

# HEALTHY, HAPPY FAMILIES

## *Extension Office Has Moved!*



After months of cleaning, painting, and remodeling, the Rockwall County Extension staff is finally in our new location at the Soroptimist House!

Many thanks to a great group of Master Gardeners who pitched in and helped us with many of the remodeling jobs.

Between Thanksgiving and Christmas, the Extension staff packed, loaded, hauled, unloaded and

started unpacking all our files, resources, audio visuals, furniture, equipment and supplies. We are amazed at how fast 900 square feet of our “stuff” has filled up 3300 square feet!

We still have some touch up work to do; and as promised, several Open Houses will be held in the Spring. Until then, come by and see us at:

**1350 E. Washington  
Rockwall, Texas 75087**

## *Your Child's Self-Esteem*

Your child's sense of self worth is a critical element in your child's health. Children with good self-esteem are more likely to adopt healthy lifestyle habits because feeling good inside leads them to do positive things for themselves. On the other hand, children with low self-esteem may feel stressed and dissatisfied with their body. As a parent, you can boost your child's self-esteem by:

- Praising positive behavior rather than criticizing the negative behavior.
- Speaking to your child in a non-aggressive tone.

- Not criticizing your child's appearance. Criticism may cause your child to severely restrict his or her eating.
- Refraining from teasing your child about his or her appetite or weight.
- Being prepared if your teenager becomes increasingly dissatisfied with his or her body.



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TREADING  
HANDS-OFF  
BURNS ABOUT  
20 PERCENT  
MORE CALORIES,  
ENABLING BETTER  
WEIGHT CONTROL.

## Walk This Way for True Treadmill Benefits

Walking on a treadmill is an easy way to get a great aerobic workout. You will improve your circulation and balance while burning off calories and excess fat. But the real secret to safe treading is to be “hands-free”.

By using a treadmill, you will get a regular aerobic workout that is personalized to your needs. You can regulate your speed, how much time you spend walking and even whether or not you want to tread “uphill” by setting the moving track at an incline.

The advantages are many. Treadmills are used indoors, so the safety and weather hazards of walking outdoors are avoided. The electronic screens tell you how many calories you are burning, how fast you are going and even how much distance you are covering. Many offer pre-set programs to vary speeds and incline levels.

An important fact you need to remember is: Try not to

hold onto the handrails while you are treading; and pump your arms to keep them moving.

When you’re using a treadmill, it’s easy to feel as though you need to hold on to keep from falling. Yet holding on may cause some painful problems.

Gripping handrails over stretches your back muscles and compresses your chest muscles. The result is a slumped posture. If you already have this condition, holding on while treading will make it worse. Holding on can also wrench the muscles and joints in your upper body when you grip the front bar and lean far forward, or hold on with only one hand. Shoulder and hip joints tend to over-rotate, which can lead to repetitive stress injuries.

Holding on can lower the amount of calories you burn on a treadmill because your weight is likely to be lighter

on the track. Hands-free treading also avoids raising your blood pressure – which may occur if you’re gripping tightly, especially at a fast speed (3.5 miles per hour or more).

Normally, you don’t hold on to anything when you walk around. Your limbs and joints work in unison to support your full weight. Even if you only hold on lightly, you take valuable work away from many muscles. Basically, holding on mimics using a walker.

Start out slowly and just let go. Concentrate on correct posture. As your body adjusts to treading hands-free, increase the speed or incline over time.

If you’re afraid you’ll lose your balance or get dizzy, slow your speed – to 2 mph, if necessary. Balancing is part of exercise and your body becomes more efficient only when challenged.

## Paint Finish Effects

Without a doubt, color matters—and so does the finish. The more glossy a paint surface, the more the color and texture will be accentuated. Plus, it’s easier to clean. Here is good information about common interior finishes:

**Flat:** This finish has no shine. If you are looking for a wall color that won’t be the center of attention—such as a pastel—then flat is the way to go. Also, this type is useful for hiding surface imperfections, but it is more difficult to clean.

**Eggshell or satin:** Possessing a slight sheen, paints with these finishes have a lustrous look. A satin finish is nice when paired with warm colors because walls are given an extra presence.

**Semigloss:** Paint finishes with an increased sheen come in handy in busy areas, such as hallways, baths, and kids’ rooms; they are suitable for frequent cleaning. Bold colors are accentuated with a glossy look.

**High gloss:** This finish is very reflective and can distract from the wall color. Use it in high traffic areas or for stair railings, molding and other trim.

## *Electric Grills ~ Endless Thrills*

It may be cold outside, but grilling is hot, thanks to the popularity of electric indoor grills. While these grills will never replace the classic charcoal or gas grills, their benefits are many.

