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WINTER 2013

A special publication
of the Pleasanton Weekly

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Choose fruit over fruit juice

Juicing loses nutrients, means more sugar

By KATHERINE CONDEVA

There are many foods available to us that are high in calories and loaded with sugar. Many of us do our best to eat healthfully, but what about our beverages? Drinks can be a dangerous source of calories because they don't make us feel full.

There is a lot of information available about the harmful effects that soda has had on our nation's health, and it is widely known that soft drinks are not healthy; but what about 100% juice drinks? They sound healthy, since they are made entirely from fruit, and some of the labels actually claim that they contain a number of servings of fruits or vegetables.

One danger about drinking a lot of 100% juice drinks is the high sugar content. All fruits naturally contain sugar (fructose) but at reasonable levels. During commercial processing, the pulp and flesh of the fruit is removed and only the sugary water remains.

This sugary water becomes concentrated and as a result, it also becomes higher in calories. Look at the chart to see a few comparisons between 100% juice and the original fruit. As you can see, the 100% juice drinks contain quite a bit more sugar (and therefore, calories) than in the original fruit.

The worst offender is grape juice — an 8-ounce glass contains a whopping 170 calories and 40 grams of sugar! Pomegranate juice is a close second — the juice is more than double the calories of a cup of pomegranate seeds and has over triple the sugar. An 8-ounce serving of cola, surprisingly, has fewer calories and less sugar than these fruit juices.

Sodas are not healthier than juice by any means but juice is loaded with sugar. Whether it's natural or not, choosing drinks loaded with sugar can be harmful to your health. Choose water instead.

In addition, choosing to drink 100% juice drinks rather than eating natural fruit is much less healthy. Many essential nutrients are lost from the fruit when it is processed. Juice companies do a fairly good job making their products sound healthy by adding a few vitamins back in through fortification, but other nutrients are still missing.

The pulp of oranges, apples, pineapples and other fruits contain soluble fiber and during processing this fiber is lost. Soluble fiber is an important nutrient and it has good implications for heart health. It can help lower cholesterol by binding to bile acids in the intestine and increasing cholesterol excretion from your body. The fleshy parts of the fruit also contain the fruit's phytochemicals.

Phytochemicals are nutrients whose mech-

anisms are not fully understood but are being extensively studied at this point in time. Eating fruits and vegetables is known to have strong protective health benefits, such as protection against cancer, heart disease and stroke, and this is likely due to the phytochemicals.

Seeds from berries and the skins of fruits such as apples and pears contain insoluble fiber. Insoluble fiber is beneficial for gut health and can protect against colorectal cancer. Insoluble fiber flushes out the colon and removes harmful bacteria and other carcinogens from the gut. Both insoluble and soluble fiber can help increase fullness during meals and could help with weight loss and obesity prevention.

These are just a few reasons to choose fruit over juice. Water is always the best drink. Our bodies require a lot of it to maintain optimum health. The daily requirement is 13 cups of water per day for men and 9 cups of water per day for women, according to MayoClinic.com. If water is too plain for your taste, you can enhance it by adding some slices of fruit for flavor.

In conclusion: Try to set down those drinks with flashy labels and to pick up some whole fruits and veggies in their natural, unprocessed forms.

For information on Nutrition Counseling and Diabetes Management at San Ramon Regional Medical Center, call 275-6018 or visit www.OurSanRamonHospital.com.

Katherine Condeva is a master's of science dietetics student at Loma Linda University and works as a dietary aide at San Ramon Regional Medical Center.

Fruit vs. juice		
	(1 cup serving) 100% juice	(1 cup/8 oz.)
Orange	81 calories 12g sugar	110 calories 22g sugar
Apple	57 calories 11.3g sugar	110 calories 26g sugar
Pineapple	83 calories 16g sugar	120 calories 28g sugar
Grapefruit	74 calories 16.1g sugar	136 calories 30g sugar
Pomegranate	72 calories 12g sugar	158 calories 37g sugar
Grape	104 calories 23g sugar	170 calories 40g sugar
Cola		96 calories 27g sugar



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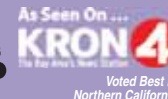
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Organic foods a favorite among healthy shoppers

Local markets emphasize added value in focusing on nutritious products

By JEB BING

Organic foods have become a favorite among many shoppers who consider them more nutritious and healthy, with more vitamin C and plant-defense molecules that in people help shield against cancer and heart disease.

