

Sticking To It-How To Keep A New Year's Wellness Plan In Place All Year Long

(NAPSA)-Many Americans make promises at New Year's. They emphatically state they'll drop 40 pounds, get to the gym daily and totally revamp their diets. But too often they find themselves a few weeks into the New Year going "off" their diet or missing their regular gym visits in favor of cocktail time. Is it hopeless? No. It's easy to make a New Year's wellness plan meaningful-not only for your health but also as a routine that you can easily stick with.

Dr. Liz Applegate, Director of Sports Nutrition at the University of California at Davis, offers these simple steps, along with some quick, must-do changes, to create a successful wellness routine:

1. Start smart. Set a goal that is doable-instead of telling yourself you need to lose 40-50 lbs., focus on trying to lose 10-15. Begin to exercise two to three days a week rather than lofty goals that may be out of reach, like exercising every day. This way, progress toward your resolution feels more successful and you're more likely to stick with the plan.
2. Take small steps. Rather than re-vamping your entire diet or going from zero to 60 with exercise, map out a gradual plan over several weeks. Studies show we are more apt to stick with our resolutions when we take on small changes slowly, rather than "charging it" hard all at once.
3. Pick up the pieces. Blowing your diet or skipping exercise doesn't mean you're a failure. Two steps forward and one step back is still progress. Just pick up the pieces, know you are human and move forward-slow and steady.

When vowing a "makeover," we often-times neglect the few quick changes that can set our wellness plan in motion and boost our health and sense of well-being within the first week. These four must-do changes offer a perfect way to kick off the New Year:

- **Focus on simple fitness-** Going to the gym or running five miles early each morning may never be your cup of tea. That doesn't mean you can't take small steps toward better fitness. Each day, find ways you can burn calories by the simple act of moving: Park your car and run your



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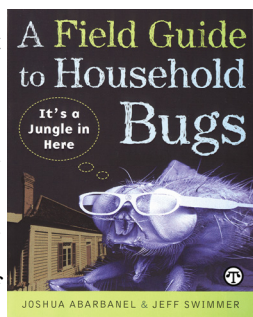
errands on foot; take your dog for regular walks; play with your kids in the park; or take family bike rides.

Even taking the stairs rather than the elevator can make a big difference when you add up the calorie burning over time.

- **Snack with savvy-** For most folks, snacking on high-calorie drinks and foods can lead to slow weight gain over the year. While snacking itself isn't bad, what you choose as a snack can be. Try including tasty foods that boost your health, such as these quick snacks that offer immune benefits: 1/3 cup dried fruit with a few tablespoons of dark chocolate pieces; 1 cup of warm vegetable soup with two whole grain crackers; one Attune wellness bar made with probiotics; or plain yogurt with a drizzle of honey and fresh berries.
- **Fill up with fiber-** Adding more fiber to your diet is one of the biggest steps toward better health. Fiber from whole grains, beans and fresh fruits and veggies offers a slew of health benefits, including curbing your appetite, controlling blood sugar and cholesterol levels and trimming your waistline. At each meal and snack, make sure you include a fiber-rich food such as high-fiber cereal at breakfast, bean soup at lunch and steamed fresh veggies at dinner.
- **Savor your sleep-** Getting adequate sleep is vital to total health. Studies show that people who fall below six hours of sleep nightly have trouble controlling weight and report increased levels of stress.

The Insects Among Us

(NAPSA)-We are not alone. That's one of the key themes to a new tongue-in-cheek field guide to the collection of colorful and fascinating web weavers and pillow jumpers that often live invisibly in our homes.



Each chapter of the book, "A Field Guide to Household Bugs" (Plume), features bold graphics and microphotography of the "Wild Kingdom" that can be found in our beds, kitchens, bathrooms and even on our bodies.

From patient bedbugs to tenacious dust mites to irritating earwigs, the book brings readers face to face with all the fearsome-if microscopic-creatures around us that we often pretend don't exist.

Whether they cry "Cool!" or "Eeeeeeeek!" obsessive compulsives and nature enthusiasts will be kept up for hours with this fun field guide to our tiny roommates.



Jimmy Carter was the first president to walk the inaugural parade route from the Capitol Building to the White House.

I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.

