

THE COMMUNITY NEWS

VOLUME 75 ZONE 1

AUGUST 2010

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By
Cindy Delp



Start the School Year Right

Forget last year's late-night homework sessions and missed bus rides—the start of a new school year is a great time to reevaluate family routines and set guidelines to help your child succeed.

This year, make going back to school about more than buying school supplies. Think ahead to help your family ride out the surprises the year is sure to bring.

Lay the Groundwork

Going back to school doesn't have to mean homework fights and bedtime protests. While some experts advise creating homework schedules or activity charts, others say the first step parents should take to minimize disputes is to communicate their expectations clearly. Talk about homework rules and daily routines before school starts. Then, enforce family rules consistently.

Even on the toughest of days, it's important to keep a positive attitude. Instead of focusing on what children "have to do" for homework, emphasize what they "get to learn". If your child becomes overwhelmed by homework, help break down the work into easily accomplished tasks.

Some pro's advise parents to think ahead to what difficult situations their children may encounter, such as making new friends, and to talk about ways to deal with these situations before they occur.



Ease Anxieties

Starting a new grade or moving to a new school can be frightening. Parents can ease these anxieties by helping students feel prepared for school. If your child walks or rides a bicycle to school, walk or ride the route with him. If your child rides the bus, show her where the bus stop is, tell her about the schedule, and make sure she knows how to find the bus after school. Remind your child where he will go after school, whether it's home, to an extracurricular activity, or to a babysitter.

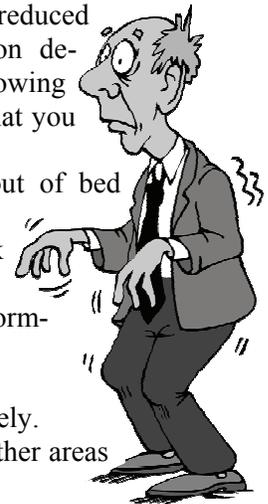


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BATTLING JOB BURN OUT

Many workers have been tackling large workloads for months and slowly but surely losing their get-up-and-go. If routine assignments have taken on mammoth proportions, you may be suffering from burnout. Long work hours and seemingly relentless deadlines can lead to low morale and reduced productivity -- not to mention decreased job satisfaction. Following are additional warning signs that you may be running on empty:

- You have trouble getting out of bed when you have to go to work.
- You frequently arrive to work late.
- You feel bad about your performance.
- You feel withdrawn.
- You watch the clock excessively.
- Work stress spills over into other areas of your life.
- You get into frequent disagreements with your manager or co-workers.
- You think you aren't making progress, despite your best efforts.



Continued on page 4



From the editor...
**Goldcoast
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The “Dog Days of Summer” are certainly upon us and we must all keep a watchful eye to the sky as our chances for tropical storms increase. Thankfully, Hurricane Alex has come and gone. Largely, Florida was spared, but it really set back the efforts to clean up the oil spill in the Gulf. **Our thoughts and prayers go out to all affected by this tragedy.**

On a much lighter note, , some individuals, parents in particular, look forward to the month of August. Why? **August marks the beginning of that most revered season, “School Season.”** By late August, another school year will have begun.

In the interim, many families will be vacationing and our seasonal residents are enjoying their northern homes. Still, let’s not forget the many year round residents who need help and are looking for quality goods and services.

Please patronize the fine advertisers who make this publication possible. We hope you enjoy the many interesting and informative articles in this month’s issue, **and to all our area teachers and students, our best wishes for a safe, healthy and happy new school year.**

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BURN THE MOST CALORIES IN THE LEAST TIME:

Everybody wants to burn the most calories in the least amount of time, so it would be helpful to know which sports and recreational activities do the job. Here are several activities and the approximate number of calories they burn. Before launching into any of these activities, be sure to consult your doctor -- and always remember to warm up and stretch.

1: Running

Burning about 450 calories every 30 minutes (based on an eight-minute mile), running also gives a fantastic cardio respiratory workout. Leg strength and endurance are maximized, but few benefits accrue to the upper body. Warm up thoroughly, wear the proper shoes and keep a moderate pace to avoid injury

2: Rock Climbing

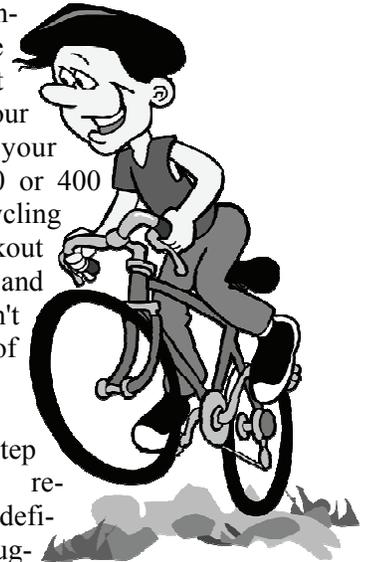
Rock Climbing relies on quick bursts of energy to get from one rock to the next. It won't do a lot for your heart, but your strength, endurance and flexibility will greatly benefit, and you'll burn about 371 calories every half hour.

