

life lines

information for your life

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KIDS AND SOCIALIZING ONLINE

Even if you delete the information from a site, you have little control over older versions that may exist on other people's computers and may circulate online.

Social networking sites, chat rooms, virtual worlds, and blogs are how teens and tweens socialize online. It's important to help your child learn how to navigate these spaces safely. Among the pitfalls that come with online socializing are sharing too much information or posting comments, photos, or videos that can damage a reputation or hurt someone's feelings.

Applying real-world judgment can help minimize those risks.

REMIND KIDS THAT ONLINE ACTIONS HAVE CONSEQUENCES.

The words kids write and the images they post have consequences offline.

Kids should post only what they're comfortable with others seeing. Some of your child's profile may be seen by a broader audience than you—or your child—may be comfortable with, even if privacy settings are high. Encourage your child to think about the language he or she uses online and to think before posting pictures and videos, or altering photos posted by someone else. Employers, college admissions officers, coaches, teachers, and the police may view your child's posts.

Remind kids that once they post it, they can't take it back. Even if you delete the information from a site, you have little control over older versions that may exist on other people's computers and may circulate online.

Tell kids not to impersonate someone else. Let your kids know that it's wrong to create sites, pages, or posts that seem to come from someone else, like a teacher, a classmate, or someone they made up.

TELL KIDS TO LIMIT WHAT THEY SHARE.

Help your kids understand what information should stay private. Tell your kids why it's important to keep some things—about themselves, family members, and friends—to themselves. Information like their Social Security number, street address, phone number, and family financial information, such as bank account or credit card numbers, is private and should stay that way.

Talk to your teens about avoiding sex talk online. Research shows that teens who don't talk about sex with strangers online are less likely to come in contact with predators. In fact, researchers have found

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KIDS AND SOCIALIZING ONLINE

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that predators usually don't pose as children or teens, and most teens who are contacted by adults they don't know find it creepy. Teens should not hesitate to ignore or block them.

ENCOURAGE ONLINE MANNERS.

Politeness counts. You teach your kids to be polite offline; talk to them about being courteous online as well. Texting may seem fast and impersonal, yet courtesies like pls and ty (for please and thank you) are common text terms.

Tone it down. Using all caps, long rows of exclamation points, or large, bolded fonts are the online equivalent of yelling. Most people don't appreciate a rant.

Cc: and Reply All: with care. Suggest that your kids resist the temptation to send a message to everyone on their contact list.

LIMIT ACCESS TO YOUR KIDS' PROFILES.

Use privacy settings. Many social networking sites and chat rooms have adjustable privacy settings, so you can restrict who has access to your kids' profiles. Talk to your kids about the importance of these settings, and your expectations for who should be allowed to view their profile.

Set high privacy preferences on your kids' chat and video chat accounts as well. Most chat programs allow parents to control whether people on their kids' contact list can see their status, including whether they're online. Some chat and e-mail accounts allow parents to

determine who can send messages to their kids and to block anyone not on the list.

Create a safe screen name.

Encourage your kids to think about the impression that screen names can make. A good screen name won't reveal much about how old they are, where they live, or their gender. For privacy purposes, your kids' screen names should not be the same as their e-mail addresses.

Review your child's friends list.

You may want to limit your children's online "friends" to people they actually know.

TALK TO KIDS ABOUT WHAT THEY'RE DOING ONLINE.

Know what your kids are doing.

Get to know the social networking sites your kids use so you understand their activities. If you're concerned about risky online behavior, you may want to search the social sites they use to see what information they're posting. Are they pretending to be someone else? Try searching by their name, nickname, school, hobbies, grade, or community.

Ask your kids whom they're in touch with online.

Just as you want to know who your kids' friends are offline; it's a good idea to know whom they're talking to online.

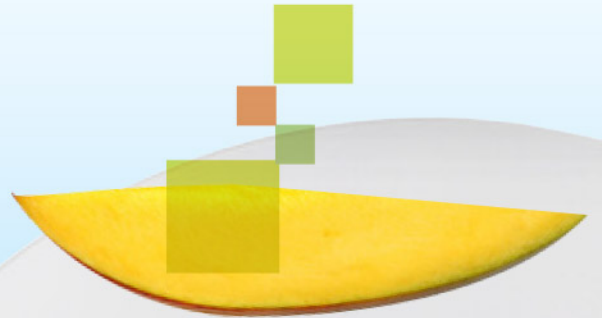
Encourage your kids to trust their instincts if they have suspicions.

