



# Family Ties



## From Business to Fun: What Different Generations Do Online

Teens and young adults seem to live online, but a new report by the Pew Research Center finds that other generations are catching up: Generation X (ages 33-44) primarily uses the Internet for shopping and banking; Baby Boomers (ages 45-63) for travel reservations; and the 70-plus crowd for e-mail.

The study called "Generations Online in 2009" reported that Generation Y (ages 18-32) is the most likely to be engaged in all the various activities — communication, entertainment, e-commerce and entertainment-seeking. Generation X (ages 33-44) uses the Internet to "take care of business," with 67% banking online; 80% buy products online, compared with 71% in Gen Y. The 33-44 age group also use the Internet for watching videos and socializing, but less so than Gen Y.

"Generation Y is starting to get into the taking care of business. They're growing up into banking online and getting job information online while maintaining the Internet's social and entertainment pursuits they probably started in their teenage years," says Susannah Fox, co-author of the Pew Internet & American Life Project.

Activities for Baby Boomers depend on whether they are older or younger Boomers. Ages 45 to 54 are more likely to watch videos online (49%) than older boomers ages 55 to 63 (30%) but the reverse is true about seeking health information (81% of older boomers do, compared to 74% of younger boomers.) Although the report found that more than half of the adult online population is between 18 and 44, the age group with the biggest increase in Internet use since 2005 is among ages 70-75, which almost doubled, from 26% in 2005 to 45%.

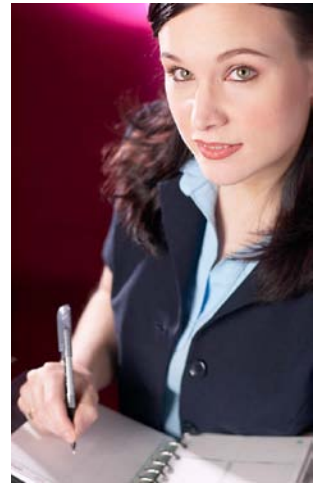
E-mail is the most popular online activity among older users, with 74% of Internet users age 64 and older now sending and receiving e-mail. But among teens, e-mail use dropped from 89% in 2004 to 73%. Those ages 12-32 are most likely to use the Internet for entertainment, via online videos, online games and virtual worlds or to download music, read blogs, use social networking sites and send instant messages. Among those ages 12-17, the most popular online activity is playing games.

### How different generations use the Internet:

	Online teens (age 12-17)	Gen Y (18-32)	Gen X (33-44)	Younger Boomers (45-54)	Older Boomers (55-63)	Silent Generation (64-72)	G.I. Generation (73+)
Internet Users (% of all)	93%	87%	82%	79%	70%	56%	31%

# Keeping Your Resolve

Did you make a New Year's Resolution this year? If you are like me, you may have already broken your resolution. The new year seems like a logical time to set some goals to improve yourself, but self-improvement isn't easy. So, when we make New Year's Resolutions, it is often hard to stick with them. Here are some tips for making and keeping your resolutions.



1. Get real. You need to set goals that are realistic. For example, if you want to begin an exercise program, rather than starting out with a goal of running five miles per day, choose to walk for 15 to 20 minutes three times per week, and gradually increase the number of times and the amount of time you walk as you gain strength.
2. Make it measurable. If you make your goal too general, such as resolving to be a better person, you will not know how to achieve your goal. Instead, be specific. You could make a resolution to volunteer with an organization for a set amount of time, such as one hour per week or month, or to do something for your elderly neighbor once per week. Write down your goal and keep track of your progress. By making your goal measurable, you can follow your progress and revise or recommit to your goal if needed.
3. Make a plan. Make a plan for how you will accomplish your goals. Small changes can make a big difference. If your goal is to lose weight, plan to reduce or eliminate sugar sweetened drinks from your diet. Instead of drinking regular soft drinks or sweet tea, switch to diet drinks or water. If you make the switch to tap water, not only will you reduce your sugar intake, but you will save money – a double bonus.
4. Break it down into small tasks. If you want to become more organized, start with cleaning out a drawer. When all of the drawers in the chest have been straightened, go to the closet. By breaking the goal down into small steps that can be accomplished fairly easily, you will reach your overall goal eventually.
5. Reward yourself. When you have made progress toward your goal, give yourself a reward. For example, reward yourself for clearing out clutter by getting a new rug or new throw pillows to brighten your house. Reward yourself for being faithful to keep up your exercise schedule by going to the park for a picnic and recreation or getting a new pair of walking shoes.
6. Involve others. When you set a goal, find someone you know who will be supportive and tell him or her about your plan. In fact, you might get your friends to join you in your plan by walking together at lunch, scheduling a clear out the clutter day, or volunteering together with an organization such as Habitat for Humanity or the local food pantry.
7. Cut yourself some slack. Plan in advance for setbacks. Things happen that can take you off track in reaching your goals such as a trip, an illness, new responsibilities, or other things that get in the way of your progress. Don't view these setbacks as the end of your resolution. Just get back on track as soon as possible.

