

A bi-monthly publication for Family published by The Wayne Herald — January 11, 2024

Family



Snow storm- Jan. 8, 2024
Photos by: Aubreanna Miller

Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it is no wonder so many people aspire to be more physically active. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment,

and there are some ways to make it a little easier to maintain that commitment over the long haul.

· Break it up. The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

· Employ the buddy system. The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggest-

ed the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

· Schedule exercise time. Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

· Identify what progress may look like. It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a

month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise is not working and helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It is no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they exercise more frequently.

Leap into these Leap Year facts

Leap Year typically takes place every four years. The process of adding a day to the calendar every four years was designed to realign the clock and

calendar more closely with how long it takes the Earth to rotate around the sun, which is slightly longer than the 365 days attributed to a year. If not for Leap

Year, the seasons would slowly shift out of place.

There are many interesting facts to learn about Leap Year, and February 29 is the perfect time to explore them.

· It takes the Earth 365 days, 5 hours, 48 minutes and 45 seconds to circle once around the sun, says Time and Date. Without leap years, we'd lose almost six hours every year. After a century, the calendar would be off by nearly 24 days.

· Despite 2100, the next turn of the century, being divisible by four, it will not be

a leap year. That's because it is divisible by 100 but not 400, which means it will not be a leap year. This exception to the rule pertains to new century years.

· Forbes reports that it is likely the calendar will need to be changed again since the Earth's rotation rate, the axial tilt orientation and the Earth's orbital motion around the sun is not constant. Various effects, such as earthquakes and something called tidal braking, affect the passage of time.

See LEAP YEAR, page 3

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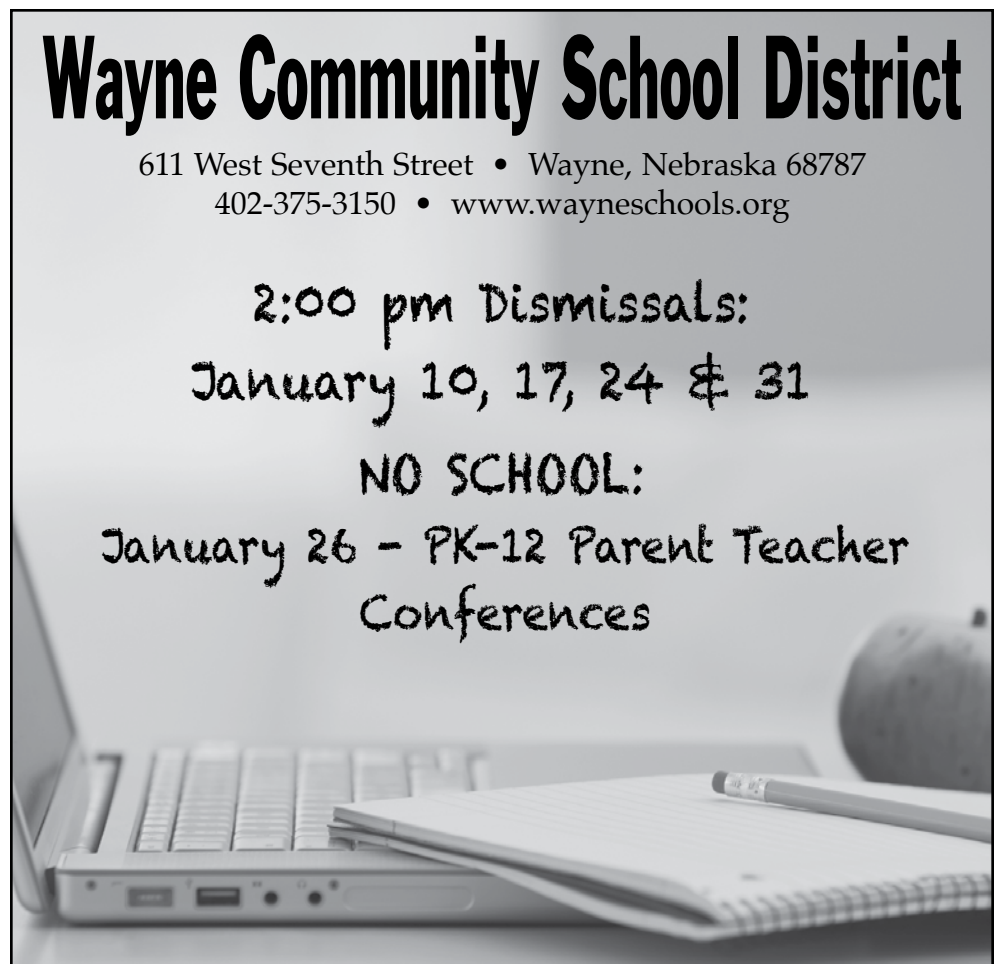
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Plan a special Valentine's Day



