

# THIS 'N THAT

Williams County Extension Homemakers

& Friends Newsletter

Williams County  
Courthouse, 205 E Broadway  
P.O. Box 1109  
Williston ND 58802-1109  
Phone: 701-577-4595  
Fax: 701-577-4597  
maryf@co.williams.nd.us



## TIDBITS

Happy New Year!

I hope that everyone enjoyed the Christmas holiday season. Once again, the season flew by. The house always seems so empty and blah when I take down all of the colorful Christmas decorations. Dusty (our NDSU student) had his tonsils & adenoids removed, & sinus surgery in Bismarck on the 23rd so we had a quiet and uneventful holiday. I didn't even make a big dinner- it didn't seem very nice to cook a meal that he couldn't partake in. The surgery went well and he is healing more quickly than projected, and went back to Fargo.

It is time again to think about New Year resolutions, too. Mine is once again to lose weight and keep up with the exercise program. The weight I had lost is finding me again! These are common resolutions for many people. On pages 3 & 4 is an article that I think sounds like a fun motivation for exercising. I really hope that you will consider having a "party" for one of your meetings. Any theme will do- Valentine's Day, St. Patty's Day, how about a 50's bash with bobby socks & ponytails?!!! Make your exercise routine fun and it will be easier to maintain. Weight loss is not the only reason for an exercise routine.

*Mary*

### INSIDE THIS ISSUE:

**REMOVE YOUR NAME FROM MARKETING LISTS** 2

**DECK THE HALLS WITH DUMBBELLS** 3 & 4

**SMALL STEPS TO HEALTH & WEALTH** 4

### AREA EVENTS OF INTEREST COMING UP

1/09 11 am-2 pm	<b>Christmas Bird Count at the Confluence.</b> Fun activity for first-time birders and old pros to assist the Audobon Society with its official annual bird census. Learn to identify birds and some of the tips and tricks that go with it. Free refreshments. For more information, call 572-9034
1/14 7pm	<b>Relay for Life Informational Meeting.</b> Anyone wanting to learn more about Relay for Life is encouraged to come to the Williston Community Library at 7pm. They will be talking about RFL 2010, registering teams and handing out team packets.
2/1-2/3	<b>National Hard Spring Wheat Show.</b> Airport International Inn.
2/3 12:00 Noon	<b>Wheat Show Recognition Luncheon.</b> Speaker: Dr. Bob Edwards, "Living up in a Down World". Public invited. \$8.00 per person. Advance tickets available at the Williston Chamber of Commerce office..

## TIPS TO REMOVE YOUR NAME FROM MARKETING LISTS FROM THE NATIONAL CONSUMERS LEAGUE

**Don't provide information that isn't necessary for the transaction.** Don't just fill in the blanks without thinking about whether you want to limit the information you supply.

- ① **Be anonymous.** Consider using online tools and fictitious names in situations where your real identity isn't needed and there is no other option to avoid getting on marketing lists.
- ① **Think twice before entering contests.** Entry forms are often used to build marketing lists.
- ① **Know the privacy policy.** If you don't see anything about what personal information companies collect and how they use it, ask.
- ① **Understand your privacy choices.** If there is no privacy policy or it doesn't allow you to avoid unwanted marketing, take your business elsewhere.
- ① **Know when your personal information is being collected.** Be aware of Automatic Number Identification and other ways that your information may be collected and tell the company if you don't want to be put on a marketing list.
- ① **Understand that unlisted and unpublished phone numbers don't guaranty privacy.** Marketers may get your number if you've given it to others or they may simply dial you randomly.
- ① **Know your telemarketing rights.** Federal law allows you to tell marketers not to call you again. Check with your state attorney general's office to find out if you also have "Do Not Call" rights under state law.
- ① **Know your financial privacy rights.** Federal law requires financial institutions to tell you what information they collect and how they use it, and allows you to request that your personal information not be shared with unrelated companies. Check with your state attorney general's office to find out if you also have financial privacy rights under state law.
- ① **Know your medical privacy rights.** Federal regulations limit how your health information can be used and shared with others for marketing purposes. Check with your state attorney general's office to find out if you also have medical privacy rights under state law.
- ① **Your state may protect you against "spam."** Some states have enacted laws about unsolicited emails. Check with your state attorney general's office.

