

## Take the 1-3-5 Challenge



**1 WHAT  
3 WHYS  
5 HOWS**

Do you need some motivation to get started with a healthy behavior change? Do you feel a bit overwhelmed at how to plan out steps toward a

long term goal? Try the 1-3-5 system for setting and reaching goals.

Think of one *what*, three *whys*, and five *hows*.

The *what* is the goal or decision.

The *whys* will be the emotional fuel behind your decision. If you resolve to get more exercise, the *whys* may be to lose weight, to have more energy, and to increase muscle tone.

The *hows* are the ways you will accomplish

your task. Being very specific is important. Choosing five small steps to get you on your way to reaching your goal is very doable and less overwhelming than planning your life from now until next year.

Whatever your goals, try the 1-3-5 system to get you motivated to try.

Remember, change isn't something that happens in a single stroke, it's a process that develops over time.

## Conserving Water is Still Important

As we enjoy the recent Spring showers, it is important to remember that our area lakes are still low and the North-east Texas region is still experiencing a drought. Regardless of our local conditions, conserving water is a good everyday policy. That way, when water restrictions are in place, water conservation practices are automatic.

Have you implemented these **Top 5 Water Saving Tips**?

- 1. Fix leaks.** Stop leaks in faucets, toilet, and irrigation systems.
- 2. Replace Old Showerheads and Toilets.** Replace your old showerheads and toilets with water-saving models.
- 3. Purchase a Water Saving Washer.** Replace your clothes washer with an Energy Star™ washer.
- 4. Change Your Behaviors.** Use less water, reuse water, use waterless ways to complete a task.
- 5. Reduce Water Use in Your Landscape.** Plant native and low water use plants.



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## Time to “Concentrate” on Laundry Detergent



**SMALLER PACKAGE,  
SAME VALUE**

You may have noticed something smaller in the laundry detergent aisle lately. A number of liquid laundry detergent containers are smaller than they used to be—but they still pack the same punch when it comes to cleaning clothes.

Concentrated laundry products—also referred to as “ultra” products—aren’t new to most consumers. These products have existed

in one form or another, powdered or liquid, since the 1960’s.

But the latest advances in liquid detergent formulation offer benefits to consumers and the environment.

- Smaller bottles use less plastic—which means less packaging to recycle or dispose of and less impact on the environment.
- Manufacturers use less water in their product formulation—which means reduced use of this precious natural resource.
- Smaller containers mean that less fuel is needed to ship these products

to retailers, helping to control greenhouse gases and other emissions.

- The smaller, lighter containers are easier to carry and store at home.
- With concentrated detergents, consumers can still clean the same number of laundry loads as they did before.

### Proper Dose = Better Clean

To get maximum value out of concentrated products, make sure you use the right amount of detergent—less than you would have used before. The product label describes how to select the right amount to use, usually measured with the product cap.

## How to Learn and Grow with Your Infant or Toddler

LOVING CARE,  
NUTRITION,  
GOOD HEALTH CARE,  
AND DAILY LEARNING  
HELP A CHILD’S  
BRAIN TO DEVELOP.

- Learn about the child’s natural routines and moods. From the first days of life on, answer his cries for help and his feelings of happiness. Hold, touch, comfort, and play when he wants to. When he needs to rest, let him rest.
- Develop warm, loving relationships which show how much you care, value who he is, and make the child feel safe and secure.
- Understand that each child is different and special.
- Talk to, sing to, and read to the child. Early language development is the key to success in school.
- Encourage play and have a safe play space, use stimulating toys and listen to the child.
- Keep routines and rituals to help the child know what to expect.
- Discipline is teaching. Help the child to understand the results of their behavior.
- Choose good child care and stay involved in the care.
- Remember to take care of yourself, too.



## Clothing Confusion

The size tags in women's clothing have lost much of their meaning. Clothing manufacturers are cutting clothing larger and labeling them smaller, a practice known as vanity sizing. At the same time, there is little consistency in basic size measurements from one brand of clothing to another.

Voluntary industry size standards are largely ignored. The standards say that a size 10 woman will have a 36-inch bust, a 28-inch waist, and 40-inch hips. In reality, clothing manufacturers design for the target market—young career women, for example—then choose a model that typifies that market and tweak measurements to fit the type.

Consumer Reports went and measured 10 brands of women's pants, all labeled size 10, and found that the waists ranged from just over 30 inches to nearly 33 inches. Tailored shirts, also labeled size 10, ranged from nearly 39 to nearly 43 inches in the bust. There was no correlation between price and measurements.

An apparel industry professional says that vanity sizing has risen in part because "it is tough to admit that you've grown around the middle." The average woman weighs 164 pounds today, up from 140 pounds in 1960.

Tweaking the numbers isn't a bad thing. It's not unusual for a woman to wear a size 10 in pants or a skirt, but an



**THE TAG SAYS 8,  
BUT THE TAPE  
SAYS 12!**

8 shirt or jacket. Clothing makers have to make decisions that will accommodate as many body types as possible.

**The bottom line?** You should try on clothes that look as if they are the proper size. Where you shop and the brands you buy can influence label size. For example, you go to Nordstrom and buy a size 6 pants. You will probably have to move up to size 8 or 10 for a similar style at Wal-Mart.