Couples have been commemorating their love for one another in February for quite some time. Couples may go about such celebrating in their own unique ways, but it's not uncommon to focus on a night out on the town.

Valentine's Day is a busy holiday for many businesses, but especially so at restaurants and other romantic venues. So it's best to plan ahead to ensure a perfect evening.

Tip #1: Reserve early

The closer to Valentine's Day, the more likely popular restaurants will be all booked up. If the goal is to dine at a particularly trendy spot - or anywhere but the most obscure establishment - be sure to make a reservation well in advance. Start planning the Valentine's Day dinner in December so you won't have to look far and wide to book a reservation. If a restaurant does not take reservations that far out, ask when they will start col-

lecting names for Valentine's Day and book the moment you can.

Tip #2: Secure transportation

One way to make the night more romantic is to snuggle in the back seat of a vehicle and have someone else do the driving. This also is a safer option if you plan to pop a bottle of bubbly or sip some wine while celebrating. Hiring a limousine, luxury car, horse-drawn carriage or something similar also will require advanced reservations. However, going the extra mile can make the night memorable.

Tip #3: Emulate a scene from a favorite film

The person you love may adore a romantic movie, whether it's a classic or more recent tear-jerker. When planning a romantic evening out, consider reenacting a movie scene with you and your special someone in the starring roles. For example, recall when Tom Hanks met

Meg Ryan at the top of the Empire State Building in "Sleepless in Seattle." Include a visit to the observation deck or roof as part of a whirlwind Valentine's Day experience.

Tip #4: Attend a live music performance

Music can touch the heart and soul. That makes an evening watching a band play or enjoying a musical on the stage even more memorable if it occurs on Valentine's Day. Select an intimate venue to add to the romantic ambiance of the night.

Tip #5: Think outside tradition

While dinner and a movie are Valentine's Day favorites, any activity done together can be memorable and romantic. Why not book a couple's cooking class? Or enjoy a winter sport like skiing or ice skating? Or warm up after window shopping on Main Street by sipping hot cocoa and snuggling on the sofa



under a blanket at a nearby B&B? Romantic nights out on Valentine's Day can be made even more special with some forethought and planning.

How to begin the day in a positive frame of mind

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a

person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can

help you rest more readily. Being well-rested can improve mood.

Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating,

praying, reading or just being in the moment until you are awake.

Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.

Leap Year

(continued from page 2)

- Legend states on February 29 it is alright for a woman to propose to a man, a custom attributed to St. Bridget. Bridget complained to St. Patrick that some women had to wait too long for their suitors to pop the question. As the legend goes, Patrick supposedly provided women this day to propose to compensate.

- Some cultures view February 29 as an unlucky day. In Greece, couples are warned against planning weddings during leap years. In Italy, the phrase, "Anno biseto, anno funesto" ("leap year, doom year") is uttered.

- Individuals who are born on February 29th are known as leaplings or leapers.

- Leap Day is not considered a legal day. Those who are leaplings have to choose February 28 or March 1 for their official and legal birthdays.

- Individuals who are paid fixed monthly incomes often work for free on February 29th because their wages will not be calculated to include the extra day.

- Guinness World Records indicates the only family it could verify as producing three consecutive generations born on leap days belongs to the Keoghs. The elder Patrick Anthony Keogh was born in 1940, his son Peter Eric was born in 1964, and his granddaughter Bethany in 1996.

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How students can avoid 'senioritis'

Senior year of high school can be a whirlwind of activity. The early months are spent wrapping up standardized testing and applying to college. Since many colleges and universities ask for mid-year transcripts for students to aid with class placement and/or make final admissions decisions, students also need to maintain their studies and grades throughout the fall and winter.

