

Total Wellness[®] BECOMING A TOTAL PERSON[®]

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A Game Plan for Family Fitness

- ◆ *Make fitness a part of your everyday life.* If you can walk or bike somewhere, do so.
- ◆ *Plan family fitness outings at least once a month.* Go hiking, biking, swimming, skating, or canoeing.
- ◆ *Make exercise a social event.* Schedule birthday parties at a bowling alley, skating rink, or water park.
- ◆ *Track your family's fitness performance.* Create a graph with each family member's name on it, and log each time someone participates in a fitness activity. Offer a prize for doing the most activities.
- ◆ *Give fitness.* Choose gifts and rewards that encourage active play: sporting equipment, bikes, pogo sticks, hula hoops, and aerobics or dance videos.
- ◆ *Get involved.* Designate one Saturday a month for your family to volunteer to help clean up your community.
- ◆ *Be a good role model.* Aim for at least 30 minutes of moderate activity on most, preferably all, days of the week.
- ◆ *Be an encourager.* Encourage all family members to participate. Above all, make it fun!

Source: the American Dietetic Association

Hit a Home Run with Ballpark Fare

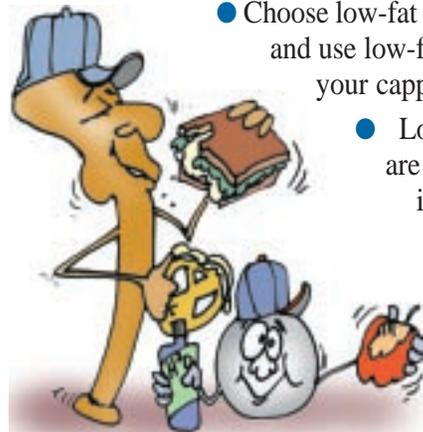
When you think baseball, do you think of hot dogs, peanuts and beer? While these foods are often synonymous with baseball food, several ballparks are now offering a new lineup of healthier food choices, according to a recent survey by the American Dietetic Association (ADA).

Although it's easy to strike out with an abundance of high-fat, high-calorie food choices at the game, more options for health-conscious eaters are cropping up. Of the 28 ballparks ADA dietitians visited, all of them sold hot dogs, peanuts, nachos, ice cream, popcorn, pretzels, sodas and beer. Nearly all of them had pizza, hamburgers, french fries, bottled water, cotton candy and other candy selections. Fresh fruit, vegetables and salads were available at several parks, and grilled or baked chicken sandwiches, turkey sandwiches, and garden or veggie burgers were offered at many.

Whether you're at the majors, minors, or the neighborhood Little League game, the key to eating wisely at the game is to have a nutrition game plan. **Here are several suggestions for helping you to score big nutritionally at your next baseball game:**

- Select whole-grain breads or pita pockets when possible.

- Add extra veggies, such as lettuce, tomatoes, sprouts and cucumbers, to sandwiches and burgers.
- Opt for a salad as your main entrée and fresh fruits for a snack.
- Choose low-fat yogurt for dessert, and use low-fat or skim milk in your cappuccino or latté.
- Look for items that are grilled or broiled instead of fried.
- Select deli sandwiches featuring low-fat, low-sodium meat choices.



- Instead of french fries, try a hot pretzel with mustard.
- Keep your cool by drinking plenty of cold water.
- When available, pick healthful ethnic cuisine like ahi tuna sandwiches, corn-off-the-cob with lemon or lime juice, sushi with crab, biscotti, pierogies, carrot juice, or shrimp cocktail.

For a winning meal strategy that will keep you healthy, registered dietitians recommend choosing wisely over the course of the day wherever you eat and thinking moderation – not deprivation!

For more information, visit the American Dietetic Association at www.eatright.org.

Self-Discipline: The Key to Financial Freedom

By Larry Burkett

Ben was a surgeon who had earned more than \$100,000 for 10 years, yet he was always in debt. I looked at Ben's records, and during the month in question, he'd spent thousands of dollars on a Jeep for his son, who had wrecked the vehicle without insurance coverage. In response, Ben had bought his son another Jeep. When I looked at records for the previous five or six months, I discovered similar spending patterns.

