

**INDULGING***continued from page 6*

you're filling up. Slow down to slim down.

"Count to 8" is no special number — it just rhymes with Guideline 1, Put Less on Your Plate! It does stress, however, you allow time to savor the flavor of foods. At least wait until you've swallowed one bite before you take the next one!

**3: Divide With Your Mate**

Or friend, or family member, etc. Great-tasting foods sometimes come in large-size servings. Consider making "death-by-chocolate" dessert a group project!

**4: Don't Eat it All — Wait**

When dining out, divide large servings in half BEFORE you take a bite. Take half of the

meal home to eat later. Rather than picked-over leftovers, this gives you two terrific-tasting meals at half the calories and half the price! For food safety's sake, refrigerate leftovers within two hours of being served. Then eat your leftovers within 48 hours.

**5: Increase Your Exercise Rate**

This guideline helps improve your nutrition two ways:

1. Exercise helps protect you from the effects of OVER-eating by helping burn excess calories.

2. Exercise also may help protect you from the effects of UNDER-eating.

How is this?

The fewer calories you consume, the less likely you are to obtain recommended levels of nutrients from your diet. Provided your overall diet is fairly healthy, you'll take in more nutrients by being able to eat

more food.

**6: Change Your Calorie Fate**

As you add exercise to your lifestyle, also include some weight-lifting. Muscle is more metabolically active than fat. Turn your body into a better calorie-burner by increasing your amount of muscle mass.

Simply toning your muscles will help burn calories. You don't have to develop bulging biceps. Plus, you'll find your body just seems to "hang" better on your bones when it's firm rather than flabby.

**7: Start Now — Don't Hesitate!**

It's much more fun to put on the pounds than to take them off! Develop healthy habits that let you enjoy food without paying a price that registers on the bathroom scale. Start now!

**HOLIDAY SEASON***continued from page 7*

same holiday, but not necessarily in the same way. Some holidays have incorporated stereotypes such as images of Native Americans on Thanksgiving cards and decorations. Take time to learn why Thanksgiving is a reminder of broken promises to some as well as a time for togetherness and thanks for others.

**Be Constitutionally Appropriate**

Religious symbols such as a cross, menorah, crescent, Star of David, creche, the Buddha and symbols of Native American nations, among others, should not be used as decorations at public events. However, when hosting holiday observances as part of public events and

functions, as in schools, it is appropriate to use such religious symbols as educational examples of the culture and heritage of various groups.

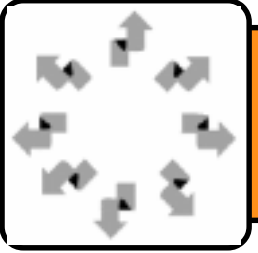
**Recognize Individual Needs of People**

There are several fixed public holidays when public offices are closed and employees have time off from work. In addition, there are other moveable holidays when offices are open and some people do not work in order to observe their traditions and customs. Before arranging meetings, travels or work schedules check with representatives of different religious or cultural groups to learn what holidays are also days when people do not work. Also keep in mind public prayers can be unintentionally exclusive when the speaker offering the

prayer uses language outside other persons' faith or spiritual practice.

When you are uncertain about a particular religious practice or cultural tradition, look for common themes that promote understanding and respect. Keep a pocket calendar handy to record dates of special holidays and celebrations as you learn of them. Use these opportunities to educate yourself and others. There are many ways to be inclusive and sensitive to a diversity of faiths and cultures. Living as communities that respect different religious, ethnic and cultural heritages is a great way to celebrate the universal spirit of the long winter holiday season.

*Adapted from an article by Gae Broadwater, State Specialist for Community Resource Development, Kentucky State University. (LJ)*

**Miscellaneous****Cultural Insights: Fasting and Ramadan**

Boshra Rida  
*Extension Volunteer In Service To America*

Nov. 6 will announce the beginning of Ramadan, the fasting month in the Islamic year. Fasting means to abstain from foods, drinks, intimacy and smoking before the break of dawn till sunset for the entire month of Ramadan. Ramadan Fasting is obligatory for every Muslim, male or female, who is physically and mentally able, not on a journey and fairly certain that fasting will unlikely cause any harm.