First is the convenience. Let it rain, snow, sleet or hail. You can still feast on freshly grilled, succulent chicken breasts and fresh vegetables cooked in the comfort of your kitchen. And once you've enjoyed your meal, cleanup is a snap,

since most electric grills will feature a ribbed, non-stick surface.

The secret to enjoying these grills is to know about their capabilities and limitations. Lean meats, such as chicken breasts or fish fillets are ideal choices. The grill will sear in the flavor, and the meat will cook fairly quickly.

Since there won't be smoke to impart flavor, it's a good idea to marinate chicken in a flavorful combination like

soy sauce, mustard and olive oil. The results will give you a distinctive grilled flavor with a fast, easy, lower fat way of cooking.

Is an electric grill right for you? If you have the will, there is an electric grill that will fit your budget, space and cooking needs.



## *Tips for Facing the Cold and Flu Season*

**Wash Your Hands:** Most cold and flu germs are spread by direct contact. If you were to sneeze into your hand and then touch a doorknob, the germs may stay on that doorknob for hours – even days. Wash your hands frequently at work if you share many public spaces with co-workers. If you keep your hands clean you can reduce your risk of being sick. You are also reducing the risk of spreading any germs you may carry to your co-workers. So wash your hands often – you will be taking a big step toward preventing illness.

**Sneezes and Coughs:** Many people have the initial reaction to cover their nose or mouth with their hands when they sneeze or cough. A better practice would be to cover the nose and

mouth with a tissue or handkerchief. Germs can cling to your bare hands – muffling coughs and sneezes with your hands result in passing along your germs to others. If you do cover a sneeze or cough with your hands, remember to wash your hands right away.

**Drink Plenty of Fluids:** Your body cannot function properly without fluids – especially water. Water flushes your system by washing out the poisons as it re-hydrates you. In addition to water, natural fruit juices give you the hydration that your body needs in addition to vitamins and minerals that may be lacking.

**Sleep:** Remember that sleep plays a very important role in your body's ability to heal itself. A good night's rest is

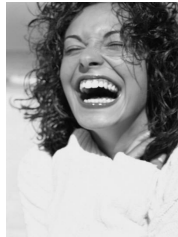
often all you need when you start feeling ill. You may be one of those who usually doesn't get sick; but when you do, it may be because you haven't been getting enough rest. So, start drinking more fluids and try to get as much rest as possible. Sleep is very important for so many of the functions of the body but especially in the role of illness prevention.

**Vaccinate:** Studies have shown that the flu shot reduces the number of people who contract pneumonia, any upper respiratory infections, and missed days at work. The vaccine can also reduce the severity of flu symptoms and decrease the risk of complications. Check with your local physician to see if the flu vaccine is available to you.

10 TO 20% OF  
AMERICANS WILL  
CONTACT THE FLU  
EACH YEAR.

25% OF THE  
POPULATION WILL  
BE AFFECTED BY  
THE COMMON  
COLD.

## Go on and Laugh



Laughing 100 times during a 24-hour period has the same cardiovascular benefit of rowing a rowing machine for 10 minutes!

The reason laughing is so beneficial to your health is because during the actual act of giggling, your blood pressure and heart rate rise. Then, after the laughter

is over, your blood pressure and heart rate drops a little lower than where they started. A cardiovascular benefit is the result. Now this should not replace your daily walk, trip to the gym or aerobic class. But you do need to laugh a little bit more.

### Action Tips

- Smile more ... when talking to people, driving in your car, even working at the office.
- Do things that make you laugh. Be around people who are “up” and share fun in life!
- Listen to music that makes you happy.
- Be aware of your facial expressions. Try to look happier.
- Chuckle, giggle or snicker whenever you can. Share your secret with friends and family so they can feel better too!

## Tips for Tidying Up All Year Long

Viewing your home with a fresh eye gives you the chance to develop a new cleaning plan that can make life easier all year long.

**Daily Cleaning** Start by getting the whole family involved in everyday pick up. Keep snack eating in specific areas and put the dishes in the dishwasher right after eating. Young children can at least leave the dishes in the sink.

Children are famous for leaving coats and jackets all over the house. Add to closet storage in the entry way with coat racks or door hooks. Also, a bench or table near the door makes a good storage area for book-bags.

Sort through mail near a trash can and discard the

junk immediately.

Try to assign jobs that are age appropriate. Your preschoolers can put away the unbreakable dishes and play things. Older children can clear the table, help load the dishwasher and make their beds. Easy-care comforters make this task easier. Teenagers can clean their rooms, help with laundry and do part of the dusting, cleaning and kitchen chores.