We began developing a budget, and I found that Ben could have lived on a fourth of what he made and still have maintained the same standard of living. Much of his money had gone into things like new cars, greenhouses, other indulgences and get-rich-quick programs.

Ben and his wife agreed to set limits on their spending, and they lived on a budget during the following months. After about nine months, he called me, and I could almost see him beaming through the phone. Ben had become financially free, but not without self-discipline. Unfortunately, some people regard self-discipline as self-torture, but it works for our benefit.

Symptoms of a Lack of Self-discipline

It's common to live with a problem for so long that it's accepted as normal. This is true in cases that involve the lack of self-discipline. Therefore, it's important to take a little self-evaluation from time to time. **Some common symptoms associated with a lack of self-discipline are:**

- ◆ *Confusion.* Do you wonder how much money is really in the bank? Do you usually forget when you changed your car's oil or had it changed? Can you ever find the service guarantees on the items you've bought?
- ◆ *Indulgence.* Without self-discipline, people buy luxuries they don't need or can't afford. For them, the total price of a purchase is usually irrelevant. It's the monthly payment that's important.
- ◆ *Sloppiness.* A person lacking self-discipline is usually irresponsible with material assets. He or she will often treat clothes, cars and even houses as if they were disposable.

Steps to Improve Self-discipline

One of the most important steps to improving self-discipline is to create a budget. You can't be a good money manager without planned spending. In addition, you should establish a balanced bank account. Keep a neat, itemized account of all checks and deposits. No account is accurate unless it balances to the penny each month. Finally, form a partnership with your spouse. The excess of one spouse is often offset by the conservatism of the other. Therefore, make it a rule in your family that, in the future, both of you will share in setting financial goals.

Larry Burkett is a financial teacher, award-winning author and co-CEO of Crown Financial Ministries. His daily radio broadcast "Money Matters" is heard on more than 1,100 outlets worldwide. Best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? and Victory of Debt.

Saving for Summer Fun

The following are tips for planning summer activities that are fun and inexpensive:

- ✳ *Make a budget.* Determine how much money you can allot for summer activities. Then, stick to your plan.
- ✳ *Look for discounts.* Find out about coupons or season passes to amusement parks and swimming pools. If you can't find coupons, call park officials to inquire about where you can get some.
- ✳ *Take a continuing education class.* Many cities offer a variety of classes at varying prices. Select classes that will suit your schedule and interests.
- ✳ *Create your own mini adventures.* Even trips to the local library or neighborhood park can be fun. Eat a picnic outside, and then go to the discount theater, miniature golf course, or skating rink.
- ✳ *Invest your time.* More than expensive entertainment, what family members really want is your time and attention. If you and your partner both work, adjust your schedules to spend more time together and with your family.

Source: *The Consumer Credit Counseling Service, www.cccsintl.org.*



Stretch Your Vacation Dollars

Here are several simple ways to save money on your next vacation: 1) Visit information centers, and request any publications that offer discounts and coupons for food, lodging and activities. 2) Visit museums, parks, zoos and other sites that are free or charge low admission prices. 3) Select restaurants and hotels that allow children to stay and eat free or offer senior discounts. 4) Bring your own snacks and drinks with you to activities. 5) Decide on the amount of money your family will spend on souvenirs *before* you go to purchase them.

InSync® Moment #24 – Trust Your Intuition

Intuition is that inner knowing you sense, yet can't see. Coupled with your thought processes, your intuition helps you make choices that are right for you... if you're paying attention. When making choices, do the mental work. Then listen to your intuition to determine if the action is right for you.



© Susan Pilgrim, Ph.D., author of *Living InSync®*. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@mindspring.com. Visit her website at www.SusanPilgrim.com for more information.