The most important issue of fasting is its spiritual meaning. Fasting means spiritual abstinence, individuals should not give up only food and drink but also fasting from all forms of lying and indecent acts. Fasting should improve moral character and makes individuals more truthful and careful about what they say and do. It trains individuals to have self-control. Fasting gives individuals a real taste of hunger and thirst which helps them realize the experience of the poor. This experience should instill a desire to help those who are less fortunate by sharing food and wealth with them.

**Getting Kids to Help**

Teaching responsibility is an important task of parenthood and helping kids learn to help with household chores is an excellent way to instill the virtues of perseverance, excellence, self-restraint and accountability. Find age appropriate chores—ones that fit the child's ability. Then set expectations for accomplishment and consequences if they are not done. Remember praise works wonders for a job well done. (LJ)

**Ages 2–3**

Hang clothes on hooks  
Pick up toys

**Ages 4–5**

Set table  
Feed and water pets  
Help make snacks  
Help put away groceries

**Ages 6–7**

Make a bed  
Sweep kitchen  
Clean bathroom sink  
Water plants

**Ages 8–10**

Wash sink and toilet  
Mop floor  
Help wash clothes  
Clean out a drawer

**Ages 11–12**

Make own breakfast  
Pack family lunches  
Help serve meals  
Do family wash  
Cut the grass (with supervision)

**This Chicago native is tracking West Nile at Nebraska.**

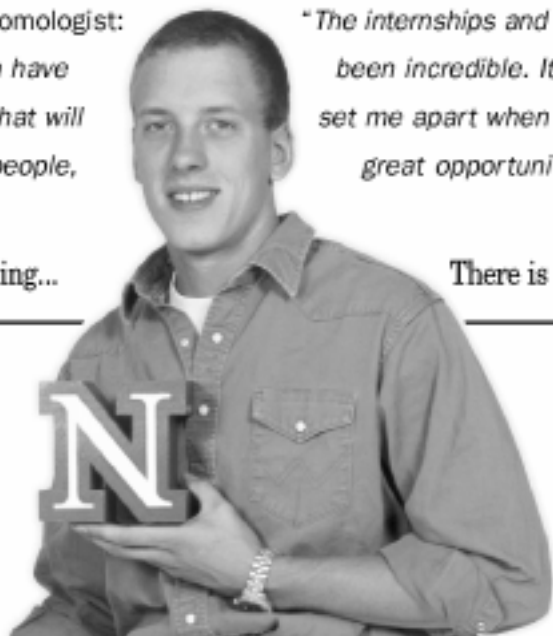
**CHUCK FROST**, a senior agricultural economics major at the University of Nebraska—Lincoln, is headed for graduate school in wildlife biology and a career as a veterinarian. His summer internship took him across Nebraska tracking the West Nile virus, working one-on-one with the State Medical Entomologist:

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**COMMUNITIES***continued from page 10*

bridging social capital is the ideal. It does not imply a flat structure with equal wealth, education or talents. A community with a high social capital is characterized by a population where everybody participates and is seen as capable of providing any other member of the community something of value. Such neighborhoods have diverse contacts with the outside to generate resources, but not so much that contacts allow outsiders to exercise control. There is acceptance of controversy. This means that people can disagree with each other and still respect each other. There are discussions, new issues are brought forward, and the neighbors share visions of the future. Finally, there is celebration of who we are and of successes of many within the community.

High social capital is a challenge for neighborhoods

characterized by great diversity. Is it possible to match homogeneity with diversity? Flora states that "networks in communities with high social capital are diverse and inclusive. While there is room for subgroups with high levels of social capital (communities of interest within communities), communities of place require diversity." When a neighborhood engages in involving people from different cultures and backgrounds, it enriches its social capital. Everyone learns from one another and the quality of life in the neighborhood is increased.

People in neighborhoods with a high social capital develop a sense of belonging and ownership. They care for, lobby for and protect their community. It is hoped as cities become bigger, neighborhoods can still keep the spirit of caring, uniting, sharing alive.

For more information on social capital: Flora, Cornelia, et al. (In Press). *Rural communities legacy and challenge*. Westview Press.