Encourage them to tell you if they feel threatened by someone or uncomfortable because of something online. You can then help them report concerns to the police and to the social networking site. Most of these sites have links for users to report abusive, suspicious, or inappropriate behavior.

Federal Trade Commission (FTC), OnGuard Online. (2011, September). *Kids and Socializing Online*. Retrieved October 24, 2016, from <http://www.onguardonline.gov>

Liven Up Your Meals with Vegetables and Fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals; they can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.



- 1. FIRE UP THE GRILL.** Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.
- 2. TAKE YOUR CASSEROLE TO THE NEXT LEVEL.** Mix vegetables, such as sautéed onions, peas, pinto beans, or tomatoes, into your favorite dish for that extra flavor.
- 3. PLANNING SOMETHING ITALIAN?** Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture that satisfies.
- 4. GET CREATIVE WITH YOUR SALAD.** Toss in shredded carrots, peas, orange segments, or other seasonal items for a flavorful, fun salad.
- 5. SALAD BARS AREN'T JUST FOR VEGETABLES.** In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.
- 6. GET IN ON THE STIR-FRYING FUN.** Try something new! Stir-fry your veggies, like broccoli, carrots, cauliflower, or green beans, for a quick-and-easy addition to any meal.
- 7. ADD THEM TO YOUR SANDWICHES.** Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.
- 8. BE CREATIVE WITH YOUR BREAKFAST.** Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.
- 9. MAKE A TASTY FRUIT SMOOTHIE.** Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious, frozen, fruit smoothie.
- 10. LIVEN UP AN OMELET.** Boost the color and texture of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.



U.S. Department of Agriculture (USDA), Center for Nutrition Policy and Promotion. (Revised 2017, July 25). *10 tips: Liven up your meals with vegetables and fruits* (DG Tip Sheet No. 10). Retrieved December 28, 2017, from <https://www.choosemyplate.gov>

Keeping on Track at Work



When Vacation is on Your Mind

It's important to plan time off, even if it's just a short break.

Perhaps if you could pitch a beach umbrella in the middle of the office, it would help you feel better about spending the summer behind your desk. Everyone, it seems, is on vacation. Everyone, except you.

So how can you keep your nose to the grindstone when your mind is in a beach chair at the water's edge contemplating nothing more challenging than a foamy drink and a frothy novel? Kenneth W. Thomas suggests you start that mental journey with baby steps. "Keep track of every milestone you reach at work, even the small ones," said Thomas, Professor of Management at the Naval Postgraduate School in Monterey, California. "You can even make a little chart and color it in as you go."

The author of the book *Intrinsic Motivation at Work: Building Energy and Commitment*, Thomas said, "the ache for a break could be a symptom of an ailing attitude." "This is the time to sit in a dark room for a while and figure out your passions," he said, "People are more likely to stay on track at work if they come up with a solution that gives them a feeling of choice."

"Some people will discover the need to take a permanent break from their jobs," he said. But most workers can refocus their energies and learn to overcome the compulsion to dash home and start tossing scuba gear in the suitcase.

"The most effective choice," Thomas said, "is to commit to a can-do attitude." Here are tips on remaining sunny when it seems as if everyone is at the beach:

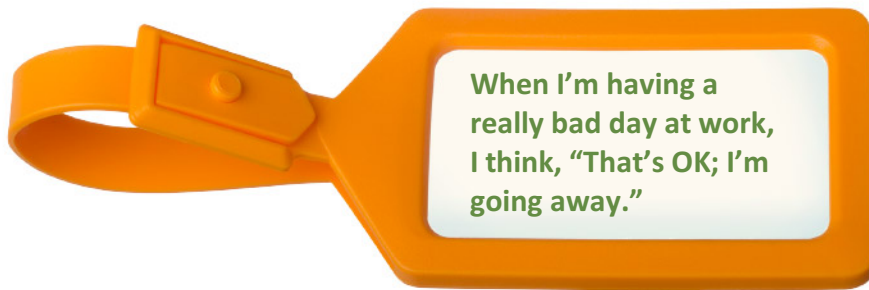
- Start building a positive vocabulary in your thoughts and comments about work. Job motivation expert, Kenneth W. Thomas suggests beginning with the word "progress."
- Reward yourself for milestones. For example, leave the building and take a short, pleasant walk after completing an important task.
- Become the architect of your own success by building time off into your schedule. Gerald Lewis, a psychologist who specializes in workplace issues, recommends negotiating for compensatory time and adding an extra day or two to already lengthened holiday weekends. "And if you really must have more time, consider giving up pay in exchange for extra vacation," he said.
- Don't eat lunch at your desk. Utilize that time constructively by taking a break from the workplace.
- Plan a mini-outing either on the way to work or on the way home. For example, pick up a sandwich after work and stop at a park for a weekday picnic.
- Reassess your goals. If you yearn for a vacation, perhaps it is because you no longer enjoy your job. Think about what once made you passionate about your work—and see if that reignites the fire.

"Get a positive vocabulary, starting with the word progress," Thomas said, "And when you make progress, reward yourself by doing something special."

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Keeping on Track at Work When Vacation is on Your Mind

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Edward Maher, a florist from Voorhees, New Jersey, motivates himself with a carrot-and-stick approach. Work is the stick—and vacation is the carrot. “When I’m having a really bad day at work, I think, ‘That’s OK; I’m going away,’” he said, “It’s easier to finish whatever the job is when I know I have an exciting trip to look forward to.”

That technique is only effective for people who have logged a vacation in their datebook—and know there is light at the end of the work tunnel. “It’s essential that people plan for time off,” said Gerald Lewis, a psychologist and director of Gerald Lewis, PhD and Associates, PC, a behavioral health practice in Framingham, Massachusetts.

Maher takes at least a week off every six months, usually a vacation requiring travel. He is getting ready for a trip to Las Vegas and already is making arrangements for the vacation after that—a tour of France.

But Lewis said, “Setting aside as little time as a long weekend can be emotionally uplifting because the worker knows some kind of respite is on the horizon.”

WEEKEND VACATIONS

Indeed, the weekend vacation is gaining popularity in the United States, according to the Travel Industry Association of America. “Heavy work schedules make it tough to carve out a full week or two for vacation, so harried workers compromise by taking several briefer trips throughout the year,” the trade group’s William S. Norman said.

Frustrated Americans who feel they simply don’t get enough time off may look enviously across the Atlantic. Most Americans haven’t taken an entire summer off from work since they were teenagers, while Europeans typically take a month-long respite during the warm weather to recharge their batteries.

“We are a workaholic nation,” Lewis said. We are also a nation in which workers are increasingly responsible for keeping themselves on track. That means most folks are faced with the daunting task of maintaining their own

focus when they would rather be hopping a plane.

“In the command-and-control era, things were spelled out as far as what people were supposed to be doing at work,” Thomas said, “Today, people are far more self-managed.”

Workers who are well-organized can make the trend toward self-management work in their favor by finishing projects early, so they can get a jump on vacation. Other relaxation-friendly options include establishing flexible hours in summer or working from home a few days a week.

Summer’s longer days also naturally provide opportunities for refreshment before and after work. In fact, Lewis points out, it’s healthier to be outdoors in the early morning and early evening because they’re typically the coolest hours of the day and the sun’s harmful ultraviolet rays aren’t as strong.

You’re far more likely to take advantage of opportunities to relax if you’re prepared to seize the day. Lewis suggests stowing a lawn chair in the trunk of the car for impromptu breaks. “On your way home from work, stop and sit some place restful and scenic,” he said.

Increasingly, employers are acknowledging workers’ yearning to be free during the vacation season. For example, the advertising firm E. James White Co. in suburban Washington, District of Columbia, offers its staff unlimited M&M candies during the summer months—along with company happy hours and parking lot barbecues.