Soothe a Sunburn Naturally

Ouch! It's too late. You already have a sunburn, and your skin is doing an excellent job reminding you of it. What can you do to get some relief? **The following are natural ways to soothe a sunburn:**

- ◆ **Vie for veggies.** Boil lettuce in water, strain, allow the juice to cool in the refrigerator, and then apply the liquid with cotton balls. Or, slice raw pieces of cucumber, apple, or potato, and place on your skin.
- ◆ **Soak in baking soda.** Sprinkle baking soda liberally into lukewarm bathwater, and let it dry on your skin rather than removing it with your towel. Or, add a cup of white vinegar to cool bathwater, and soak.
- ◆ **Apply aloe.** Break off a leaf of aloe vera, and spread the juice onto your skin. Before placing it on your burn, test a small area of skin to check whether you may be allergic to it.
- ◆ **Opt for oatmeal.** Wrap oatmeal in gauze or cheesecloth, pour cool water through it and remove the oatmeal. Use this oatmeal water for compresses every two to four hours.
- ◆ **Powder your sheets.** Getting plenty of rest will boost your immune system, helping your skin to heal faster. To ease bedtime discomfort, sprinkle talcum powder on your sheets to reduce chafing.



If you experience nausea, vomiting, faintness, general weakness, fever, chills, intense itching, patches of purple discoloration, excessive blistering, or the burn begins spreading, see your doctor immediately.

It's Never Too Late to Get Healthier!

Regardless of your age, there's a good chance that you can turn your health around. New research shows that it's never too late to get healthier. This is especially true of habits that affect the circulatory system, say doctors at the Centers for Disease Control and Prevention (CDC).

Check out these facts:

- ✓ Sedentary 40-year-old women who start walking briskly for half an hour four days a week soon have nearly the same lower risk of heart attack as those who have exercised their entire lives.
- ✓ Women who eat just 8 oz. of fish a week can cut their risk of stroke by half.
- ✓ Eating more fruits, vegetables and fiber changes the blood's sensitivity to insulin within two weeks, helping decrease the risk of diabetes almost immediately.
- ✓ From the day you quit smoking, carbon monoxide levels in your body drop dramatically. Within a week, your blood becomes less "sticky," and your risk of heart attack begins to decline.

Sizing Up Heart Health

If you've had your total cholesterol checked recently and it fell into the normal range, congratulations for your healthy lifestyle choices and your good genetic fortune.

However, good cholesterol levels (under 200 mg/dL) don't necessarily guarantee that you're in for a long life of heart health. It's a good start, but it's not the entire picture.

Recent research has revealed that a low total cholesterol value doesn't exclude other important risk factors for heart disease, such as HDL (good) cholesterol levels that fall below 55 mg/dL or triglyceride levels that are above 200 mg/dL. For a better indication of your heart disease risk, you should have a complete lipid profile with separate measurements of HDL and LDL, as well as a triglyceride measurement.

So now you're thinking, with all of these values, you've got all the bases covered, right? Well, almost.

A complete lipid profile is certainly a good place to start when you're trying to assess your risk of developing heart disease. However, science now indicates that there may be an even more accurate predictor of cardiac disease.



Studies have shown that the new hs-CRP (high-sensitivity C-reactive protein) test may be a better indicator of future cardiac arrest risk than high cholesterol, obesity, cigarette smoking, or diabetes. Approved by the Food and Drug Administration in 1999, the test measures the concentration of CRP in your blood. CRP is a protein that the liver synthesizes in response to inflammation, and researchers believe inflammation may be a marker of heart disease. Together with a lipid profile, the hs-CRP test can offer one of the most complete pictures to date of heart disease risk.

Remember, however, that heart health can be a complicated matter, so you should never rely on the results of any single test as the sole indicator of your disease risk. The best way to keep your heart from aging prematurely is to control as many of the risk factors for heart disease as you can, which means not only controlling your cholesterol levels, but also losing weight if you're overweight, keeping your blood pressure low, exercising regularly and not smoking.

By making the right lifestyle choices, you can truly remain young at heart.

