Spread joy—not germs—during the holiday season

The holiday season should be about sharing fun times with friends and family—not about spreading the flu virus and other illnesses. If you’re planning a holiday party, keep your guests healthy by:

Having hand sanitizer or sanitizing wipes available for guests to use after shaking hands.

Stocking up on antibacterial hand soap and single-use, disposable hand towels in bathrooms.

Not offering food or beverage from a communal bowl. You don’t want guests dipping their cups into the punch bowl or grabbing handfuls of chips or nuts from a bowl. For items such as these, use separate utensils such as ladles, spoons, or tongs for every dish. Replace the utensils often throughout the party.

Serving as much of the food as possible in individual containers. Use mini muffin papers, cupcake papers, toothpicks, and skewers. You want to avoid having guests touch any food except what they intend to eat.

Germs are everywhere. Viruses last several hours on surfaces, while bacteria can last for weeks.

Hope Health—No. 11761

Have a very safe holiday season and a happy, healthy new year!

—From the faculty and staff at Cooperative Extension

We’re on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension

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Ready, set...quit smoking

Pick a “quit day” in the near future
Some good dates might be: January 1; your child’s birthday; an anniversary; or the third Thursday in November — “Great American Smokeout” day!

Once you’ve picked a quit day, mark your calendar. Announce the date to your family, co-workers and friends.

Three million people in the U.S. quit smoking every year. You can be one of them. Just decide you want to quit smoking more than you want to keep smoking. Go for it!

Get help if you need it: Your drugstore has many stop-smoking aids. You can buy some “over the counter.” For others, you need a doctor’s order. Ask your doctor or pharmacist what might work best for you. These aids usually work best along with a stop-smoking class. A class can give you support. Talk to your company nurse or employee assistance manager to find stop-smoking classes near you.

You can also call: local hospitals; the American Lung Association; the American Heart Association; or the American Cancer Society

Get through the first 2 weeks

Withdrawal symptoms like these usually go away within 2 weeks:

- **Coughing**
  You may cough more at first. It’s OK. Your lungs are starting to clean themselves out.

- **Trouble concentrating**
  Rest, exercise, and time will help you get over this.

- **Feeling nervous**
  Drinking lots of water will help flush the nicotine out of your body quicker. *(It may help to stop drinking caffeine for a while, too.)*

- **Mild sore throat**
  Smoking made your throat numb. Now it is getting better. Water and fruit juice can help.

- **Headache**
  Getting enough rest and exercise will help. Call your doctor if headaches become a big problem.

- **Trouble going to the bathroom (constipation)**
  Try eating more whole-grain foods, beans, fresh fruits and fresh veggies. Get more exercise. Or check with your doctor.

- **Trouble sleeping**
  Exercise can help you sleep, too. Call your doctor if this problem doesn’t get better after 2 weeks.

Take it one day at a time
Quitting doesn’t happen the first day you stop smoking. It’s something you keep doing every day. So just worry about today. If you slip and have a smoke, be easy on yourself. Go back to being an ex-smoker as soon as you can. When is it hardest for you to resist smoking? Write some of your favorite smoke times then think of something else to do instead. See the examples.

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<td>Brush my teeth</td>
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10 Great reasons to quit smoking

1. Smoking is bad for your health and your family’s health.
2. Many people don’t like to be near smokers.
3. Cigarettes cost a lot.
4. Smokers pay more for health insurance.
5. Smoking makes you smell bad.
6. You want to set a good example for your children.
7. Smokers get sick more often.
8. Smoking wrinkles your skin and turns it yellow.
10. Smoking has caused the death of someone you love.

Quit without gaining weight
Not everyone gains weight when they quit smoking. And people only gain about 5 pounds on average. But if you’re worried, try these tips:

- **Eat a little less.**
- **Keep your mouth busy.** Get into the habit of drinking water or snacking on fruits or veggies. Sugarless gum or candy may also help.

- **Exercise a little more.** Try a walk before breakfast or dinner. Lunch is a great time to exercise, too.
- **Weigh yourself every morning.** Then adjust your eating and exercising as needed.

If you slip and have a smoke, be easy on yourself. Go back to being an ex-smoker as soon as you can.
Join the first 5K of the new year

Make plans now to ring in the New Year with the largest chef’s run ever done! The Chefs for Kids 5K Run/1 Mile Fun Walk is scheduled for Saturday, January 17, 2015. Each runner/walker receives a Chefs for Kids T-shirt, goodie bag and a free pancake breakfast! There will also be a raffle. The start time is 9 a.m. at Wayne Bunker Family Park (7351 West Alexander Road, LV 89129).