A nightly “sweep” of the house will do wonders for keeping the clutter under control.

**Weekly Cleanup** Carpets should be vacuumed weekly — more often if there are pets. Pick up dust with a dusting product, don’t re-circulate it back into the air.

Using a shower cleaner after every shower will help you prevent soap scum and mildew growth. A toilet bowl cleaner and a spray cleaner for the tub, tiles and sinks should be part of the weekly cleanup.

**Monthly Cleanup** Use a cleaner or bleach solution to disinfect indoor trash cans.

The refrigerator should be cleaned monthly. Discard fruits, vegetables and leftovers that are no longer fit to eat. Clean each shelf, working one shelf at a time, so food isn’t left at room temperature for a long period of time.

## *Parent's Corner*

Here are some guidance tools to help your child learn responsibility:

- Explain limits. When your child doesn't understand what you expect, explain your reasons. Make polite requests for changing misbehavior and be specific and concise.
- Provide a reminder. When your child forgets a rule, tell him the rule again. Explain what happens if the rule is not followed.
- When you are unsure about what happened, ask your child to describe the problem. Then determine how much your child is responsible. Talking about the problem may help children think of solutions.
- Remember to say, "No." When your child isn't sure how serious you are about a rule, get his attention and give a calm, but firm, sign of your disapproval. Every family has their own signal—sometimes called "the look", a raised hand and other variations.
- Ask yourself if you are expecting too much. You may decide to back off before you make the problem worse.

For these tools to work, it is best if you can stay relaxed. Take a deep breath, smile and breathe out.

## *Better Indoor Lighting Benefits the Elderly*

One of the greatest fears senior citizens face is falling down right in their own homes, especially at night.

Consider these following guidelines for using lighting to make the home a safer place:

Make sure you have

adequate lighting in all areas of the home, especially hallways and stairs.

Use lighting fixtures that reduce the glare of light bulbs.

Check the location of light switches to make sure they are easy to reach, from the

the top and bottom of stairs, near doorways, and at the bedside.

Consider installing sensors in hallways, bathrooms and bedrooms to turn on lights automatically.

Consider using night lights in hallways and bedrooms.

INJURY FROM A  
FALL IS THE  
6TH LEADING  
CAUSE OF DEATH  
AMONG PEOPLE  
OVER 65 YEARS  
OF AGE,

## *Dine Out Smart ~ Great Ways You Can Have it Your Way*

Ask for salad dressing and other sauces on the side. That way you control the amount you add to your food.

Use mustard and black pepper on sandwiches instead of mayonnaise or oils. You are adding flavor without adding calories and fat.

Ask to have your entrée broiled or baked, instead of

fried. Grilling, steaming or poaching are other cooking methods that use less fat.

Why not order two appetizers instead of an entrée.

When French fries are offered as a side, ask to substitute them with a baked potato, a side of steamed vegetables or fresh fruit.

Ask for salsa instead of butter or sour cream for your baked potato. Salsa is very low in calories and it also counts towards your vegetable servings.

Ask for your sandwich to be made on whole grain bread for the extra fiber and more nutrients.

**TEXAS COOPERATIVE EXTENSION  
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### *On a Personal Note*



*Janie E. Squier  
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Family & Consumer Sciences*

2007 will be an exciting year for me because I will be retiring after more than 31 years as a County Extension Agent with the Texas A&M University System and Texas Cooperative Extension.

My last month of work will be August, so there will be just 2 more issues of this quarterly newsletter—Spring and Summer.

I started my career in the piney woods of East Texas, Nacogdoches County in 1976. Those really were the “good ol’ days” of my job with the 4-H and Home Demonstration Clubs that met out under the pine trees in rural church yards and country school houses.

Next I was in San Antonio, Bexar County in the early 80’s. I truly loved living and working in that diverse, urban city.

I spent the longest time as an agent in Galveston County from the mid ‘80s to the mid ‘90s. Living on the Gulf Coast was another unique experience. I was so lucky to be able to buy shrimp right off the boats at the docks, and to ride the ferry to Pt. Bolivar and High Island for programs.

I was blessed to work in the heart of the Hill Country—in Kerrville, Kerr County in the later part of the 90’s. I still miss the beautiful hills, rivers and wildlife.

My final position has been here in Rockwall County, where I was hired to set up and establish a new Family and Consumer Sciences program in 2001. I feel like I have just started to get the word out that these services are here for residents. I know that my successor will step in and continue to provide educational outreach on family, money, housing, safety, health and nutrition.

Thank you to all who have given me valuable feedback about this newsletter. Your comments and suggestions have been so beneficial!