To learn more about cholesterol levels and heart health, visit RealAge at www.RealAge.com, and take the health assessment [Cholesterol: Your Heart Attack Risk](#).

By Michael F. Roizen, M.D., author of [RealAge: Are You as Young as You Can Be?](#) Roizen, an internist and anesthesiologist, has been listed for the last nine years in [The Best Doctors in America](#), published by Woodward/White. For more information on RealAge, visit www.RealAge.com.



Silent, But Powerful Messages

By Paul J. Meyer



“Actions speak louder than words.” This saying is so often repeated that people tend to forget that it is literally true. Communication, to a large extent, relies upon the wise selection of words, but actions and attitudes – as well as what is not said or done – also provide powerful elements of the total message. In fact, some studies conclude that as little as 5 to 10 percent of the total message depends on actual words while the rest of the message depends upon nonverbal communication like timing, tone of voice and body language.

While there are some general guidelines to interpreting body language, they are not hard and fast laws. **These factors must be considered as you interpret nonverbal signals:**

- ◆ *Who displays them.* A certain type of behavior from one person may mean something quite different from the same behavior in another. Keep in mind the person’s usual personality traits and characteristic interactions with others.
- ◆ *Who observes them.* Attitudes at a particular moment influence the interpretation of another’s nonverbal behavior. A friendly, confident person in any interaction places a different interpretation on nonverbal signals than one with hostile feelings.
- ◆ *The purpose of the interaction.* Interpret nonverbal cues in context with what the person is trying to accomplish. Intentions color nonverbal behavior.
- ◆ *Where the interaction takes place.* Nonverbal actions may take on one meaning in one location or an entirely different one in another setting. Yawning in someone’s office, for instance, indicates something distinctly different from yawning in one’s own home.
- ◆ *When the interaction takes place.* Different times of the day can influence nonverbal behavior. Impatient squirming may merely indicate hunger right before lunch or that the meeting has gone overtime. But if it occurs early in an important scheduled meeting, it may suggest some sort of psychological discomfort.

If you take into account all of these diverse areas when trying to understand others, you can begin to communicate more purposefully and productively. Learn to use your ears, eyes and even your heart to “read between the lines” when communicating with others.

Paul J. Meyer is an entrepreneur (owner of more than 40 companies) and author of more than 20 full-length personal and professional improvement programs and courses translated into 23 languages and marketed in more than 60 countries.

Words Are Like Drugs

A recent report in *USA Today* described a study involving patients with obsessive-compulsive disorders. In the study, patients were divided into two groups. One group received *only* group therapy, while the other group received an antidepressant drug. After their treatments, the patients had images taken of the activity in their brains. The images showed that the exact same post-treatment changes took place in each group! As it was reported, “*The words were acting like drugs.*” Those patients who only received the time, support and encouragement from others had the same chemical changes in their brains as those who actually took a drug.

An important element in this study was that every patient in the support group appeared to have been helped. This means that when you offer others support and encouragement, it helps you at the same time that it’s helping them!

When I was in elementary school, we used to say, “*Sticks and stones may break my bones, but words will never hurt me.*” I know this is a nice retort for a verbal attack; however, now I also realize that broken bones can often heal faster than a wound from a cutting remark.

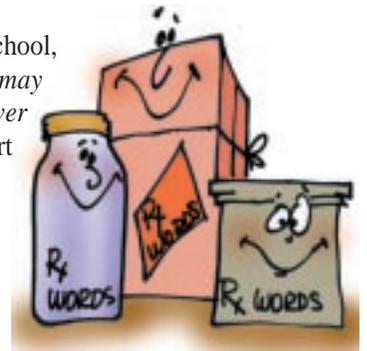
Can you remember a time when you received an unexpected word of encouragement? If you have received this “gift,” I bet you remember it well. It’s meaningful to you because it’s rare that someone takes the time to use their words to build you up.

Today, take the time to encourage others. Write a letter, send an E-mail, make a phone call, or stop someone in the hall. The method you use is up to you. Just take a minute to give someone a sincere word of encouragement.