3: Swimming

Swimming provides an excellent overall body workout, burning up to 360 calories in a half hour depending on the stroke used. However, most people have difficulty maintaining proper form for that long. The best swim workout is based on interval training; swim two lengths, catch your breath and then repeat.

4: Cycling

Cycling is an excellent non-weight-bearing exercise (meaning that your weight isn't being supported by your body). Depending on your speed, it burns around 300 or 400 calories in a half hour. Cycling provides a great cardio workout and builds up those thighs and calves. However, it doesn't provide much in the way of an upper body workout.



5: Boxing

If you're game enough to step into the ring, you'll be rewarded with a 324-calorie deficit for every half hour of slugging it out boxing. In addition, your cardio respiratory fitness and muscular endurance will go through the roof. Make sure you're match fit, though, or it may be all over before you build up a sweat!

6: Racquetball

Churning through about 300 calories in 30 minutes, racquetball gives you a fantastic cardio respiratory workout,

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If these symptoms sound familiar, it may be time to make some changes. Here are some strategies to help you renew your enthusiasm and get your career back on track:

1. Evaluate your role

If your company has experienced layoffs or has a hiring freeze in place, you might be shouldering more responsibility than in the past. If you're feeling overwhelmed, don't try to tough it out. Instead, meet with your supervisor and be honest about your situation.

2. Look at your schedule

The way you manage your time also can affect your ability to rebound from job exhaustion. If you are overbooked or expending too much energy on non critical initiatives, you may be creating additional pressure at work. Try keeping a simple record of your activities for a week and decide if you are devoting adequate time to the highest priorities.

3. Identify your stressors

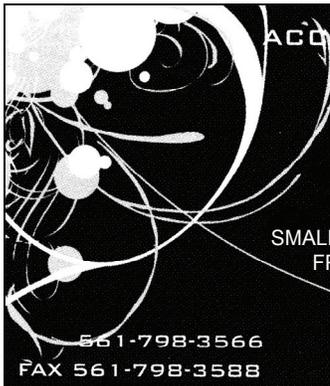
Understanding the factors that contributed to your decline in motivation can help you move in a more positive direction. Think about what has contributed to your burnout: Have your own actions exacerbated the problem? Even small changes to your routine, such as seeking assistance from your manager when you have too much on your plate, can help brighten your outlook.

4. Ask for help

You may think you're the only one who can review a report, but someone else might bring in a fresh perspective. It's OK to let others know that you're facing difficulties and need their help. Keep in mind that you won't be perceived as a complainer if you objectively outline the specific issues and ask for guidance.

5. Take a break

Make sure to allow time to periodically recharge. Even if you're working long hours, you can counteract stress by taking five-minute breaks throughout the day. When you're able, try to use your vacation days. Getting away, even for a day can give you a fresh perspective and allow you to return with new focus and energy.



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This is also a good time to talk about strategies for dealing with bullies. The American Academy of Pediatrics recommends telling children to look the bully in the eye, stay calm, and stand tall. Tell your child to walk away from a bully, and teach them when and how to ask for help.

Meet School Staff

It's best to make an appointment for you and your child to meet the principal, your child's teachers, and even the school counselor before school starts is the opinion of many experts. Alternatively, find out when the school will hold an organized teacher night and make plans to be there.

If your child has special needs, inform the teacher before classes start. Also let the teacher know of changes that may affect your child's behavior, such as a divorce, an illness or death of a family member, or a recent or pending move. In addition, help the teacher connect with your child by mentioning his interests or hobbies.

Learn About the Curriculum

Help your child do her best by understanding what she is expected to learn in her grade level. Because each state has different standards, the National Education Association recommends contacting the state department of education, the school district, or your child's school for a copy of the standards.

Get Involved

Find a way to be more involved in your child's education this year. It might be volunteering to help in the classroom, or it could be as simple as talking with your child each day about what he's learned. Set the stage for sharing by telling your child highlights of your day.

Plan Healthy Meals

Keep nutritious food on hand for breakfast or make sure your child eats breakfast at school. Students, who eat breakfast focus better in class, perform better on tests, behave better, and are more likely to maintain a healthy weight.

Find out how to obtain a copy of the school menu and pack lunch on days the school serves meals your child doesn't like. If your child packs their own lunch, establish guidelines about what she is allowed to take. Consider limiting sugary soft drinks or drink boxes and junk food with low nutritional value, such as potato chips. In addition to fruits and vegetables, nuts and low-fat cheese make healthy snacks.