## More Food for Thought

- Strength is the capacity to break a candy bar into four pieces with your bare hands—and then just eat one of the pieces. - Judith Viorst
- My mother's menu consisted of two choices: Take it or leave it. - Buddy Hackett
- Watermelon—it's a good fruit. You eat, you drink, you wash your face. - Enrico Caruso
- You can say this for ready-mixes—the next generation isn't going to have any trouble making pies exactly like mother used to make. - Earl Wilson
- My doctor told me to stop having intimate dinners for four. Unless there are three other people. - Orson Welles
- I'm not gaining weight—I'm retaining food. - Author Unknown
- I've been on a diet for two weeks and all I've lost is two weeks. - Totie Fields
- I really don't think I need buns of steel. I'd be happy with buns of cinnamon. - Ellen DeGeneres
- Be careful about reading health books. You may die of a misprint. - Mark Twain

## Setbacks ~ When Being Prepared Counts Most



LOOK AT A SETBACK  
AS AN OPPORTUNITY  
TO LEARN,  
AND MAKE SOME  
PLANS FOR WHAT  
MIGHT WORK BETTER.  
DON'T QUIT.  
KEEP TRYING.

One of the most challenging things we face when trying to reach any goal is when we slip-up and do the opposite. We have that cigarette, eat the chocolate cake, skip the workout, drink the caffeine. Whatever the slip-up may be, we have to change our thinking and realize that it is just that—a slip-up. It is not a failure! Just because you have one cigarette does not mean that you need to quit trying. Quitting smoking is one of the hardest resolutions you will make. Don't give up on your goals the minute you

### *Play Just for Fun*

Children learn so much when they play with their friends. But playing with their parents also helps them grow.

Children who play with their parents have greater social skills. They get along better with playmates.

When you play together:

make a mistake. Forgive yourself, be flexible, and have a plan for those days when you don't feel like following through.

Here are some ideas:

*When you feel like smoking:*

- call a friend,
- get active,
- work in the garden or yard,
- figure out how much money you save by not buying tobacco,
- do a craft project, or
- go to a non-smoking mall or restaurant.

*When you feel like not doing your workout:*

- do half of your planned activity,
- change your activity to reduce boredom, or
- do indoor activities when it is too cold or too hot.

*When you feel like giving in to your food cravings:*

- go for a walk or do something else active,
- call a friend,
- wait 15 minutes before taking a second helping,
- ask for a "to go" box at the restaurant and put half the serving into the box for lunch the next day, or
- allow yourself a dessert at the party—just plan on eating a small amount.

These are just a few ideas for some of the more common healthy goals that people set. Think through the barriers you typically face, and make a back-up plan. Think of the reasons why you want to make this change in the first place so that you can stay positive and motivated toward your goal.



- Ask for your child's ideas. Don't be too directive.
- Take turns and follow your child's lead. Don't dominate the play.
- Don't correct or criticize your child. Remember, you are not "the boss" at this time.
- Laugh and smile often.

- Embrace the moment with childlike glee.
- Play for the sake of just having fun. Forget other agendas, like teaching your child.

## Better Breakfasts

The best breakfasts have three parts:

1. **A carbohydrate:** Think cereal, bread, muffins, rolls, tortillas, etc. Whole-grain versions pack a better nutritional punch.
2. **A protein:** Go for the lean options, such as a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, yogurt or cottage cheese.

3. **A fruit:** Choose fresh, frozen, canned, or dried versions. The ideal nutritional recommendation is 5 to 9 daily servings of fruits and vegetables—so breakfast is the logical place to start.

Think out of the box: A sandwich, a slice of leftover pizza, yogurt with fruit, dried fruit, a hardboiled egg. A good breakfast does not have to be fancy or time



consuming. It can even be packed and refrigerated the night before so it's ready and waiting for those on the run.

Breakfast is the jump-start your metabolism needs and it's also the kick-start for your brain.

## Cut Flower Care Tips

1. Before placing your cut flowers in an arrangement, remove about a half-inch of the bottom portion of the stems. Be sure to use a sharp knife or shears to make a smooth, clean cut. It does not make a difference whether the stems are cut on an angle or straight across.
2. Remove any excess foliage that will be below the water. Foliage under water will decay and stimulate bacterial growth, which will restrict water uptake and cause the flowers to wilt.
3. Keep flowers in warm water. Warm water moves into the stems more readily than cold water.
4. Add a commercial flower preservative to the water. These preservatives are a combination of sugars, mild fungicidal agents and acidifiers, all of which help extend the life of cut flowers.
5. Check water levels daily and add warm water as needed.
6. Keep flowers away from ripening fruit or dying flowers, which emit ethylene gas and will cause nearby flowers to decay. Be sure to remove any flowers or leaves that are wilting or dying.
7. Place the arrangement in a protected location. Avoid locations in direct sunlight, over heat sources, under air ducts, on top of television sets, or in drafts. Heat reduces flower life. Warm air causes water to be lost from flowers.



**TEXAS COOPERATIVE EXTENSION  
ROCKWALL COUNTY**

*Janie E. Squier  
County Extension Agent -  
Family & Consumer Sciences*

1350 East Washington  
Rockwall, Texas 75087

972-882-0375  
972-882-0374 FAX

j-squier@tamu.edu

*On a Personal Note*



*Janie E. Squier  
County Extension Agent  
Home Economics  
Nacogdoches County  
1977*

**How to Stay Young**

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about crafts, the computer, gardening, whatever. Never let the brain idle.
4. Enjoy the simple things.
5. Count your blessings.
6. Trust in the Lord.
7. Laugh often, long and loud. Laugh until you gasp for breath.
8. The tears happen. You endure, grieve and move on.
9. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
10. Surround yourself with what you love, whether it's family, pets, music, keepsakes, plants, hobbies, whatever. Your home is your haven.
11. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
12. Tell the people you love that you love them, at every opportunity.

*And always remember  
that life is not measured  
by the number of breaths  
we take, but by the moments  
that take our breath away.*