As you do this, you’ll notice two results. One is that for the people you encourage, their day will immediately be changed for the better. And two, your day will be changed for the better as well.

Make the most of your journey through life by being a source of encouragement for those you meet along the way.

By Mr. Per, author of [My Brain Is Sweating! 52+ Ideas You Can Use Everyday to Increase Your Success](#). Mr. Per has been called “an ordinary guy with an extraordinary message” and is a presenter for iztek, a company specializing in keynote speaking and corporate training programs that are original, relevant and inspiring. Mr. Per can be reached at www.iztek.com or at (407) 210-3666. To receive iztek’s weekly E-mail, send an E-mail to m4@iztek.com.



Let Customers “Hear” Your Smile!



People talking on the phone with you can usually sense your sincere interest in their well-being. The best way to communicate sincerity over the phone is to *smile* while you’re talking.

A simple smile can change your tone of voice and make you sound positive and agreeable. Even gesturing over the phone will give more emphasis to your message.

Too Tired to Drive?

Pay your sleep debt before getting behind the wheel. If you're tired, the monotony of driving can put you to sleep without your being aware of it. **The American Trucking Association says the following are danger signs that you might fall asleep while driving:**

- ❖ Your eyes close or go out of focus.
- ❖ You don't remember driving the last few miles.
- ❖ You find it difficult to keep your head up.
- ❖ You can't stop yawning.
- ❖ Your thoughts are wandering and disconnected.
- ❖ Your speed becomes variable.
- ❖ You frequently drift in and out of your lane.

Mowers: Stay Safe in Your Own Back Yard

Lawn mowers of various types and sizes are probably the most hazardous pieces of equipment that you will use this summer. In fact, mower accidents account for approximately 76,000 emergency room



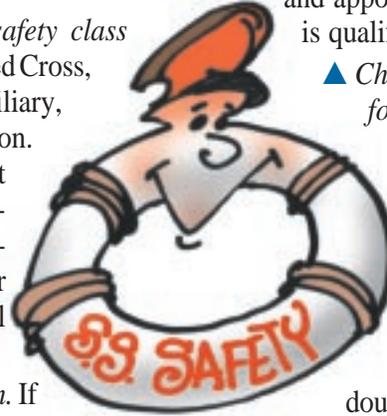
visits each year. **The National Education Center for Agricultural Safety recommends these safeguards:**

- ◆ Know your equipment. Read the operator's manual, and learn how to shut off the machine quickly. Never refuel a hot engine.
- ◆ Remove all debris, toys, rocks, sticks and other objects from the area before mowing.
- ◆ Wear pants, heavy footwear and eye protection when mowing. Never try to mow wet grass.

Stay Safe While Boating

For many families, fun in the sun includes summer days out in the boat. Whether you're fishing, playing, or relaxing, **here are basic safety rules to remember:**

- ▲ *Take a boating safety class* from your local Red Cross, Coast Guard Auxiliary, or Power Squadron. Almost 80 percent of all boating fatalities are the result of an operator who had no formal boating training.
- ▲ *Learn how to swim.* If your family spends a lot of time on the water, everyone should know how to swim.
- ▲ *Keep the proper types and number of life jackets on board.* Check the labels to verify that they're approved by the Coast Guard.
- ▲ *Know your boat.* Don't exceed its load limit, and keep it equipped with the correct safety gear.
- ▲ *Stay aware of your surroundings.* Remain at a safe distance from other watercraft, swimmers, piers and



bridges, and avoid making sudden changes in direction.

- ▲ *Be responsible.* If you choose to drink alcohol, don't swim or operate a boat, and appoint a designated driver who is qualified to operate the boat.
- ▲ *Check the weather forecast before heading out.* To avoid getting in over your head, postpone your trip to another day if bad weather is likely.
- ▲ *Know when to call it a day.* Three hours of normal boating conditions can double a driver's reaction time.