Come the spring, when graduating seniors have already picked a college, students with their eyes on the finish line may feel like pulling back a bit. According to Southern New Hampshire University, the term "senioritis" refers to a common condition reflecting a lack of motivation by students who are reaching the end of their coursework. While

it occurs in high school seniors and college seniors, those in trade schools or other programs also can experience senioritis. Students hope that they can simply coast until the end of school. It's important not to let senioritis set in to the point that students' academic futures are suddenly compromised.

· Consider the repercussions. According to the University of the People, many colleges have a policy that incoming freshmen must maintain a certain GPA to become students at their institutions. Letting grades slip can ruin chances of attending the school you worked hard to get into, even if you've already been accepted. Dartmouth College, for example, notes that they reserve the right to rescind an offer if

"the student's final academic record has lowered significantly." A similar policy is enforced by Stanford University.

· Schedule breaks. Take advantage of time off from school and on the weekends to engage in fun activities. Respite from school work can help you return to studies fresh and ready to engage anew.

· Plan your senior courses wisely. Work with your guidance counselor to schedule courses throughout your time at school so your senior year schedule features few rigorous classes and includes more enjoyable electives.

· Hold each other accountable. Get together with a close group of classmates to inspire one another to continue to study and maintain good grades.

Accountability to another person can serve as motivation.

· Ask for help and support. It's common for seniors to want to slack off if they're feeling overwhelmed and stressed. If various factors in your life are causing you anxiety, reach out to your parents and friends for help.

· Establish strong habits. Learning to stay focused even throughout the spring of senior year can help set the course for good habits that spill over into college, like time management and focus.

Avoiding a case of senioritis can be challenging, but it is in students' best interests to stay focused on their work until they don their caps and gowns.

Improving storage in common areas

Increasing storage capabilities at home is a popular goal among many homeowners and renters. Despite how much space a person may have at home, there is often a desire to have more or maximize the areas that are there. According to the Self-Storage Almanac, there are an estimated 51,206 storage facilities operating in the United States today, and MJ Partners Self-Storage Update

says 11.1% of households currently rent at self-storage facilities. IBISWorld indicates the Canadian self-storage industry has grown at an average annual rate of 3.1% over the last five years.

People often turn to external storage facilities to house their belongings when space is at a premium at home. Others may focus their organization energy on closets, garages and basements to free

up room. But common areas around the home also can provide additional sources of storage. Common areas are locations where people come together for activities.

Living room/family room

Living rooms and family rooms are areas of the home where people spend many hours. These tend to be multifunctional spaces where people entertain, lounge and even enjoy movies or gaming. Possibilities in these living spaces that can create extra storage include furniture that serves double-duty. For example, a storage ottoman adds decorative appeal but also can be filled with board games or books. Cabinet-style TV stands may not be as streamlined as mounted versions, but they're ideal places to stash games, remote controls and other accessories.


Entryway

An entryway or mudroom can quickly succumb to clutter. When organizing

such a space, think about the needs of the household. A storage bench will be a place where everyone can sit to put on shoes, and then stow footwear underneath when not in use. A wall-mounted rack can hold the current season's jackets or sweaters, as well as purses or backpacks for easy access. A shelf with some hooks can store keys or hold a basket to store the daily mail.

Hallway and closet


Closet organization systems can be the unsung heroes in closets utilized by multiple members of the family. These customizable components can be sized accordingly for the space, and then configured as needed with a balance of shelves and hanging racks. An out-of-the-way nook or long hallway can be enhanced with a bookshelf to hold photo albums or that library that only continues to grow as new reading material is acquired.



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How to tell if it's a cold, the flu, COVID-19 or RSV

There is much to look forward to at the start of winter. The holiday season starts winter off with a bang, while outdoor enthusiasts know their chances to hit the slopes and ski and snowboard are just beginning.

Sports fans know January marks the return of the National Football League playoffs, while travelers who need a little winter warmth often designate February as a month to soak up some sun in a faraway locale.

With so much to do each winter, it is especially problematic when you come down with a cold. However, winter tends to be cold and flu season in many areas, as viruses tend to spread more easily when people spend more time indoors.