Las Vegas Track Club (LVTC) will provide race bibs and computerized timing. Trophies will be awarded in the 5K for the top three overall male and female; plaques for the top three (50+) male and female, certificates for the top three male and female in each category. Age categories begin at 12 and under through 80+.

Participant fees are: adults, $25 for 5K/$20 for Fun Walk; children 12 and under $20; and groups of 10 or more $20 per runner. Race day fee is $35. Online registration is available at [www.active.com](http://www.active.com) or you can mail checks payable to LVTC at P.O. Box 30134, LV 89173. Packet pick-up is available at The Red Rock Running Company (7350 W. Cheyenne Ave., 89129) from 10 a.m. to 6 p.m. on Friday, January 16 or on race day from 8-8:45 a.m.

For more information or sponsorship opportunities, please contact Sandi Boyer at 702-460-1852.

Avoiding post-holiday blues

That grumpy and lethargic feeling come January can be a sign that the holidays were disappointing, but letdown can follow picture-perfect festivities, too. The holidays are filled with positive and negative stressors. From seeing an annoying relative, to shopping and wrapping, stressors can add up to a frenzied pace with no time for recovery.

This December keep stress in check. If you still experience post-holiday blues, take it as your body’s plea for relaxation and recuperation.

- **Keep expectations realistic.** A Norman Rockwell Christmas is fiction.
- **Plan your time** and don’t over-commit.
- **Stick to your budget.** A mailbox full of bills in January is sure to deflate you.
- **Don’t drink excessively.** Stress is magnified by hangover exhaustion.
- **Avoid the urge to recreate** a childhood Christmas. Commit to a new tradition instead.
- **Take “me” time.** Your body is craving downtime.

The holidays are filled with positive and negative stressors. Take some “me” time.

Source: [www.Missourifamilies.org](http://www.Missourifamilies.org)
HopeHealth~No. 11510
Early Care Education Specialist receives awards

Early Care and Education Specialist at the University of Nevada Cooperative Extension, YaeBin Kim, received the 1st place National and the 1st place Western Region awards for her “Little Books and Little Cooks” nutrition and early literacy program from the National Extension Association of Family and Consumer Sciences.

The Association educates and recognizes Extension professionals who improve the quality of life for individuals, families and communities. A certificate and annual session scholarship was presented to Kim at the Association’s annual meeting on Sept. 17 in Lexington, Ken.

The Little Books and Little Cooks program was developed by Kim and is based on the premise that cooking offers children a way to learn pre-kindergarten skills and good nutrition, and to try nutritious foods. Parents also learn about good nutrition, positive feeding practices and positive parent-child interaction skills by reading, cooking and eating together with their children.

“I am extremely happy that YaeBin’s work was recognized by the Association,” said Mark Walker, dean of University of Nevada Cooperative Extension. “Her work exemplifies the importance of working with children from an early age to encourage good reading and eating habits. She identified the needs in her community and created this curriculum which encourages parents and children to learn and work together.”

Kim is based in Cooperative Extension’s Clark County office, and her work has primarily focused on early child care, education and literacy. She works with community members to introduce nutrition and literacy to children early in life, before kindergarten.

“I love what I do and how that impacts our community,” stated Kim after receiving the notification, “It is truly an honor to receive this recognition from the Association.”

Give our community a gift—recycle your holiday tree!

Cooperative Extension has been involved for 11 years with the Southern Nevada Christmas Tree Recycling Committee. The committee, consisting of local government agencies, volunteers and business entities, is asking southern Nevadans to give their community a gift and recycle their holiday tree this year.

The community has been recycling trees in southern Nevada for over 11 years and every year, a few more are recycled. Last year, southern Nevada residents recycled 15,000 trees. Yet, as impressive as that is, that’s a small percentage of the 250,000 trees sold in the community. Last year, over 235,000 trees went to the landfill. Make a difference this year and recycle your cut, holiday tree.

The process is very simple! There are no fees to participate in this community effort; just a short amount of your time is all that is required. Everyone—residents, businesses and organizations—are asked to take their holiday tree to one of over 22 convenient drop sites between December 26 and January 15. Before dropping off your tree, please remove all non-organic objects such as lights, wire, tinsel, ornaments and nails. Foreign objects contaminate the mulch and damage the chipper. Flocked trees cannot be recycled. For more information about the Christmas Tree Recycling Committee, drop-sites nearest you, and other ways that you can have sustainable holidays, visit www.unce.unr.edu/areas/southern or www.springspreserve.org Give our community a gift…Recycle your holiday tree!