If your water fun includes water-skiing, practice these additional safety tips to maximize your enjoyment: 1) Check the towline before each person skis. 2) Always wear a life jacket. 3) Stay aware of other watercraft in the surrounding area. 4) Choose a person other than the driver to watch the skier. 5) Drive at a safe, reasonable speed the entire time.

For more information, visit the National Safe Boating Council at www.safeboatingcouncil.org or the U.S. Coast Guard at www.uscgboating.org, or in Canada, visit the Canadian Coast Guard at www.ccg-gcc.gc.ca.

Watch Your Back When You Travel

To minimize wear and tear on your back when traveling by plane:

- *Take it easy.* Check in all bags that weigh more than 5 to 10 percent of your body weight, and use rolling carry-ons.
- *Keep it balanced.* Switch shoulders frequently when carrying heavy bags, or place the strap across your chest to center the weight of the bag more evenly.
- *Place items in overhead bins with caution.* Stand up straight and away from the compartment to avoid twisting discs in the lower spine.
- *Stow items under seats correctly.* Sit down first, and gently guide the item with your hands or feet under the seat in front of you.
- *Use pillows or blankets when sitting.* To maintain the natural "S" curve of the spine, place a pillow between your neck and headrest, and tuck another pillow behind your back just above your belt line.



Source: American Chiropractic Association, www.amerchiro.org. In Canada, visit the Canadian Chiropractic Association at www.ccachiro.org.

Snorkeling: An Underwater Adventure

If you've always wanted to view the beauty of underwater scenery and



its creatures, the good news is that almost anyone can do it by taking up snorkeling.

Snorkeling doesn't require the skill and training that scuba diving does, and it's simple and inexpensive. **Here are some tips:**

- ◆ *Select the proper equipment.* Items you may need include: a mask, fins, water booties, and a snorkel with a comfortable mouthpiece and a self-draining purge valve. A flotation device, such as a boogie board, will enhance the experience for a beginner.
- ◆ *Practice breathing.* Float in a horizontal position on the surface, moving your arms, legs and feet as little as possible. Practice slow, rhythmic and steady breathing. Try for long, controlled breaths. It may take time to get used to it, says Casey Mahaney, author of *Diving & Snorkeling Hawaii*.
- ◆ *Practice fin skills.* Kick slowly from the hip, and minimize knee bend. Get out of the water if your feet or legs cramp up and the cramp persists.
- ◆ *Always snorkel with a friend, not alone.* Avoid sunburn by wearing sunscreen and a T-shirt.
- ◆ *Never touch coral.* You could kill the coral, and coral can be very sharp. Pick up any plastic bags or litter you see, and leave sea shells alone—they're home to many small critters.

You can practice in a pool or lake, but tropical destinations provide the best opportunities for a great snorkeling experience.

Surfing the 'Net for Trainers

Personal trainers have gone high tech along with the other businesses that now offer their services on the Internet. **If your search for a personal trainer takes you online, here's what to look for:**

- *Find a site that's easy to use.* Look for a site that you feel comfortable using. If a site is too difficult to navigate, you probably won't want to continue using it.
- *Examine a sample workout plan.* The plan should have detailed descriptions as well as visuals that demonstrate proper exercise technique.
- *Determine whether trainers are readily accessible.* You should be able to contact them by E-mail and by phone when you have questions.
- *Avoid sites with exaggerated claims or guaranteed results.* If the site advertises celebrity trainers or professional athletes, identify who will actually be your trainer.
- *Verify the staff's qualifications.* Check whether trainers have a college degree in an exercise-related field and/or have been certified by a reputable organization, such as the American Council on Exercise, the American College of Sports Medicine, or the National Strength and Conditioning Association.
- *Make sure nutritional advice is from a registered dietician.* Be wary of sites that recommend a certain nutritional supplement or diet program.
- *Inquire about the trainer's particular experience.* The trainer should be familiar with working with the people of your age group as well as your



