

SUMMER IS

H E R E



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The Skinny on FAD DIETS

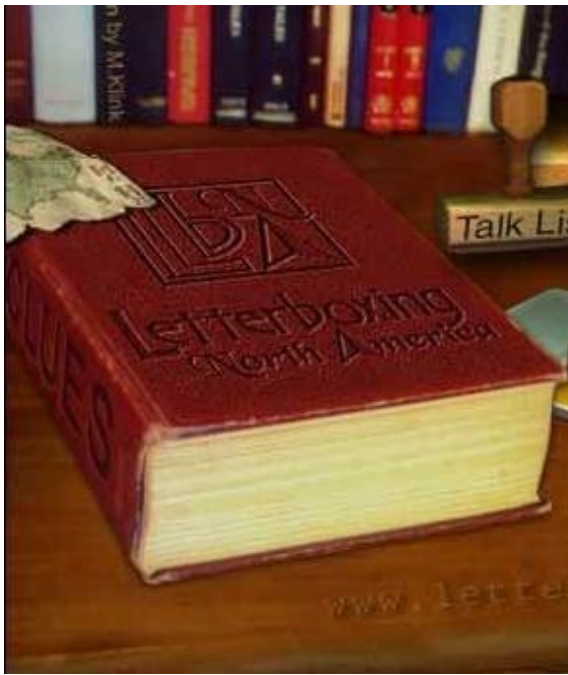


There are literally hundreds of different diets that have at one time or another been promoted as the best approach to losing weight. Unfortunately most of them, in their efforts to succeed, omit certain foods and sometimes even entire food groups (ie high-protein diets suggest significantly reducing the percent of carbohydrates in the diet, an important component of the recommended eating guidelines).

Fad diets take form in many ways:

low fat, low-carb, high-protein, or focusing on one particular food item such as grapefruit. These diets lack major nutrients such as dietary fiber and carbohydrates, as well as selected vitamins, minerals, and protective phytochemicals, such as antioxidants (found in vegetables that protect against disease). By not consuming the proper amounts of these nutrients, you may develop serious health problems later in life.

more on **5**



FUN WITH THE KIDS

Did you know that Lapham Peak is filled with hidden treasure?

Letterboxing is an intriguing pastime combining exercise and navigational skills with a classic “treasure hunt” style outdoor quest that is certain to appeal to kids of all ages.

Letterboxing is a pastime that includes a mix of treasure hunting, art, navigation and exploration of scenic, and sometimes remote places. Here’s the basic idea: Someone hides a waterproof box somewhere containing at least a logbook and a carved rubber stamp, and perhaps other goodies. The hider then writes directions to the box (called “clues” or “the map”), which can be straightforward, cryptic, or in the form of a story. Often the clues involve map coordinates or compass bearing from landmarks, but they don’t

have to. Once the clues are written, hunters in possession of the clues attempt to find the box. In addition to the clue and any maps or tools needed to solve it, the hunter should carry at least a pencil, his own rubber stamp, an inkpad and his personal logbook. When the hunter deciphers the clues and finds the box, he stamps the logbook in the box with his personal stamp, and stamps his personal logbook with the stamp in the box. And so the game continues.

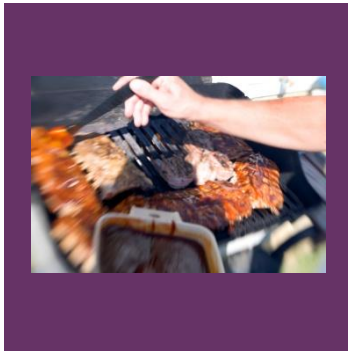
While most letterboxes are in England, there are about 5000 boxes (and counting) spread around North

America. There are 154 boxes hidden in Waukesha County alone and 33 in Lapham Peak. Just think of all the hikes you’ve taken in Lapham with hidden treasure all around you!

The clues can range from easy to extremely difficult. Make sure to read through the clues before you set out to determine the degree of difficulty and what gear you will need (i.e. compass). Log onto www.letterboxing.org for all the clues as well as helpful information on how to get started. Have Fun!

