



The Suburban Web Supplement — Features

From the Editor

By Kevin Janney

Having just finished shoveling what seems like a mile of snow-covered sidewalks, it strikes me that February is an awfully short month for all the observances stuffed into its 28 days. While technically still January (it is still January 31st as I write this... yes, the deadline for the web version of The Suburban is a bit more flexible than the print version), the newsletter editor must always be thinking a month ahead. Which means tomorrow I'll be focused on collecting news and features for the March newsletter as the printed version of The Suburban is folded, assembled, and delivered by Mary Verykoulis and her capable team. But back to February.

February is National Heart Month, and National African American History month. I share a week of birthdays with several deceased United States presidents resulting in the closure of all banks and post offices on February 15th. The day before is Valentine's Day—entirely appropriate since February is National Mend a Broken Heart Month. International Boost Self Esteem Month, National Bird Feeding Month, National Grapefruit Month, National Jobs in Golf Month, and Bake for Family Fun Month all share February.

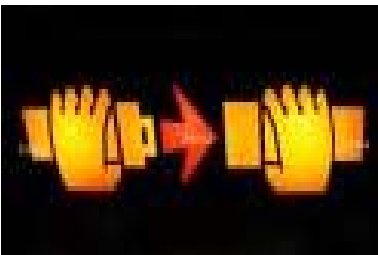
The cats who graciously agree to share their home with me are oblivious to National Pet Dental Health Month. Only one of the precious felines feigned even mild interest, watching from the window today as I shoveled the sidewalks in front of the house. The one disadvantage to living on a corner may be double the amount of city sidewalk to shovel after rare Hampton Roads snow storms. Since I don't want Harry to slip and fall while delivering my bills and junk mail tomorrow, the front steps and porch are freshly sanded. All this shoveling and sanding made it feel really good to sit down and take a load off with a coffee and the Sunday paper. But wait! Sitting down may be BAD for you.

Since it is National Heart Month your intrepid reporter feels obligated to pass on the latest bit of bad health news concerning our favorite activities: sitting down may be deadly. Granted, sitting down will result in your heart giving out at some non-specified time in the future whereas shoveling snow may very well cause you to keel over right there. Several studies indicate that people who spend most of the time sitting (in the office, at school, in front of the computer or TV) are more likely to be fat,

have a heart attack, and yes, to die. Even if you exercise regularly. An editorial in the British Journal of Sports Medicine suggests that health officials should be just as aggressive in encouraging the public to limit the amount of time spent in a seated position as they

are in recommending minimum amounts of physical activity.

In a study published last year that tracked 17,000 Canadians for 12 years researchers found that people who sat more had a higher death risk, independent of whether or how much they exercised. Don't worry: researchers are continuing to study this issue so they can figure out exactly how much sitting is dangerous.



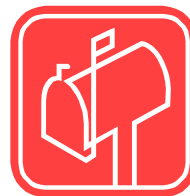
My suggestion? Read February's newsletter, which contains all sorts of activity suggestions to help you avoid sitting. Here in the online supplement we have included some information from the American Heart Association on a healthy diet and portion control. In the *Letters from Our Neighbors* feature online Steve Collins provides motivation on getting your February to-do list accomplished. Plus all the news that is news from our little corner of Norfolk.

To summarize, sitting down WILL kill you—we just don't yet know when. Cats are decidedly NOT interested in snow-related activities. Enjoy Adopt a Rescued Rabbit and National Sweet Potato month.

Letters From Our Neighbors

Get Ready!

By Steve Collins



February is one of those in-between months. Holidays are over- Christmas decorations are down and stored. It's dark all of the time- cold and windy. We impatiently think spring should be here. But if we focus there is much to be done in preparation for what is coming. February is a "Get ready!" month. I know... You do not want to hear it but...YOU need to focus, make your plan and get ready for what is on your horizon.

Spring Cleaning

You need to look at your stuff and get rid of what you do not need. If you have not used or worn it in 2 years it needs to go- Thrift Store or your favorite charity. Storing it for the privilege of dusting it, or letting it rot is over-rated. Your children are going to throw away when they choose your retirement home anyway. Get Ready!

Yard Maintenance Preparation

You need to look at your yard and prepare for spring. Some things need to be pulled up while others need to be planted. Check those gutters to see what's in them. That debris is headed toward the sewers and water ways. The EARNN (Environmental Awards for Recycling in Norfolk Neighborhoods) program will thank you for it. Get Ready!

Vacation Planning

It is time to plan that quick get-away. This is no time to be feeling sorry for yourself. You have party plans to make. If you plan early you may get a deal on air fare and accommodations. And... if you want that special someone to join you, the farther ahead you ask them, the more likely they will say YES! Get Ready!

Income Tax Preparation

It is tax time and you need to get on that Return. It is a privilege pay taxes. If you have taxes to pay it means that you have been blessed. So, kick in your part and feel good about it. Complaining is over-rated! Get Ready!

February is an important month to make preparations for what's about to happen. You have already made those resolutions. February can help you set conditions for success for the rest of the year. Get Ready! You will be glad you did. See you at the next meeting!

Steve



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Portion Control is in Your Hand

Whether you're enjoying a meal at a restaurant, at a party, or even at home, your hands can give you a fairly good idea of portion size. A food scale, measuring cups, and measuring spoons provide the most accurate way to keep track of how much food you eat, but they're not always practical. The hand method gives you an easy way to judge a reasonable serving.

"Measure your food once, gauge it in your hand, and you're all set," says Ruth Ann Carpenter, M.S., R.D., of The Cooper Institute in Dallas. "Now you have all the 'tools on hand' wherever you eat."



1 CUP = FIST

Serving size: 1 Cup

Visual aid: Fist

Best for:

- **Beverages**
- **Cereal**
- **Casseroles**
- **Soups**
- **Fresh fruit**
- **Salads**

½ CUP = CUPPED HAND

Serving size: ½ Cup

Visual aid: Cupped hand

Best for:

- **Pasta**
- **Rice**
- **Beans**
- **Potatoes**
- **Cooked vegetables**
- **Pudding**
- **Ice Cream**



February is National Heart Month

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Shortness of breath** with or without chest discomfort.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat

more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. **Don't wait more than five minutes to call 9-1-1.**

Calling 9-1-1 is almost always the fastest way to get life-saving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car.

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

www.americanheart.org



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3 OUNCES = PALM

Serving size: 3 ounces

Visual aid: Palm (thickness and size)

Best for:

- Beef
- Pork
- Poultry
- Fish



1 TABLESPOON = THUMB

Serving size: 1 Tablespoon

Visual aid: Thumb

Best for:

- Salad dressing
- Peanut butter
- Sour cream
- Cream cheese

1 TEASPOON = THUMB TIP

Serving size: 1 Teaspoon

Visual aid: Thumb tip

Best for:

- Butter
- Margarine
- Mayonnaise
- Oil

