

A Su Salud

To your health

The Holidays are Here—AGAIN?!



Unfortunately, the holiday season is not a happy, festive time for many people. In fact, this season is often the most stressful time of year for many. There is so much pressure and expectation for everything to be perfect—perfect family, perfect

gifts, perfect decorations, perfect final exam scores. If you stop to think about it, why should things be perfect now when nothing is perfect any other time of the year? Bad things will still happen, your financial situation still be the same, buying a gift for a picky friend or relative will still be unappreciated, people will still get sick, and some will die (although my 82-year old mother has promised not to die during the holiday season. Phew!).

I downloaded a great guide called “Simplify the Holidays” from the Center for a New American Dream (www.newdream.org). As it says in the introduction, “whether you celebrate Christmas, Hanukah, Kwanzaa or Solstice, this guide provides many meaningful ways to have more fun with less stuff this holiday!” Other great suggestions come from an article entitled, “42 Ways to Trim Your Holiday Wasteline” on the Use Less Stuff website (<http://www.use-less-stuff.com/>)

Here are some highlights:

Spend now, pay when?

- 57% of consumers plan to pay for holiday purchases with credit.
- It takes a credit-card user an average of 4 months to pay off holiday bills.
- The total U.S. credit-card debt is over \$600 billion.
- 5 million extra tons of trash are produced in the U.S. each year between Thanksgiving and New Year’s Day.

- At least 28 billion pounds of edible food are wasted each year—that’s 100 pounds per person.

Create a new gift-giving tradition:

- Choose a Secret Pal - Rather than having to buy a gift for all of your family members or group of friends, put all the names in a hat a month or so ahead of time and each person picks one name. This way, you can spend more time, and perhaps a bit more money on buying a very special gift for that very special person.
- Do a swap – everyone brings a wrapped gift and the group picks numbers. The first person picks a gift and unwraps it. The second person can either choose another gift or take the first person’s gift (in which case the first person chooses again). Continue opening and “stealing” until all the gifts are open. The focus is on the fun and not on the gifts.
- Decide on a dollar limit on gifts in advance.

Simplify your gifts

- Gift of Time. This is a great gift for someone who has everything, an elderly relative or friend, or someone who is super busy with kids, job and school. Create your own gift “certificate” and either offer the bearer *your* time and companionship or give them some free time. Ideas include planning a special dinner together, offering to baby sit or clean house for someone, planning an outing to the zoo, a museum or just go for a ride
- Homemade Gifts. Put together a photo album, scrap book or collage containing pictures and memories; make a gift basket with homemade food items; layer the dry ingredients for chocolate chip cookies or a bean soup in a clear glass jar and write the directions on a label; make a “memory jar” by writing fond memories on small pieces of paper (one memory per paper) and putting them in a jar. (My friend and her siblings did this for her parents’ 50th wedding anniversary and it was a huge hit).

Smoking Cessation Program is Creating Fewer Smokers on Campus

How's the smoking cessation program going? I thought you'd never ask! Here is a quick update:

Background: Health Services has a one-year, \$22,000 grant from the Santa Clara County Public Health Department to offer a variety of smoking cessation interventions including acupuncture, hypnotherapy, Zyban, and nicotine replacement products (gum and patch).

What's happening: A total of 14 people attended (out of 24 who signed up) one of two orientation meetings on October 23 and 24. Ten people completed the two sessions of behavior modification and have chosen their interventions. Four have chosen hypnotherapy, two have chosen Zyban, two have chosen the nicotine replacement gum and two have chosen the nicotine replacement patch. I'll keep you posted on how many quit smoking.

Condom Couplet Contest: A Win-Win Situation

You need the money and we need the condoms! Please read on: Stretch your imagination and come up with a rubber rhyme! Increase awareness and communication among students about sexual and reproductive health issues – especially condoms - using this light-hearted, upbeat activity. A couplet is two lines of verse with the same number of syllables and rhyming last syllables:

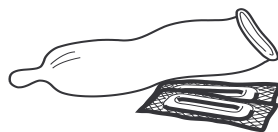
"Red or yellow or green or blue ~ Any condom looks good on you."

"AIDS is deadly, here to stay ~ Play it safe the condom way."

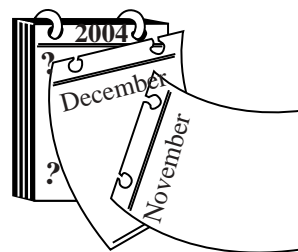
Entries must be received by **January 15, 2004**. All entries become property of Mayer Laboratories, Inc. Couplets will be judged and two winners announced during National Condom Week 2004 (Feb. 14-21). *Win a warm spot in the heart of America and \$100 for first place and \$50 for second place. If the winning entries are submitted on letterhead from a college pharmacy, health promotion program, or newspaper, in addition to the cash we'll donate 1000 condoms to them.*

Send entries to: Mayer Laboratories, Inc., 646 Kennedy St., Bldg. C, Oakland, CA 94606.

Questions?: Call 800-426-6366 or email karenh@mayerlabs.com



What's in Store in 2004?



2004 is just around the corner. Why not start thinking about your New Year's Resolutions now? Here are some ideas to get you started on the right foot.

Lose Weight

Good news! According to a recent study by the

Weight and Eating Disorders Program at the University of Pennsylvania School of Medicine, any diet will help you lose weight *as long as you stick to it over the long haul*. The researchers compared weight loss among people who were on four popular diet plans: Atkins, Dean Ornish, Weight Watchers and the Zone. One third of the dieters dropped out before the year was up. Those who remained reduced their risk of heart disease and lost about 5 percent of their total body weight. That's 15 pounds for a 300-pound person, 10 pounds for a 200-pound person, and 7.5 pounds for a 150-pound person.

Quit Smoking

More good news! Health Services can help you quit smoking for free! If you've always wanted to quit smoking but didn't feel like you could afford the cost of getting help (counseling, nicotine replacement, acupuncture, hypnotherapy, etc), now's the time to do it. Our grant runs out in June 2004, so take advantage of this great opportunity now! Contact Mary-Jo at 864-8732 or lomaxmaryjo@fhda.edu.

Save Money

See "Quit Smoking."

Good luck with
your exams!

De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

A Su Salud is written by Mary-Jo Kane, Health Educator

de anza college health services 21250 stevens creek boulevard cupertino, ca 95014

408.864.8732

<http://www.deanza.edu/healthservices>