Sunscreen is not just for cancer prevention

Sun damage is behind almost all of the signs of aging skin such as wrinkles and age spots. To prevent damage to your skin from aging, be sure that sunscreen is your number one anti aging skin care product. Choose a sunscreen with an SPF rating of at least 15 (use a sunscreen with a higher rating if you plan to be in the sun for longer than 30 minutes). Also, be sure that you use a broad-spectrum sunscreen that protects your skin from damage from UVA and UVB rays. Finally, be sure that your sunscreen is water resistant even if you are not planning on swimming — your sweat alone can undo the protection of non-water resistance sunscreens. All the ointments, moisturizers and creams in the world can’t compare to the anti aging effectiveness of ordinary sunscreen.



HEALTHY GRILLING - Jerk Pork Loin

INGREDIENTS

- 2 C sliced scallions
- 3 cloves garlic smashed and peeled
- 1 Scotch Bonnet or Habanero pepper, quartered and seeded
- 1/3 C cider vinegar
- 1/4 C packed dark brown sugar
- 2 T peanut oil or canola oil
- 2 t ground allspice
- 2 t ground coriander
- 2 t dried thyme
- 1 1/2 t salt
- 1 t ground cinnamon
- 1 t fresh ground pepper
- 1 3-lb center cut pork loin, trimmed

Puree scallions, garlic, Chile pepper, vinegar, brown sugar, oil, allspice, coriander, thyme, salt, cinnamon and pepper in a food processor.

Pour the spice mixture into a large, sealable plastic bag. Add pork and turn the bag to coat the pork with marinade. Refrigerate for 4-24 hours.

Preheat grill to 500 degrees.

If using a gas grill, turn off one burner (leaving 1 to 2 burners lit). If using a charcoal grill, move the coals to one side. Remove the pork from the marinade and discard. Place the pork on the unheated side of the grill rack. Close the lid and roast undisturbed for 45 minutes.

Rotate the pork 180 degrees, cover and continue roasting until an instant-read thermometer inserted into the center registers 145 degrees, 20 to 30 minutes more. Transfer to a clean cutting board and let stand for 10 minutes before slicing.

NUTRITIONAL INFO: Per serving: 163 calories; 7g fat; 66mg cholesterol; 3g carbohydrate; 21g protein; 0g fiber; 162mg sodium; 315 mg potassium.

This recipe courtesy www.eatingwell.com

A jerk paste should be a carefully blended, aromatic spice blend, as much nose tickle as tongue spike. **Watch out for the hot Chile pepper:** wear rubber gloves to protect your skin and touch no one until you've washed up thoroughly. If you have time marinate the pork the full 24 hours for the best flavor.

HEALTHY GRILLING TIPS

LOSE HOT DOGS, BEEF & PORK SAUSAGE

- Try Lean Poultry Sausage such as Turkey Brats

LOSE FATTY STEAKS, RIBS, BURGERS & CHICKEN WINGS

- Try skinless chicken breasts, chicken/fish kabobs, wild salmon, halibut and shrimp
- Turkey burgers
- Grilled veggies – anything goes!
- Grilled sweet potato

HEALTHIER GRILLING TIPS – the grill's high temp can trigger substances in the meat to produce cancer-linked chemicals known as HCA's. To lower the amount in your meat, follow these guidelines.

- **Keep gas jets low** or wait until the charcoal turns into glowing embers before you cook.
- **Trim all fat and marinate your meat**
- **Flip meat often**
- **Enjoy kabobs** – smaller pieces spend less time on the grill and therefore don't develop as many HCA's.
- **Scrape off and discard visible charred pieces.**
- **Shorten grilling time by slightly precooking meat.**

www.today.msnbc.msn.com

Exercise Rx: 1 leg squat with bungee row



Fig 1



Fig 2

This exercise tones the leg, hips, glutes, back and arms

- Stand on 1 foot with chest high, neutral spine, shoulders down and back
- Grip bungee in opposite arm of the leg you are standing on.
- Squat down on standing leg and let the bungee arm stretch out (fig 1). Be sure there is constant tension on the bungee, even as you stretch it out.
- In one motion push up with the leg and pull back with the bungee. The hand should be at waist height (fig 2).
- Repeat 15 times on each leg. Perform 2-3 sets.

FINANCIALLY FIT

SEARCHING FOR A BOTTOM IN THE HOUSING MARKET

By Janet Morrissey, CNN contributor

Sales in the decimated housing market may finally be bottoming, but don't expect home prices to stop dropping before mid-2010 at the earliest, analysts and economists say.