In fact, 40 studies published in the last six years provide a firm foundation for these shoppers' opinion. A comprehensive report by The Organic Center concluded that organically grown plant-based foods are 25% more nutrient dense, on average, and hence deliver more essential nutrients per serving or calorie consumed.

To meet the growing demand for organic foods, Bay Area markets have expanded their organic foods sections to offer foods and produce that don't contain food additives, flavor enhancers such as MSG, artificial sweeteners, contaminants or preservatives that can cause health problems.

Gene's Fine Foods in Pleasanton, which came under new ownership last April, now offers one of the largest selections of organic bulk foods in the Tri-Valley, including an olive oil bar and a bulk spice center. With the trademarked SunRidge Farms brand, the store has become a true innovator in organic and natural bulk and packaged nuts and seeds, dried fruit, candies, and snack and trail mixes.

"Our commitment to natural ingredient development means that we are featuring nutritional products that are free of unhealthy refined sugars, hydrogenated oils, artificial

colorings and preservatives," said Casey Rodacker, manager of the supermarket, which is located at 2803 Hopyard Road at the intersection of Valley Avenue.

He pointed out that studies have demonstrated the benefits of olive oil in protecting against high blood pressure, high cholesterol, diabetes and other conditions that contribute to heart disease.

The store's organic bulk foods section gives customers the ability to choose from a large selection of olive oils and spices. There are even snack categories offering a variety of naturally flavorful ingredients, Rodacker said.

Sarah Owens, marketing director of New Leaf Community Markets, which will open another of its supermarkets later this spring in the Vintage Hills shopping center in Pleasanton, agrees that organic foods are healthier than conventional provisions.

In fact, New Leaf was the first store to develop relationships with local farmers when New Leaf was established 27 years ago in Santa Cruz County. Its produce department is 90% organic, and at times it's close to 100%, Owens said.

"As a whole, New Leaf Community Markets believes that supporting organics and the organic industry is more than a personal quest, but a larger transformative force for the better well-being of our planet as a whole," she said.

Owens added, "Maybe in a small scope of vitamin and mineral content, conventional broccoli and organic broccoli may be similar nutritionally, but the difference that you'll find



JEB BING

Rocky Vergara, produce department manager at Gene's Fine Foods in Pleasanton, makes sure organic fruits and vegetables such as these are readily available throughout the year. Gene's is a local leader in providing organic foods.

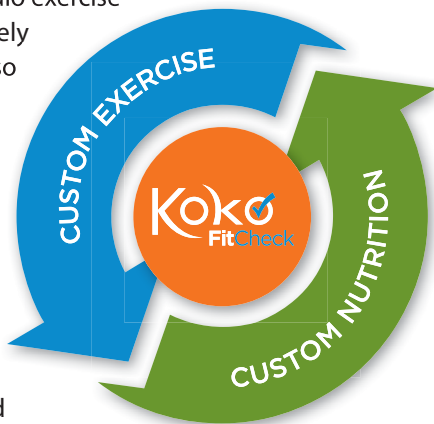


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JEB BING

when purchasing the organic option is a reduction in the risk for pesticide exposure and other environmental concerns with conventional farming, and a reduction in the risk of GMOs.

“Also, taking a look at organic meat, we believe supporting organic options in our meat category is necessary. Why? Because it offers our customers meat that contains less antibiotic-resistant bacteria, better animal welfare, and a decrease in the risk of GMOs. It’s important to note that there are no long-term studies offered currently. The reason we support organics is that we feel it will have positive long-term effects on our bodies and on the planet.”

Still, not everyone is convinced that organic meat and produce are worth the extra

price over conventionally grown foods.

Last August, a research team from Stanford University found no large difference between organic and conventional produce, including measurable increase in vitamin C. Stanford researchers even questioned if organic produce contains more of the compounds known as phenol, a possible cancer preventative.