-Abraham Lincoln



On the day the rest of the nation commemorates Columbus Day, the citizens of Berkeley, California, celebrate Indigenous People's Day, in honor of those living in America before Columbus.

What is the essence of America? Finding and maintaining that perfect, delicate balance between freedom to and freedom from.

-Marilyn vos Savant

ATTENTION EAGLE SCOUTS and Other Service Organizations
Do You Need A Community Project?
CAMP MELACOMA WOULD APPRECIATE YOUR CONSIDERATION

Camp Melacoma, located 13 miles up the Washougal River Road in Skamania County is owned and operated by Camp Fire USA ~ Mt. Hood Council. Camp Fire USA is non-profit, and dedicated to educating children.

The camp could use your help.



WOOD PROJECTS

CABIN DOORS, CABIN WINDOWS, OUTHOUSES, CRAFT HOUSE, POOL BATHHOUSE, WELL HOUSE, HOBART MIXER TABLE, POND DOCK *Some wood and fasteners are available.*

PAINT PROJECTS

PAINT CABINS, PAINT SIGNS, WOOD SEALING, POOL BATHHOUSE

ELECTRICAL PROJECTS

WINEBERG LODGE, POOLHOUSE BATH LIGHTS *Supervisors must have Electrical License*

CLEANING PROJECTS

NIEMAN LODGE

PLUMBING PROJECTS****

NIEMAN LODGE, POOLHOUSE BATH, *Supervisors must have Plumbing License*

LANDSCAPING PROJECTS

TENT TOWN, CLEARING STREAMS, CLEARING TRAILS

For details of any of these projects please email us. If you are interested in VOLUNTEERING to help with any of these projects, please call us at 360 837-3699 or email us at RiverTalk-News@gmail.com



A Wake-Up Call About Anesthesia

(NAPSA)-If you're like the average American about to undergo surgery, you probably have many questions swimming in your head:

How many times has the surgeon done this particular procedure?

Will I be in pain during my recovery?

Could something go wrong?

But have you ever stopped to think about the anesthesia you will be receiving? Anesthesia is an important part of the surgical process that often gets overlooked by the patient.

Below are some common myths and facts associated with anesthesia:

Myth: Anesthesia is a safe and simple procedure with minimal side effects.

Fact: Put simply, anesthesia is being free from pain. Yet, the process of anesthesia is more complicated. For example, in addition to controlling pain, the anesthesiologist is responsible for controlling all of the patient's vital life functions during surgery. While great strides have been made to improve patient safety, all anesthetics carry some risks.

Myth: Anesthesia awareness is a common occurrence.

Fact: Anesthesia awareness affects between 20,000 and 40,000 of the approximately 21 million people in the U.S. who receive general anesthesia every year. Although rare, it can have a significant impact on the mental health of any patient who experiences it.

Myth: Anesthesia awareness is normal and happens when you have been consciously sedated and are sleepy but still slightly awake. You can't feel any pain.

Fact: Anesthesia awareness, also referred to as unintentional intraoperative awareness, is a rare but serious event that occurs when a

patient under general anesthesia stays or becomes conscious during surgery but can't move or talk because the paralytic drugs are still in effect.

It does not occur during conscious or intravenous (IV) sedation, which is used to relax you and make you feel sleepy. Through an IV, you receive pain medication and a mild sedative.

Both drugs cause temporary forgetfulness. Even though you may not remember anything that occurs during conscious sedation, you remain awake enough during that time to respond to questions and retain your protective reflexes.

Myth: There is nothing you can do to help monitor for anesthesia awareness.

Fact: New technologies are available that complement traditional anesthesia control monitoring, called Level of Consciousness (LOC) monitors. LOC monitors use brain wave activity to measure a patient's state of consciousness. SNAP II is a new LOC monitor that offers a sensitive measurement of a patient's brain function and responds rapidly to changes in level of consciousness.

Myth: Doctors are required to use LOC monitors.

Fact: LOC monitors are not yet standard of practice, but are becoming more and more widespread as professionals look to fine-tune their monitoring techniques and ensure they are doing all they can to optimize the patient outcome.

These are just a few points about anesthesia, but be sure to take the time to ask your surgeon and your anesthesiologist questions. You can also learn more about anesthesia, anesthesia awareness and LOC monitoring at www.OR-Live.com/AnesthesiaAwareness.