Indeed, prices in the battered housing market could get a lot worse before they get better as an avalanche of specialized adjustable rate mortgages, known as option ARMs and Alt-A mortgages, are slated to reset over the next 18 to 24 months, and rising unemployment causes a surge in the number of prime mortgages going into default. All of this is expected to trigger another round of foreclosures and cause home prices to tumble at least another 20% before the market rebounds, according to market analysts and economists.

Market bulls believe home prices could bottom in the second half of 2010, but the bears warn it could be 2013 before they finally bottom out. And once prices do reach a low, it could be years before they significantly rebound.

Nevertheless, there have been signs

in recent months that the industry may be stabilizing -- at least when it comes to sales. Consumer confidence in May shot up to its highest level in eight months, housing starts jumped more than 17% in May from the previous month, and most importantly, a recent report by the National Association of Realtors shows sales of existing homes climbed 2.9% in April.

Much of the recent sales increase is related to distressed homes, as a stampede of homebuyers snap up properties in foreclosure or through short sales on the cheap.

"Foreclosure sales have picked up pretty dramatically in the past four months," says Alex Barron, a senior research analyst at Agency Trading Group Inc.

At the end of the first quarter, one out of eight U.S. households with a mortgage was either late on its monthly loan payment or in the foreclosure process, according to the Mortgage Bankers Association. Jay Brinkmann, chief economist with the MBA, says defaults among prime

mortgages accounted for 50% of the increase in foreclosures in the last quarter.

The pending flood of foreclosures could mean buying opportunities for bargain hunters - as long as they're prepared to hang onto the house for a number of years.

While sales may be increasing, home prices are a different story, in part because of rising interest rates and surging unemployment. While a bottom may be reached within the next year, it will be many months, and possibly years, before prices significantly come back.



*Tough times never
last, but tough
people do.*

- Robert Schuller

Continued from page 1

The proportions of the food groups that these diets do permit are either well above or well below those recommended by major health organizations such as the American Heart Association and the American Dietetic Association, as well as the Surgeon General and the US Department of Agriculture.

Some common claims of these diets include blaming particular hormones for weight gain, suggesting that food can change body chemistry, or touting or banning a particular food. However, they all have one thing in common: **they offer only a temporary solution to what for many people is a lifelong and chronic condition.** Once the diet is stopped, the lost weight is usually regained quickly, and when weight is lost rapidly, chances are it is not fat that is lost but water weight and precious muscle - but when it is regained, it is usually **all**

gained as fat. This is because none of these diets teach you how to eat right.

Devoting yourself to a lifestyle that includes exercise and eating a proper diet with moderate portions is still the best method to lose weight and keep it off. The scientific answer is easy;

**Calories in < calories expended =
weight loss.**

In other words, you must take in less calories than you burn through a combination of healthy diet restrictions and exercise to lose weight. Most people who make the change from a typical high-fat diet and sedentary lifestyle to one that follows a diet based on the recommended food pyramid will slowly and safely lose weight.

SPOTTING A FAD DIET

While there is no set approach to identifying a fad diet, many have the following characteristics:

- Recommendations that promise a quick fix.
- Warnings of dangers from a single product or regimen.
- Claims that sound too good to be true.
- Simplistic conclusions drawn from a complex study.
- Recommendations based on a single study or testimonials.
- Dramatic statements that are refuted by reputable scientific organizations.
- Lists of “good” and “bad” foods.
- Eliminating 1 or more of the 5 food groups.

For more information log onto www.women.webmd.com/fad-diets



The recent H1N1 (swine) flu outbreak demonstrated how rapidly a new strain of flu can emerge and spread around the world. As of June 1, 2009, the H1N1 virus was reported in 62 nations, with nearly 17,500 confirmed cases and more than 100 deaths. The sudden outbreak of the novel flu virus has tested the world's public health preparedness. H1N1 provided a real-world test that showed the strengths and vulnerabilities in the abilities of the United States and the rest of the world to respond to a major infectious disease outbreak. The following is a summary of the lessons learned from this recent outbreak.