The Stanford study also found no difference in total flavonoids between organic and conventional fruits and vegetables. Flavanols are a class of compounds that plants produce for self-defense. Flavanols are found, for example, in cocoa and green tea, and are thought to help prevent against cancer, heart disease and other ills in humans.

Other studies, analysts and marketers, in-

cluding Gene’s and New Leaf, however, agree with the U.S. Department of Agriculture and The Organic Center in promoting the benefits of organic foods. These foods, especially raw or non-processed, contain higher levels of beta carotene, vitamins C, D and E, health-promoting polyphenols, cancer-fighting antioxidants, flavonoids that help ward off heart disease, essential fatty acids and essential minerals, they said.

On average, organic is 25% more nutritious in terms of vitamins and minerals than products derived from industrial agriculture. Since on the average, organic food’s shelf price is only 20% higher than chemical food, this makes it actually cheaper, gram for gram, than chemical food, even ignoring the astronomical hidden costs (damage to health, climate, environment

and government subsidies) of industrial food production, these experts argue.

Eating organic, they added, has the potential to lower the incidence of autism, learning disorders, diabetes, cancer, coronary heart disease, allergies, osteoporosis, migraines, dementia and hyperactivity.

“Our commitment to natural ingredient development means that we are featuring nutritional products that are free of unhealthy refined sugars, hydrogenated oils, artificial colorings and preservatives,” said Gene’s Fine Foods’ manager Rodacker.

“Studies have demonstrated, for instance, the benefits of olive oil in protecting against high blood pressure, high cholesterol, diabetes and other conditions that contribute to heart disease.” ■



JEB BING

A window sign at New Leaf Community Markets supermarket in Vintage Hills shopping center promotes the spring opening of the Santa Cruz-based grocer in Pleasanton. Construction crews are rebuilding the inside of the former Romley’s store, which closed more than 10 years ago. The revitalized Vintage Hills Center is at corner of Bernal and Vineyard avenues at Tawny Drive.

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JESSICA LIPSKY

Rose Towery and her husband, Ron, bought a punching bag to practice cane-do at home. Instructor Bob Worthington is at right.

Cane-do! say seniors

Cane defense is one way older folks are watching out for themselves

BY JESSICA LIPSKY

You might find Robert Worthington walking around town with a wooden cane, but not necessarily because he needs help with mobility. The 77-year-old doesn't swagger, but he can swing a cane with the likes of Fred Astaire.

"The last time canes or walking sticks were ever popular in the U.S., Fred Astaire was

in Danville, where he is assisted by Pleasanton resident John Dexheimer, who is a third-degree black belt.

"Older people are really, really susceptible to being attacked and having their possessions taken from them," Worthington said. "Having the means by which you protect yourself is going to give you a much better edge."



JESSICA LIPSKY

With either a cane or hands, strike the head at the neck and eyes. You can also use the cane's handle to hook around the neck.

dancing with Ginger Rogers on a black and white grainy screen," Worthington said. "The cane is not a popular thing, it's seen as a sign of weakness."

He teaches seniors to turn this weakness into a strength with his cane-do classes held

Worthington, active in various forms of martial arts since age 28, began teaching cane self defense for seniors and the disabled three years ago. The response has been very positive and at his first class of 2013 earlier this month, six seniors brought



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JESSICA LIPSKY

Pleasanton resident John Dexheimer demonstrates how to use a cane defensively.

their sticks and strength to Danville's Town Meeting Hall to practice several ways to thwart an attacker.

There are 1,001 different ways to use a cane as protection, Worthington said, adding that most students will settle for 10 to 12 moves in their comfort level. The first class began with stretching and continued onto different ways to attack, from using the bottom of the cane to poke and wallop to hooking the handle around the aggressor's neck or legs.

Cane-do users are encouraged to aim for the knees, wrists, shins, elbows, clavicle or ribs for the greatest effect.

"(The attacker) is going to be younger and stronger than us, so we don't want to go toe to toe. We want to end it early and make the first strike count," said Dexheimer. "We're building muscle memory because there are no rules in an assault, it will be utter chaos."