The Website USA.gov has a list of popular New Year's Resolutions with links to resources that can help you achieve those goals. The list includes getting more education, getting a better job, getting fit, losing weight, managing debt, quitting smoking, reducing stress, saving money, taking a trip, and volunteering more. You can find information on these topics at [http://www.usa.gov/Citizen/Topics/New\\_Years\\_Resolutions.shtml](http://www.usa.gov/Citizen/Topics/New_Years_Resolutions.shtml)

# CIGARS: The TRUTH Behind the Smoke



The Tennessee Youth Risk Behavior Survey for 2009 reveals good news in almost every category related to adolescent smoking. Fewer young people are “trying” cigarette smoking; fewer young people are becoming regular smokers; fewer young people are smoking on school campuses. Terrific news, to be sure. Tobacco prevention and control efforts in Tennessee have proven successful in many arenas, and yet . . .

Consumption of cigars and related products is at an all-time high—among youth smokers and the population as a whole. Full-size cigars, smaller cigarillos, and small cigars (which resemble cigarettes) have exploded in popularity, with a more than 124 percent increase in sales between 1993 and 2007. Why cigars? Why now?

Many are drawn to cigar products by the fallacy—the dangerous fallacy—that they represent a safer alternative to smoking cigarettes, a falsehood that may cost smokers their lives. The erroneous belief/hope that cigars are less damaging to human health than are cigarettes is underpinned by the reduced degree of smoke *inhalation* anticipated among cigar smokers. The fact is that many cigar smokers *do* inhale, particularly those who are or have ever been cigarette smokers. Currently, cigar companies are redesigning their fermenting process in an effort to render cigar smoke more readily inhalable. As is the case with cigarettes, inhalation of cigar products can lead to lung, bladder, and pancreatic cancers.

Oral cancers are of huge concern to those who smoke cigars, as are cancers of the esophagus and larynx. The toxins in cigars are the same as those in cigarettes, although they typically occur in higher concentrations and are more easily absorbed into the body. Cigars also contain nitrosamines, known to be among the most carcinogenic of all substances.

A second myth, also untrue, that attracts people to cigar products is the assertion that they are not addictive. Nicotine, the addictive substance in cigarettes, is also a major component in all cigars. Nicotine can be inhaled or absorbed through the linings of the mouth. Regardless of its source of entry, nicotine is highly addictive.

The migration of young people to cigars likely has its genesis in one or more of three additional elements. Firstly, marketing strategies have evolved to feature cigars, cigarillos, and little cigars as sophisticated, sexy alternatives to cigarettes. Hollywood actors and professional athletes have helped to promote this new vibe. Little cigars, in particular, because of their striking similarity to, but exotic difference from, cigarettes have become particular favorites of new smokers. A second, related fact, now more relevant than ever, is the availability of cigars in fun flavors, such as chocolate and strawberry. Some cigarette manufacturers had included these flavor additives, as well, until new tobacco regulations rendered this practice illegal in October, 2009—for cigarettes, although *not* for cigars. Finally, cigar products have typically been less costly for young people than cigarettes, always a major consideration.

Perhaps the Virginia Slim cigarette advertisers said it best, when they proclaimed, “You’ve come a long way, baby!” Tennessee has, indeed, come a “long way” in reducing tobacco consumption among its youth, but the latest obstacle to health is now cigar products, and parents and educators must continue their journey along the avenue of prevention to vanquish these foes.

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# Healthy Snacks



If your New Year's Resolution was to "lose weight", consider these tips on selecting healthy snacks.