- special needs and health challenges.
- *Choose a site requiring a detailed health history.* Be honest in your answers, since trainers will need to know this information in order to create a program that's suited to you.
- *Seek a customized workout plan.* Make sure you receive a plan that's tailored to your needs. If you receive a plan back instantly, it's probably a preset plan made by a computer.
- *Consider how interactive the site is.* The site should have online exercise logs that allow your trainer to respond to you by E-mail with feedback.
- *Locate a site that provides contact with others.* Search for a site that offers bulletin board forums and online support groups for fellow exercise enthusiasts to communicate.
- *Use appropriately.* For the beginner, cyber training is no substitute for a hands-on trainer. Online trainers work best for more advanced exercisers or for people with specific goals like training for a triathlon.

Source: The American Council on Exercise. For more information, call them toll-free at 1-800-825-3636, or visit their website at www.acefitness.org.

For a Soothing Drizzle when You Start to Sizzle...

Spray a light mist of water at room temperature on your skin, and then waft air over your skin with a fan. The result? You'll feel cool and refreshed in no time.



Healthy Tips for Summertime Grilling

Second only to eating fresh foods is selecting the cooking method that best retains the natural moisture in the food. *Grilling* is an ideal cooking method for this. It allows foods to pick up extra flavor while being cooked with a minimum of added fats.

When grilled over hot coals or a gas burner, meat, fish and poultry lose extra fat as it drips away. *Remove as much fat as possible* before cooking by skinning chicken and trimming all visible fat from meats; this prevents the fat from cooking into your food. You can place the trimmed fat from steaks on the grill separately to allow better smoking and flavoring of the meat if you wish.

Marinating first is a key for flavorful grilling. Lemon juice, wine, balsamic vinegar and plain yogurt are good main ingredients for low-fat marinades. Combine with fruit juices, herbs and spices for a wonderful taste. Baste frequently to keep food moist during the grilling. Remember that marinades give moisture and tenderness, not fat, to the meat.

“Shifting” Your Meals



Shiftwork presents unique challenges to eating healthy. **Here are simple tips for eating on your shift:**

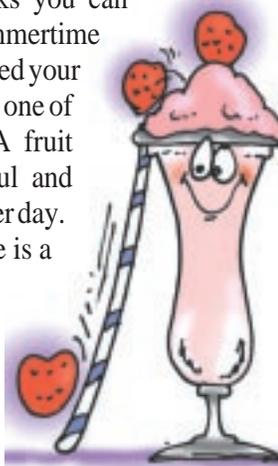
- ◆ *Eat by the clock.* Eating meals or good snacks every two-and-a-half to three waking hours will help “set” your current schedule.
- ◆ *Prepare meals in advance.* Cook several healthy meals at one time, and freeze them in individual serving containers to warm when needed.
- ◆ *Adapt meals at home to your new schedule.* If you feel like eating breakfast when your family eats dinner, do so. Strive to maintain a balanced diet.

Cool Down with a Summer Smoothie

One of the best snacks you can have during the summertime (after you’ve consumed your proper intake of water) is also one of the most refreshing ones. A fruit smoothie makes a wonderful and balanced interlude to a summer day.

The basic smoothie recipe is a no-brainer: Wash and cut fruit, add juice and a protein (yogurt, milk, or soy milk), and blend with ice. **Here are a few tips to make your smoothie healthy and delicious:**

- ★ Keep calories low by sticking to unsweetened (no sugar added) fresh or frozen fruit.
- ★ Frozen fruit will make a thicker drink. Spread diced fruit on a cookie sheet, freeze for two to four hours, and then transfer the pieces to a resealable bag when hard. Most supermarkets also carry frozen, unsweetened strawberries, peaches, blueberries, raspberries and melons.



★ For a creamy smoothie, let the ice sit at room temperature for 10 to 15 minutes before blending. The smaller the ice cubes, the better. Fill trays half full, or set the automatic ice maker to the smallest setting.

★ Experiment! Flavor with pure vanilla extract, freshly grated ginger, chopped fresh mint, or a small dab of peanut butter. Try using silken tofu instead of yogurt or buttermilk instead of low-fat milk.