### **Get off the mailing, telemarketing and/or e-mail lists of many major marketers.**

**Mail**– write to: Mail Preference Service  
P.O. Box 643  
Carmel, NY 10512  
Or visit: <http://www.dmaconsumers.org/cgi/offmailinglistdave>

**Telephone**– write to: Telephone Preference Service  
P.O. Box 1559  
Carmel, NY 10512 (include your phone number)  
Or visit: <http://www.the-dma.org/cgi/offtelephonedave>

**E-Mail**- visit: <http://www.e-mps.org/picklang.html>

## DECK THE HALLS WITH DUMBBELLS

### JENNY ANCHONDO, ACE CERTIFIED PERSONAL TRAINER

If visions of sugarplums have turned into visions of your expanding buns, take note; the holidays can be a fun, healthy time if you know how to play it right. This year, your guests will be overjoyed to hear about a fitness-themed holiday party in your living room! This is an idea for something low-cost and fun you can do with your family, girlfriends or neighbors! After all, the holidays are about spending time with people you love and why not multi-task and get a little workout in too. Your guests will probably be relieved to hear that they won't have to worry about a party dress, a designated driver or sticking to a nice, healthy nutrition plan at your party! Plus, cheesy Christmas socks and Santa hats are welcome. What more could a good little girl want?

To set the stage for a low-key fitness party, have each of your guests (Santa's helpers) bring their favorite nutritious snack and several copies of the recipe. You can all enjoy them after the workout. Have ice water on hand and fresh fruits and veggies for everyone.

This holiday circuit plan is set up as a strength training circuit where you'll do each move for one minute and then move on to the next. Guests can stop early if they like, or go for the whole minute. It is set up for six people, but you can certainly invite more. Just double or triple the circuits. The program is designed using light weight (bricks) and high repetition. With this type of routine, the heart rate is elevated because of high repetition and a short amount of rest in between sets. The goal is muscle strength and conditioning, not increasing the size of the muscle. To help your guests get through it, just cut out the descriptions of each move and place them near the corresponding station.

#### Your holiday party circuit

##### Tools needed:

- Bricks wrapped in wrapping paper.
  - A bell
  - A clock
  - 2 kitchen chairs decorated like Santa's chair (Ribbon, candy canes, whatever you want!)
  - Red or green yoga mats
- Christmas music in the background

Have one person in charge of the clock. He or she rings the bell at the start of each station. After 1 minute ring the bell again to stop. Allow 15 seconds in between stations, then ring the bell to start again.

**Warmup:** Turn up the Christmas music and dance!! Work up a little sweat for about two Christmas songs (five minutes) before you start strength training. Then keep the music going for the rest of the workout!

**(Legs) Station 1, Santa squats:** Stand in front of the chair. With your toes and knees facing forward, squat down like you're going to sit down, but barely touch and then stand back up.

**(Biceps) Station 2, Gift curls:** Grab a wrapped "gift" (brick) in each hand. Holding your arms at your sides, palms facing forward, curl the gifts up to your shoulders and slowly release down.

**(Chest) Station 3, Party pushups:** On one of the yoga mats, do pushups on your toes or on your knees.

**(Shoulders) Station 4, Gift presses:** Grab a wrapped "gift" (brick) in each hand. Put your arms up at 90 degree angles, with your elbows parallel to your shoulders and your hands facing front. Slowly, push the gifts straight overhead and lower back to the 90 degree angle.



Jenny Anchondo is a certified personal trainer through the American Council on Exercise. She is also a journalist and morning news anchor for KOLD-TV, the CBS affiliate here in Tucson. Combining her two passions of writing and educating people about fitness, Jenny is a perfect fit into the Connections for Women family. To learn more about Jenny Anchondo we invite you to read her bio on the KOLD-tv website



A circuit workout is one where you quickly move from one exercise to another, which will keep your heart rate up and save time.