- Snacks boost energy between meals but need not be a so-called "snack food".
- Snacking isn't a license to overeat and shouldn't be considered the same as "grazing," which may involve multiple helpings from food available over an extended period of time.
- Skipping a snack to trim calories and lose weight may not be as productive as choosing a healthy-promoting snack to satisfy hunger – and reduce the temptation to overeat at an upcoming meal.
- Plan snacks, so as not to be caught empty-handed. Limited selections at sporting events or vending machines may offer high-cost and/or highly processed foods that offer few nutritional benefits.
- Match snack to activity level. Some activities may require more calories. Active children and adults may, for example, benefit from graham or other whole-grain crackers and peanut butter or half a sandwich and fruit rather than a single apple or orange.
- Vary snack choices, rather than choosing the same snack each day.
- Look to locally grown seasonal fruits and vegetables for healthful, satisfying snacks. While many consider fruits and vegetables the original convenience food (because they come with their own wrapper-like peel), some preparation may make them more appealing as snacks. Seeding and cubing (or chunking) and chilling a muskmelon or cantaloupe in a covered, clear glass or other see through container can make such a snack more appealing, particularly when time is short.
- In summer months, choose fruits (such as fresh berries, peaches or plums) and vegetables (such as a crunchy cucumber, celery or summer squash) with a high water content to help replenish body fluids lost through perspiration and other body processes.
- If a snack will be eaten away from home, choose foods that travel well. Popcorn is an example. The low-cost, whole grain snack can be pre-popped, seasoned to taste, and packaged in a re-sealable plastic bag. Its high volume also makes it a filling snack.
- Consider leftovers, such as a single serving of a fruit, vegetable or pasta salad; half a meatloaf sandwich; or a slice of turkey. They can all qualify as healthy, satisfying snacks.
- Choose dry cereal (that is not highly processed or sweetened) to eat like a snack mix.
- Drink water to replenish fluids lost through perspiration and other body processes. Tap water is recommended to reduce the environmental impact associated with commercially bottled water. Choosing to use a reusable/refillable water bottle also can reduce environmental impact.
- Choose beverages such as milk and 100 percent fruit or vegetable juices. They offer health and benefits to supplement snacks.
- Pay attention to a standard portion or recommended serving size. One cup of ready-to-eat cereal; one-fourth cup of dried fruit; one cup of fresh, canned or frozen fruits or vegetable; or one tablespoon of peanut butter each count as a serving.

# Cell Phones Key to Teens' Social Lives



According to a national survey from CTIA and Harris Interactive, nearly half (47%) of US teens say their social life would end or be worsened without their cell phone, and nearly six in 10 (57%) credit their mobile device with improving their life. Four out of five teens (17 million) carry a wireless device (a 40% increase since 2004). The study titled “Teenagers: A Generation Unplugged,” probed how the growing teen wireless segment is using wireless products and how they want to use them in the future.

## Impact on Teen Life

A majority (57%) of teens view their cell phone as the key to their social life.

Second only to clothing, teens say, a person’s cell phone tells the most about their social status or popularity, outranking jewelry, watches and shoes.

## Providing Entertainment and Security

More than half of the respondents (52%) agree that the cell phone has become a new form of entertainment.

One-third of teens play games on their phone.

80% say their cell phone provides a sense of security while on the go, confirming that the cell phone has become their mobile safety net when needing a ride (79%), getting important information (51%), or just helping out someone in trouble (35%).

Teens carry cell phones to have access to friends, family and current events.

Though only one in five (18%) teens care to pinpoint the location of their family and friends via their cell phone, 36% hate the idea of a cell phone feature that allows others to know their exact location.

## Texting Replacing Talking

The study also confirmed that texting is replacing talking among teens. Teens admitted spending nearly an equal amount of time talking as they do texting each month. The feature is so important to them that if texting were no longer an option 47% of teens say their social life would end or be worsened - that’s especially so among females (54% vs. 40%).

Teens say texting has advantages over talking because it offers more options, including multitasking, speed, the option to avoid verbal communication, and because it is fun - in that order, according to the study. With more than one billion text messages sent each day, it is no surprise that 42% of teens say they can text blindfolded.

“Teens have created a new form of communication. We call it texting, but in essence it is a reflection of how teens want to communicate to match their lifestyles. It is all about multitasking, speed, privacy and control,” said Joseph Porus, VP, Technology Group, Harris Interactive.

## Devices of the Future

In the future, mobility for teens means mobile banking, mobile voting, location based services, personal entertainment - the sky is the limit for how mobile our lifestyles can be,” said Steve Largent, president of CTIA - The Wireless Association. “We’ve certainly come a long way in 25 years and expect teens to be a growth driver for the industry and have a major impact on the wireless landscape for years to come.”