★ Enjoy your smoothie with a friend or family member!

From *THE ENERGY EDGE*. Check it out at www.pamsmith.com/books.htm.

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. Pamela’s latest book, *THE DIET TRAP*, focuses on how to lose weight without losing your health.



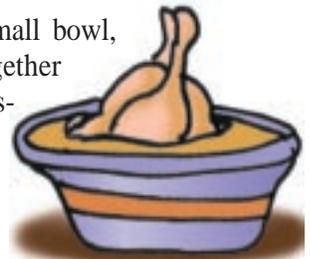
A Tasty Way to Cool Off

For a refreshing twist to water: Drop several lemon, cucumber and orange slices into a pitcher of water, and let it chill in your refrigerator. Sip for a crisp, cool treat.

LEMON-BASIL MARINADE

- ½ cup of lemon or lime juice
- ¼ cup of Dijon mustard
- 1 tbsp. olive oil
- 2 tbsp. fresh basil, chopped, or 2 tsp. dried basil
- 2 tsp. dried thyme
- 1 tsp. grated lemon peel
- 2 cloves garlic, crushed
- ½ tsp. black pepper

In a small bowl, whisk together juice, mustard, oil, basil, thyme, lemon peel, garlic and pepper. Use as a marinade for chicken, pork, or seafood.



See *EAT WELL, LIVE WELL* for marinades and more at: <http://www.pamsmith.com/books.htm>.

Save Time with E-mail Shorthand

The more E-mail you send and receive, the more you'll notice the shorthand of electronic communications.

Here are the most frequently seen:

A/S/L – age, sex, location

BCNU – be seeing you

BTW – by the way

FWIW – for what it's worth

FYI – for your information

IIRC – if I recall correctly

IMHO – in my humble opinion

ROTFL – rolling on the floor laughing

TTFN – ta ta for now

TTYL – talk to you later

LOL – laughing out loud

HTH – happy to help or hope that helps

OFF – off topic

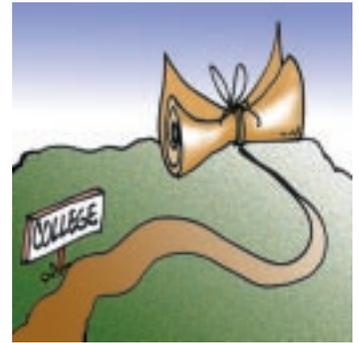
TIA – thanks in advance

YMMV – your mileage may vary

Making the Transition to College

The time between high school graduation and leaving for college can seem almost endless, says Mary Kay Shanley, co-author of *For Parents Only: Tips for Surviving the Journey from Homeroom to Dorm Room*. **As your teenager navigates the transition to adulthood, keep these tips in mind:**

- ◆ Put off big changes at home. Remodel later.
- ◆ Listen to your teen's problems, but don't give advice unless it's asked for.
- ◆ Be ready to cope with moods. If your teen is enthusiastic about college one day and wants to put it off for a year the next, don't be surprised.
- ◆ Have the student contact his or her prospective roommate before shopping, so they won't wind up with two refrigerators or other shared items.
- ◆ When considering what clothing to take, remind the student that closets in dorm rooms are usually small.
- ◆ Expect the trip to campus to be tense. Saying good-bye is hard to do. Assure your teen that you're available, whatever the need.



Kids Want Fewer Activities, More You



A nationwide study of kids in third through 12th grades found that what they wanted most was time with parents that was less rushed and stressed, says Ellen Galinsky, author of *Ask the Children*. What's more, they would like to spend more relaxing time just "hanging out" with their parents.

Galinsky, president of the Families and Work Institute in New York, says people assume that parental attention is only needed by babies. But at every stage of kids' growth, parents should find ways of reconnecting with their children. In her study, even teens who often rebuffed parents' attempts at closeness wanted parents to keep trying.

Is there a topic you want us to write about?
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