Build a Parent Network

You never know when you might need to call on other parents for help or advice. Seek them out at school events and parent group meetings. If the school publishes a family directory, write notes in the margins with information

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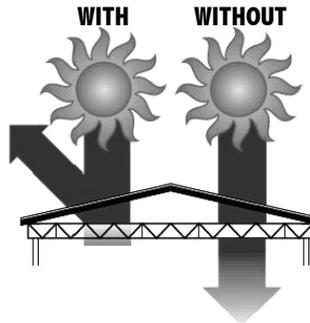
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A Woman's World

Healthy Skin Basics

- Choose a diet with plenty of fresh fruits and vegetables to nourish skin from the inside.
- Drink eight glasses of water a day to stay hydrated
- See a dermatologist for any persistent problems, including acne.
- Wear a sunscreen whenever you go outdoors to help prevent premature aging and sunspots.

NORMAL SKIN

- Normal Skin usually looks and feels smooth, but can also react to changes in the environment: oilier in the summer and drier in the winter.
- Choose foundations and powders for normal skin that allow for easy shade matching.
- Apply a layer of moisturizer underneath for dry, winter conditions or whenever you enter a parched environment.
- Keep a pressed powder on hand for oilier moments or more humid days.

OILY SKIN

- Oily Skin is shiny and sticky. It starts the day by feeling clean and fresh, but by noon, feels greasy and slick.
- Start with a deep cleanser that washes away dirt, oil, and

fights bacteria.

- Try foundations and powders that help control oily shine without causing dryness to skin,
- Avoid touching your face during the day! Oils from your hands get transferred from your palms or fingers without you even realizing!
- Change your pillowcases more often. Oils can get trapped in the cloth and later irritate skin.

Combination skin

- Combination Skin usually expresses its unique qualities with oiliness in the T-zone and normal-to-dry skin everywhere else.
- Choose an oil-managing powder for your T-zone (and other oily areas) like Fresh Look Pressed Powder.
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Sensitive skin

- Sensitive Skin easily gets blotchy or irritated when coming into contact with makeup, hair products-even sudden changes in temperature and humidity! Typical reactions are itching, burning, chafing and stinging skin.
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Why dogs chew

Puppies, like infants and toddlers, explore their world by putting objects in their mouths. And, like babies, they teeth for about 6 months, which usually creates some discomfort. Chewing not only facilitates teething, but also makes sore gums feel better.

Adult dogs may engage in destructive chewing for any number of reasons. In order to deal with the behavior, you must first determine why your dog is chewing and remember, he's not doing it to spite you. Possible reasons for destructive chewing include:

- As a puppy, he wasn't taught what to chew and what not to chew.
- He's bored.
- He suffers from separation anxiety..
- His behavior is fear-related.
- He wants attention.

Important! You may need to consult a behavior professional for help with both separation anxiety and fear-related behavior, but first try these tips.

Take responsibility for your own belongings. If you don't want it in your dog's mouth, don't make it available. Keep clothing, shoes, trash, eyeglasses, out of your dog's reach. Give your dog toys that are clearly distinguishable from household goods. Don't confuse him by offering shoes as toys and then expecting him to distinguish between his shoe and yours.

Give your dog plenty of people-time. Your dog won't know how to behave if you don't teach him alternatives to inappropriate behavior, and he can't learn these when he's alone.

Give your dog plenty of physical and mental exercise. If your dog is bored, he'll find something to do to amuse himself. Remember, a tired dog is a good dog, so make sure he gets lots of physical and mental activity.

Don't chase your dog if he grabs an object and runs. If you chase him, you are only giving your dog what he wants. Being chased by his human is fun! Instead call him to you and offer a treat.

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Continued from page 2

builds lower body strength and endurance, and, with all that twisting and pivoting, develops great flexibility around the core (back and abs). Just warm up first to avoid twisting an ankle.

7: Basketball

The nonstop action will see you dropping around 288 calories every half hour, while at the same time developing flexibility, endurance and cardio respiratory health. But warm up properly because the sudden twists and turns can be high risk for the unprepared.

8: Rowing

Burning about 280 calories per half hour, rowing is a very effective way to rid yourself of extra energy. It also builds up endurance, strength and muscle in your shoulders, thighs and biceps. The key to rowing is in the technique -- coordinate the legs, back and arms to work as one. Kayaking and canoeing each burn around 170 calories in a half hour.

9: Tennis

Here's a fun game that demands speed, agility, strength and reaction time. It consumes about 250 to 300 calories in a half-hour session, providing a great opportunity to burn excess calories while developing cardio respiratory fitness.



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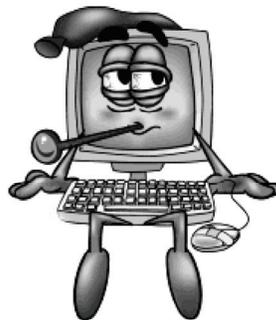
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