Many companies are shortening hours on Fridays and relaxing dress codes. Lewis points out that all workers have to power to grant themselves a brief respite from their labors by resisting the temptation to bring the job home with them at the end of the day.

“When you leave work, leave work,” he said. “It will all be there tomorrow.”

Smith, E. (Reviewed 2017). *Keeping on track at work, with vacation on your mind*. Raleigh, NC: Workplace Options.

Environmentally Protective Choices



Protect yourself from sun overexposure.

In the summer, always apply sun block with Sun Protection Factor (SPF) 15 or more to protect your skin from solar UV radiation. Just five or more sunburns can really increase your risk of developing skin cancer. The sun's rays are strongest between 10 a.m. and 4 p.m., so between those times, seek shade or wear protective clothing, such as a long-sleeve shirt.

Heading to the beach?

Check out the beach water before you go! Americans take almost two billion trips to the beach every year, but people who swim at the beach sometimes get sick because the water is polluted. The good news is that the state where the beach is located can provide you with information about the beach water before you go.

Be extra aware of environmental conditions where older people live!

As we age, our bodies become more sensitive to chemicals and environmental conditions. So, you should carefully use products, such as pesticides or cleaning solvents, near areas where older adults live and sleep. Always follow the directions on the product package or label.

Read the label!

You might not realize it, but on a pesticide container, the label is the law. Pesticide product labels provide critical safety information for handling and use. Pesticides are powerful substances, but when used according to the label, they are safe and effective. So, always use pesticides safely, at home or in the field. Always read the label.

Exercising outdoors?

Regular exercise makes us feel great and keeps us healthy. Before you head out for your workout or run, check the air quality forecast for your local area. You can find out when air pollutants, such as ground-level ozone or airborne particles, are at acceptable levels where you live.

Don't let pet waste run off.

You can help reduce polluted storm water runoff by just picking up your pet's poop and disposing of it properly. Leaving pet waste on the ground increases public health risks by allowing harmful bacteria or organic material to wash into the storm drain and eventually into local waterbodies. So, remember—always scoop the poop!

Pollute less with clean diesel.

Encourage your hometown or state to spend road construction funds on newer, clean diesel equipment to help cut air pollution. Contractors, owners, and operators of diesel equipment can choose to retrofit existing diesel engines with new technologies that pollute less or replace old equipment.

Make compliance easy.

Compliance Assistance Centers help businesses and local governments save on materials and help you understand and meet your

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Environmentally Protective Choices

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environmental requirements. Compliance Assistance offers help through the use of a variety of training tools, including plain-language materials, websites designed for specific industry types or operations, telephone “ask the expert” help lines, and more.

During hot weather, don't top off your gas tank.

Refuel your car or truck in the early morning or the evening when it's cooler. A small, fuel spill may not seem like much, but every spill evaporates and adds to air pollution. Fuel pumps with vapor recovery systems can feed a spill back into their tanks—after you paid for it. So, in hot weather, don't top off!

Breathe easy.

On unhealthy air pollution “action alert” days, wait to mow your lawn until it's cooler in the evening or early the next morning. You help reduce air pollution for everyone near you if you run gas-powered equipment, like lawn mowers, when it's cooler. You also protect your health by avoiding ground-level ozone during the warmest part of the day.



Get the lead out!

If you're doing work on an older home or school building, be sure to follow lead-safe work practices. Contain the work area and keep kids and pets away. Minimize dust, and clean up thoroughly. Lead is harmful to adults and children, and common renovation jobs like sanding, cutting, or demolition can create lead dust and chips.

Be green from the ground up.

Test your home for radon. Radon is a naturally occurring, odorless gas that can seep out of the ground into your home. As the second leading cause of lung cancer, radon is responsible for over 20,000 deaths a year. Fortunately, a home radon test is easy to do, and homes with high radon levels can be fixed.

Play it safe.

Children are curious, but they are also more sensitive to substances in the environment. Protect children from accidental poisoning by locking up your household cleaners, pesticides, paint thinners, and other substances. Household products are safe and effective when used properly. Remember to read the label.

Environmental Protection Agency. (Updated 2014, March 18). *Environmentally protective choices*. Retrieved October 21, 2016, from <http://www.epa.gov>