbeat • Susceptibility to illness • Nausea, stomach pain, or heartburn • Muscle aches and tension • Diarrhea and other digestive problems • Acne and other skin problems.

Encourage Your Children's Education

Are you looking for ways to encourage your children to excel in school and learning? **Here are several tips for parents on how to encourage their children's education:**



- Build a positive working relationship with your child's teachers, school administrators, and other personnel.
- Get involved in your child's education. Ask him or her what they're learning and show interest in their homework and school projects.
- Provide your children with supplies and a quiet space to do homework at home. Offer assistance if they need it but don't do the work for them.
- If your child is struggling in a class, inquire about tutors or special classes that might help.
- Make sure your child eats healthy meals and gets plenty of sleep.
- Celebrate your children's achievements and let them know you're proud of their accomplishments.
- Visit the library with your children on a regular basis and encourage reading. Give your children books as gifts and let them see you reading.
- Make sure your child attends school on a regular basis.

Getting Working Parents More Involved

It's a familiar problem for working parents. Parent-teacher meetings, school plays, bake sales, and choir concerts are held during the day. In many cases, that leaves working parents out. In a change that can have big benefits for children, schools are making an effort to bring working parents into the picture. **Steps taken or in progress at schools include:** • Hold two rounds of meetings, conferences, and events, one during the day and one during the evening. • Create "family fun" evenings to welcome all parents. • Review all meeting and program schedules annually in order to draw maximum attendance. • Hold meetings where the kids are, like during evening practices.