1. **Investments in pandemic planning and stockpiling antiviral medications paid off.** The protocols developed by public health officials enabled them to effectively treat and keep the public informed.
2. **Public health departments did not have enough resources to carry out plans.** After decades of underfunding, the Federal, state, and local health departments are stretched too thin to adequately respond to emergencies. The capacity to track, investigate, and contain cases of H1N1 was hampered due to lack of resources.
3. **Response plans must be adaptable and science-driven.** The pandemic flu planning has primarily focused on the bird flu and as such, officials believed there would be a 6-week lead time between the time when a strain was detected before it reached the US. The swine flu showed us how quickly a disease can go undetected and spread throughout the world.
4. **Providing clear, straightforward information to the public was essential for subsiding fears and building trust.** This was paramount to controlling the spread of the disease.
5. **School closings have major ramifications for students, parents, and employers.** Parents had to scramble to find alternate childcare and many had to take extra sick leave.
6. **Sick leave and policies for limiting mass gatherings were also problematic.** There were numerous reports of sick people going to work because they had no sick leave and were in fear of losing their jobs. Similarly, many parents sent sick kids to school because they could not stay home to care for them.
7. **Even with a mild outbreak, the health care delivery system was overwhelmed.**
8. **Communication between the public health system and health providers was not well coordinated.** Many private medical practitioners reported that they did not receive the CDC guidance documents in a timely fashion.
9. **World Health Organization pandemic alert phases cause confusion.** The system was not well matched to the realities of the swine flu.
10. **International coordination was more complicated than expected.** Decisions to close borders or ban pork products were not based on science and caused unnecessary economic losses.

To read entire article and bibliography, visit www.healthyamericans.org/assets/files/pandemic-flu-lesson

Mental Health

Anxiety Disorders & Benefits of Exercise

Anxiety Disorders affect about 40 million American adults age 18 years and older (about 18%) in a given year, causing them to be filled with fearfulness and uncertainty. Unlike the relatively mild, brief anxiety caused by a stressful event (such as speaking in public or a first date), anxiety disorders last at least 6 months and can get worse if they are not treated. Anxiety disorders commonly occur along with other mental or physical illnesses, including alcohol or substance abuse, which may mask anxiety symptoms or make them worse. In some cases, these other illnesses need to be treated before a person will respond to treatment for the anxiety disorder.

The following are the most common anxiety disorders.

- Panic disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Social phobia (or social anxiety disorder)
- Specific phobias, and generalized anxiety disorder (GAD)

Physical activity has been scientifically proven to help with mental and emotional wellbeing. Researchers at Duke University studied people suffering from depression for 4 months and found that 60% of the participants who exercised for 30 minutes three times a week overcame their depression without using antidepressant medication. This is the same percentage rate as for those who only used medication in their treatment for depression. One study found that short workouts of 8 minutes in length could help lower sadness, tension and anger along with improving resistance to disease in healthy people.

Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives. If you think you have an anxiety disorder, you should seek information and treatment right away.

For more information log onto: <http://www.nimh.nih.gov>
<http://www.findcounseling.com/journal/health-fitness/>



Buzz Word – HCA's

Heterocyclic Amines in Cooked Meats



Research has shown that cooking certain meats at high temperatures creates chemicals not present in the uncooked meat. A few of these chemicals may increase cancer risk. HCA's are chemicals formed from cooking muscle meats such as beef, pork, fowl, and fish. They form when amino acids and creatine react at high cooking temperatures. Researchers have identified 17 different HCA's resulting from the cooking of muscle meats that may pose human cancer risk. See tips on page 3 to decrease your risk.

Where To Work Out – Lake Country Recreation Trail

The Lake Country Recreation Trail is a Waukesha County trail that runs east to west from Waukesha to Oconomowoc. The trail is relatively flat but there are a few good hills in the middle between Delafield and Pewaukee.

Official Website:

www.waukeshacounty.gov

Click on Parks and Land Use/Park System/Biking/Lake Country Trail.

Length:

~12 miles

Surface:

Crushed limestone and asphalt.

Access:

Free

Facilities:

There are several parks along the trail that have bathrooms and water.

Connections:

The eastern end of the trail starts on Golf Road next to the Country Springs Hotel and has just been expanded all the way to Oconomowoc. A three-mile ride south on Cushing Park Road will get you to the 52 mile Glacial Drumlin Trail (www.glacialdrumlin.com). The Ice Age Trail also follows it for a little bit just west of Highway 83 in Delafield. The 1,000 mile Ice Age Trail is for pedestrian traffic only (www.iceagetrail.org).