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# Catch Your Toddler “Being Good”

*Positive reinforcement — “You played so nicely today!” — is the ultimate tool in your discipline kit.*



Let's face it — toddlers love attention and if they can't get it by being good, they might just have to resort to being bad. Here's how it might play out: You've ignored one (or two or three) requests from your toddler to play a game with blocks because you're trying

to balance your checkbook. The next thing you know, your child is ripping up the mail or dumping the doggie's dish ("Hey, now I've got your attention, Mom!"). While it might make you mad, your tot's actually pretty smart. After all, social interaction with Mom and Dad is part of her survival instinct (she needs your attention for her sense of security and self-esteem) and she's going to get that attention anyway she can.

So how do you break this cycle? By catching your child in the act of doing something right instead of wrong and making sure she knows how happy you are about it ("Wow! You remembered to put your clothes in the hamper. What a big girl!" or "I like how gentle you're being with your baby brother"). Let her know (**with words, hugs, and high-fives**) that you notice and appreciate her and you'll go a long way toward satisfying her appetite for attention. Here are three more ways to raise the praise in your home.

**Turn negatives into positives.** Your little darling has emptied the contents of your drawers onto the floor. Now what? Rather than scold, enlist her help in figuring out a way to remedy the situation ("How can we fix this? How about you help me put this stuff back?"). Praise her when she complies and don't forget to give her a

firm, anger-free reminder that "Mommy's things need to stay in Mommy's desk".

**Check in.** Even if you're busy (especially when you're busy) take time to reach over for a hug, a tickle, or to comment on the progress of her block tower. That way, you'll head off her impulse to get your attention by doing something devilish.

**Diffuse the situation.** If your toddler is showing signs of defiance ("No! I won't take a bath!"), turn the situation around by using distraction ("Let's go find some fun bath toys!"), humor ("What if we put Mr. Teddy in the bath?"), or reverse psychology ("Don't you dare get into that tub!"). It doesn't take much to amuse a toddler. And diffusing a situation with creative approaches like these allows your child to give in without feeling like she lost a battle. Then you can thank her for her cooperation ("I love how you play in the water!").

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**Babies are always more trouble than you thought - and more wonderful.**

~ Charles Osgood

For Additional Information Contact  
Your Local Extension Office



# A New Resolution: Positive Self-talk

*What are you telling yourself?*

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## What is Self-talk?

Self-talk is the daily dialogue that we have with ourselves – those habitual things we say to ourselves either in word or thought. Self-talk can be both positive and negative. People don't always think that self-talk is important; however, it can have a big influence on how people view their life, their family, even their illnesses. For people who have chronic illnesses such as arthritis, negative self-talk can propel the cycle of pain forward and contribute to people feeling poorly. Self-talk has been found to affect a person's level of pain, depression and fatigue. Taking inventory of this internal dialogue may help to shed new light on symptoms and pain patterns.

## How can I change negative Self-talk?

1. Write down negative or self-defeating thoughts or words, particularly those that come to mind when you are not feeling well.
2. It may help to think about where the negative thought originated (You've never liked taking medication- *When did that start?* You believe that your symptoms will never go away- *Did some event contribute to that belief?*).
3. Replace the thoughts identified in #1 with a new positive thought. Examples: "I just can't do anything right!" Replace with, "I made a mistake, but I can improve." "Nothing is going to help me feel better!" Replace with, "This new treatment will help and I bet I will be able to move more freely. I will hope for the best."
4. Rehearse.
5. Practice in real situations where you would normally be negative.

## Building on a Positive Foundation

- Some people find it helpful to have a list of positive affirmations ready to focus on when negative thoughts start to fill their mind. Take the time to list the things that you do well and things that you genuinely like about yourself. This will help to motivate you beyond how you feel.
- Envision yourself completing tasks successfully and accomplishing what you want to accomplish.
- Take care of yourself (physically, mentally, spiritually, etc.). Investing in yourself can help you to feel better.
- Sometimes it helps to pay attention to people or relationships that make you feel worse. Good relationships allow you to have boundaries and do what you need to do to stay healthy.

## Don't Give Up!!

Be patient with yourself. Negative habits are not learned overnight and it usually takes time to establish new thought patterns. Maybe you haven't reached your goals yet, but even small improvements should be seen as part of the overall victory! One day at a time – never give up!

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# Breakfast is NOT Negotiable!

No one should be allowed out of the house without some form of semi-healthy food – at least peanut butter crackers and milk. You may get an “Oh Mom” with the rolling of the eyes but some things are negotiable and others are not. Breakfast is not negotiable.