This winter, people may wonder if their sniffles indicate they have a cold, the flu or a sign of something more serious, such as COVID-19 or respiratory syncytial virus (RSV). Anyone unsure of what's behind a cold-like illness is urged to speak with their physician. In addition, the National Foundation for Infectious Diseases notes that the common cold, the flu, COVID-19 and RSV

present some similar symptoms, but also some unique ones. Though each illness is complex, the frequency with which some symptoms present may indicate which issue a person is dealing with. Knowledge of those symptoms and their frequency can help people determine if the culprit behind their winter illness is a cold, the flu, COVID-19 or RSV.

Cold

- Aches: Sometimes
- Difficulty breathing: Rarely
- Fatigue: Sometimes
- Fever: Rarely
- Loss of taste or smell: Rarely
- Sore throat: Often
- Wheezing: Rarely

Flu

- Aches: Often
- Difficulty breathing: Rarely
- Fatigue: Often
- Fever: Often
- Loss of taste or smell: Rarely
- Sore throat: Sometimes
- Wheezing: Rarely

COVID-19

- Aches: Sometimes
- Difficulty breathing: Often
- Fatigue: Often



- Fever: Sometimes
- Loss of taste or smell: Sometimes
- Sore throat: Often
- Wheezing: Rarely

RSV

- Aches: Rarely
- Difficulty breathing: Sometimes
- Fatigue: Rarely
- Fever: Sometimes
- Loss of taste or smell: Rarely

- Sore throat: Rarely
- Wheezing: Often

Individuals who are concerned by the presence of cold- or flu-like symptoms are urged to speak with their physicians. Though many instances of cold, flu, COVID-19, and RSV will go away without medical intervention, each condition can pose a significant health risk in certain situations.

What first-time parents should know about bathing newborns

Learning on the job is part of being a parent. That learning curve can be steep for anyone, but especially so for first-time parents with no personal experience to draw on.

Bathing newborns is a job many parents look back on with fondness once their children have gotten older. Bath time also can be bonding time for parents and their newborns. As first-time parents prepare to bring their newborns home, they may have some questions about bathing their babies.

When should a newborn be given his or her first bath?

Conventional wisdom has changed regarding the best time to first bathe a newborn. The World Health Organization now recommends bathing a newborn for the first time 24 hours after birth.

Why wait to bathe a newborn?

The American Academy of Pediatrics notes that there are a handful of reasons why it's best to wait. According to the AAP, babies who are given baths right away may be more vulnerable to cold and hypothermia. An early bath also can increase the likelihood babies experience a drop in blood sugar known as hypoglycemia.

Another reason to wait to bathe a newborn is to avoid any interruption to bonding and breastfeeding between mother and child. Taking the baby away from mom too early can compromise skin-to-skin care that can make it harder to successfully breastfeed. In fact,

a 2013 study published in the journal Breastfeeding Medicine found that delaying a baby's first bath for 12 hours led to a 166% increase in hospital breastfeeding success.

Before babies are born, their skin is coated in a waxy white substance known as vernix. The AAP recommends leaving vernix on a newborn's skin for awhile so it does not dry out. The AAP

notes this is especially important for babies born prematurely, as their skin is highly vulnerable to injury.

See **NEWBORNS**, page 6



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Save some money on travel

Many people are feeling the pinch of a higher cost of living, as prices for everything from food to gasoline to utilities have increased over the last few years. Some individuals are being much more budget-conscious and scaling back their discretionary spending. Travel may have fallen victim to this perfect storm of rising costs and personal financial austerity.

Rather than giving up travel altogether, which can be a detriment to personal health and well-being, individuals concerned about vacation costs can look to ways to save some money.

· Avoid checked-bag fees. Packing light can help travelers avoid paying extra for checked baggage or overage fees on

heavy suitcases. Maximize space in carry-ons so you will not need to confront higher costs at the airport.

· Use a flight search aggregator. Sites like Google Flights will pull together several flight options based on the criteria entered. This helps customers figure out where they can get the best deals on flights. Flying out of an airport that is a little further away may help travelers save some money.

· Travel off-season. Avoiding peak seasons for certain desirable destinations will help travelers save on everything from transportation to accommodations.

· Travel at off-peak times. Similar to traveling off-season, try booking trips

earlier in the week, as Monday, Tuesday and Wednesday could translate to better deals on flights and hotel rooms.