**(Legs & shoulders) Station 5, Gift lunges:** Standing on one of the yoga mats and holding one gift up over head, lunge forward with the right leg, then the left leg.

**(Triceps) Station 6, Santa's chair dips:** Facing away from the chair, put your hands on the edge of the chair. Extend your legs out in front. Bend your elbows straight back behind you, then straighten your arms again.

**Repeat the Holiday Circuit 3 times!**

**\*Always consult a physician before starting any new exercise program.**

**Reprinted with permission from [www.connectionsforwomen.com](http://www.connectionsforwomen.com)**

*When I read this article I thought it sounded like fun. Although the article refers to having a Christmas party, I think a Valentine's party- or a "cabin fever" party would work just as well. The idea is to gather as friends and enjoy a little exercise along with fellowship. This would make a great Homemakers Club meeting! (Send some photos to the office if you have a party!!)*

## **SMALL STEPS TO HEALTH AND WEALTH™ ONLINE CHALLENGE**

Just in time to keep those New Year's resolutions to improve health and personal finances, Rutgers Cooperative Extension is launching its new online *Small Steps to Health and Wealth™* (SSHW) Challenge Web site with "SSHW Worldwide Challenge 2010." This free six-week program, open to anyone who enrolls online, will be held from Sunday, January 17, through Saturday, February 27. Prizes will be awarded for participants who report the highest point totals.

To sign up for the SSHW Challenge, follow the "Challenges" link on the *Small Steps to Health and Wealth™* Web site at <http://njaes.rutgers.edu/sshw/>. Set up a user name and password and download a simple one-page user's guide with instructions about how to proceed. Enroll in the Challenge titled "SSHW Worldwide Challenge 2010."

The SSHW Challenge is part of *Small Steps to Health and Wealth™*, a national Cooperative Extension program developed to motivate Americans to take action to simultaneously improve their health and personal finances. SSHW was built around a framework of 25 research-based behavior change strategies. The Challenge was originally developed in a "paper and pencil" format with printed worksheets and is now available online.

It has been well documented that, when people monitor their behavior and measure how they're doing, they are often inspired to do better and achieve positive results. Participants in a SSHW Challenge are "on their honor" to report their activities accurately. If they "cheat" on reporting their points, they are only cheating themselves by not following the recommended daily practices.

The SSHW Challenge is based on the performance of ten recommended practices on a daily basis: five that involve health and nutrition and five that involve financial management. Ten points are given for performing each one for a maximum of 700 points per week and 4,200 points for the entire challenge. "The Challenge is a great way to convert ambitious New Year's resolutions, like losing weight and saving money, into daily action steps," noted Barbara O'Neill, Extension Specialist in Financial Resource Management for Rutgers Cooperative Extension.

The five daily health and nutrition practices are: eat at least 4 cups of fruits and vegetables; get at least 30 minutes of exercise; drink water or unsweetened beverages instead of sugar-sweetened beverages; walk 10,000 or more steps with a pedometer; and learn something new about health and nutrition.

The five daily financial management practices included in the SSHW Challenge are: save a \$1 bill (or more) and/or pocket change; invest \$5 or more per day (including automated retirement savings plan deposits); track money spent throughout the day; eat lunch prepared at home; and learn something new about personal finance. The latter activity, for both health and personal finances, can be accomplished by visiting Web sites, attending seminars, or by reading, listening to, or viewing media reports.

As participants enter their personal data, they will see their point totals for each day of the week and for each of the ten activities described above. They'll also see a bar graph that compares their personal progress to the average scores of everyone else participating in the Challenge. Daily motivational messages will also be provided to participants. Paper tracking forms can be downloaded to keep track of daily activities until they are entered online.

Doing even one of the ten recommended daily practices is a great way to get started on the path to better health and improved financial security. The more SSHW Challenge activities that are performed by participants, the better. To sign up for "SSHW Worldwide Challenge 2010," visit <http://njaes.rutgers.edu/sshw/>.