## Why? Here are some tried and true reasons and some new ones:

- \* Eating breakfast as a child is important for establishing healthy habits for late in life.
- \* With breakfast, adults and kids do better at cognitive, logical, and spatial learning, hand-eye coordination and memory. For youth this translates into better academic scores. A school breakfast provides ¼ the recommended amounts of protein, calcium, iron, vitamin A and vitamin C for the day.
- \* Emotionally kids and adults do better with breakfast. Adults who eat breakfast have fewer problems with depression and anxiety. Youth have fewer behavior problems and are less likely to be absent or tardy to school.
- \* Breakfast eaters have a lower intake of fat and cholesterol and the nutrients they miss at breakfast are typically not made up during the day. They also eat fewer calories during the day and are less likely to be overweight. The prevalence of obesity can be more than four times greater when you skip breakfast. In a group of individuals who lost weight and kept it off, 78% ate breakfast.
- \* What we eat is important too. Choosing breakfast foods low in sugar, high in fiber and with a lean protein keep the mid morning slump away so few calories are consumed.

## What is a healthy breakfast?

1. Choose whole grains – breads, bagels, hot or cold cereals, low fat bran muffins or crackers.
  2. Choose lowfat protein – hard cooked eggs, nut butters, nuts, lean slices of meat or poultry.
  3. Choose low fat dairy – skim milk (all milk has vitamin D), low fat yogurt or cheese.
  4. Choose fruits and vegetables- fresh, canned, frozen or dried without added sugar and 100% juice.
- When purchasing dry cereals, consider a generic or store brand with minimal packaging such as a waxed paper bag rather than a more expensive box. A larger quantity will often yield a lower cost-per-serving. (The cost-per-serving is usually posted at the edge of the store shelf where the cereal is displayed.)
  - Not all cereals are created equal. Read the nutrition facts label to decide what is healthy. Serving sizes usually range from ¾ cup to 1 cup. Use these guidelines when choosing a cereal.  
Fiber: select a cereal with 3-5 grams of fiber per serving.  
Sugar: select a cereal with 8 grams or less of sugar per serving. (8 grams is 2 teaspoons.)  
Calories: If you are watching your weight, look for a cereal that has 120 calories or less per serving.

Cereal Bars can be a good option. Use the same criteria as cold dry cereal. Add other foods to balance the breakfast. Variety is important.

Have grab and go items for those unexpected crazy mornings. (A peanut butter sandwich, milk and banana, or a hard cooked egg, apple and milk).

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# Baby-Proofing Your Technology in the 21<sup>st</sup> Century

New parents often spend a lot of time worrying about baby-proofing their home to protect their little ones. They research and receive a lot of advice (and rightfully so) about clipping blind cords, covering

outlets, knowing what their plants are, gating stairs to prevent falls, and preventing accidental drowning by never allowing children to be in or around water unsupervised. What may not be covered in older books or pamphlets are the dangers posed by all the gadgets and technology that we now depend on day to day in our homes.

## **Alkaline Disc Batteries**

Alkaline disc batteries are becoming increasingly more common as it is trendy that our gadgets become smaller and smaller. They are frequently found in cameras, calculators, watches and hearing aids. Their small size and caustic contents cause great concern if they are ingested. Children from infant to school age have been reported to have ingested or inhaled these small batteries. If lodged in the esophagus or lung they can cause direct pressure necrosis, caustic injury from the battery contents leaking out, and low voltage burns if the batteries happen to still have a charge. They visually can be mistaken for a coin which would have a different treatment recommendation than the aggressive treatment recommended for battery ingestion. It is a good idea to keep those items that contain these batteries and your spare alkaline disc batteries somewhere that children cannot reach.

## **Adaptors, Chargers, and USB Cords**

Along with our trendy and helpful gadgets comes the need for adaptors, chargers, USB cords, and power strips. It is not a good idea to keep any adaptor cord or charger cord plugged into an outlet without the item being charged on it. A child is ever curious, and young children put items that are unusual in their mouths just to explore them. The voltage is enough to cause their heart to stop and to cause serious burns and injury. Along with normal electrical cords these cords are intriguing to children if left hanging or where they can reach them. Teething babies and toddlers have been known to chew on cords and can be seriously injured by a live wire.

Remember to ALWAYS charge your items at a place in your home where children cannot reach them. There are power strip covers, cord covers, and other devices sold at office supply stores that are inexpensive and provide safety to a curious child *and* your expensive equipment. It is a good idea if you still have a CPU tower to invest in an inexpensive tower cover. Keeping a laptop out of reach and closed is also a good tip. Many a monitor has met its demise in just this way!

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