· Utilize a mileage credit card. Credit cards often have built-in perks. Some give cash-back on a percentage of money spent while others geared toward travel may offer airline mileage or discounts on hotels or resorts. For those who will be spending anyway, it can pay to use a card that will reward that spending on travel.

· Sign up for a loyalty program. Hotel chains may waive certain fees for loyalty members and include perks like extended check-in or check-out times, meal vouchers or even discounted rates.

· Consider an Airbnb. The debate over the merits of a traditional hotel or an Airbnb continues. While one is not inherently cheaper than the other, an Airbnb could be a better bet for large families or those traveling with extra people. That's because Airbnb lodgings may have extra square footage that prevents the need to secure two or more hotel rooms. Also, being able to cook some meals on premises will reduce dining expenses in the long run.

Many are concerned with travel costs. However, by exploring money-saving tips, it is possible to enjoy an affordable getaway.

The long-term effects of proper childhood dental care

Parents of young children are undoubtedly familiar with the morning and nighttime ritual of getting kids to brush their teeth. Kids may or may not embrace that routine no matter how hard parents try to relate the benefits of proper oral hygiene, but moms and dads can take solace in the knowledge that childhood dental care can have a positive and lasting effect on kids' overall health.

Dental care and heart disease
Harvard Health Publishing notes numerous studies have now shown peo-

ple with poor oral health exhibit higher rates of cardiovascular issues, including heart attack and stroke. The reason behind that remains something of a medical mystery, but some theorize that bacteria that infects gums and causes conditions such as gingivitis and periodontitis trigger an immune response, inflammation, that then contributes to vascular damage.

Dental care and Alzheimer's disease
The National Institute on Aging reports that a recent analysis published in the

Journal of Alzheimer's Disease noted the bacteria that cause gum disease are also linked with the development of Alzheimer's disease. That analysis found that older adults with signs of periodontitis, a condition marked by inflammation of tissue around the teeth that can cause loosening of the teeth, were more likely to develop Alzheimer's disease. Additional research is necessary before more concrete conclusions about the link between dental care and Alzheimer's disease can be made, but dental care that protects the gums could very well reduce individuals' risk for dementia.

Dental care and cancer risk
Cancer is among the leading causes of death across the globe, affecting people

from all walks of life. Researchers at Harvard's T.H. Chan School of Public Health discovered a link between dental care and cancer risk. In a letter published in the journal Gut in 2020, researchers reported that they found that people with a history of gum disease have a higher risk of stomach and esophageal cancers than people with no such history. And that risk was not exactly minimal, as researchers reported a 43% higher risk for esophageal cancer and a 52% higher risk for stomach cancer.

An emphasis on lifelong oral hygiene in childhood could pay lasting dividends, potentially reducing kids' risk for various diseases when they reach adulthood.



Newborns

(continued from page 5)

Does my newborn need a daily bath?
Babies do not need daily baths, as they do not sweat much and do not typically get dirty enough to require a full bath. The AAP notes that three baths per week during the child's first year may be enough.

What if I bathe my child more often?
Babies should be bathed when they

get dirty. However, if the child does not require a bath, bathing too often can lead to dry skin that can prove painful.

Bathing a newborn is an experience many parents will cherish forever. First-time parents can heed the latest advice regarding bathing newborns to ensure it's enjoyable for children and parents alike.

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- ETEALNNIV _____
- YNACD _____
- TAESTEHW
- OFESRLW _____
- IKPN _____
- RCAD _____
- DIUPC _____
- SAWRRO _____
- ESROS _____
- OVLE _____

Word Bank

Hugs	Pink	Candy	Arrows
Chocolate	Valentine	Flowers	Cupid
Kisses	Hearts	Sweetheart	Card
	Roses		Love

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New Year's arrival

Marta Ordonez Raxuleu delivered Arisbeth Samara Ordonez Raxuleu at 9:29 p.m. on Monday, Jan. 1 as the first baby born at Providence Medical Center in Wayne. Arisbeth weighted 7 lbs, 9 oz. and was 20 inches long. Siblings include Avner, Anton and Lester. The family received a number of gifts from area businesses. Arisbeth was delivered by Dr. Ian Engebretsen, MD. (left).

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