Worthington and Dexheimer also demonstrated a redeveloped military technique that uses a cane in a similar fashion to an M16 bayonet. Cane users should first warn the attacker to get away, then jab them with the cane and use the handle to strike and grab the groin area before pulling upward. Participants also practiced seated defense, how to react if an attacker rushed at them and what to do if you're approached at an ATM.

Rose Towery joined the class to learn self defense and improve her health. As the "victim" in the rush attack, Rose Towery closed her eyes instead of stepping aside -- a big no-no. Towery said she is working on overcoming her fear by practicing with her husband, who also attended the class.

"There's a power and confidence of having that cane and knowing how to use it, people gain such a degree of confidence. They were very intimidated and they take just one class and they're standing up straight with their chest puffed out," Worthington said.

But even confident seniors can fall victim to a surprise attack. James Donnelly, a tall, burly former Marine, said he was attacked while withdrawing money from an ATM in Los Angeles; the experience only encouraged his participation in cane-do.

Worthington, who also lived in L.A., said he picked up cane-do after learning that

senior citizens were getting robbed when picking up Social Security checks. While he wasn't looking for "the kind of respect where everyone nods to you," Worthington said he noticed people were more courteous after he learned karate.

"I love that. I'm not going to pick on anyone and I can live a happy life. And that's the thing I like to bring to seniors: They're older, they're becoming frail, they're a nice target," he said. "But if they have the confidence to where they can project an air and people leave them alone and don't try to pick on them, hey, that's great, I'm all for that."

Cane-do classes are being held at 401 Front St., from 9 a.m.- 10 a.m. on Tuesdays through Feb. 26. Cost is \$65 for residents and \$78 for non-residents. Call 314-3400 for more information.

"When you get done with my program, you'll be able to tell someone how to back off. And if they keep pressing you, game over, you've won," Worthington said. ■

Seniors staying healthy

The Pleasanton Senior Center, 5353 Sunol Blvd., offers many ongoing free services to help people stay in good shape, including dental consultations, eye glass adjustments and repairs, and foot care and health screening.

It also offers fitness classes including Zumba Gold, Zumba Toning, Fit for Fifty (slower paced), Yoga, Line Dancing (Beginning and Intermediate), Walking Sole Mates and Falls Prevention, as well as enrichment classes and a variety of drop-in activities for every interest group.

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Karate focuses on mind, body and spirit

Add yoga for a better range of motion and to stave off arthritis

By **GLENN WOHLTMANN**

When most people think about karate, they think about punches and kicks and black belts breaking boards with their hands.

But one local karate sensei (teacher) is changing that. Sanjit Mandal, with a studio inside Club One Fitness in Pleasanton, is using his roots to incorporate yoga poses and stretching into his classes.

Mandal's classes embrace traditional Goju Ryu Karatedo concepts. Goju is Japanese for hard-soft. Ryu means school, and Karatedo means open hand. Literally, the classes teach a hard-soft style of open hand martial arts as a way of attaining true peace.

Mandal, who has both third- and fourth-degree black belts in two disciplines, said adding yoga to the mix helps his students, not only in class.

"Adults in general are less flexible when they get older. Increasing range of motion can increase power when they have to strike a pad or a person, God forbid," Mandal said. "There are also many benefits to keeping the joints limber."

Experts say staying flexible can keep arthritis at bay, can increase circulation, and help improve cardiovascular health.

Each of Mandal's classes includes two set of stretches, one at the beginning and another at the end.

They also include warm ups to get the blood flowing and to help the body produce synovial fluid, which lubricates joints, and muscle conditioning to increase strength and endurance.

As in traditional karate, Mandal also incorporates moving basics, like strikes and kicks, katas — series of movements — and kumite, which is sparring.

Danville resident Selena Luis has been practicing Karate for a bout three years and recently began attending Mandal's classes.

Karate, she said, "changes your soul."

"It goes that far — your chi, your balance and everything internally. It balances you," Diaz said. "It makes you stronger and more agile."

While she said yoga and karate are two separate things, they both offer similar attitudes.

As in traditional Indian practices, both focus on the mind, body and spirit, what Mandal called the three battles.

"There's really nothing else out there," he said. "You can go to yoga class or spin class, but they don't address wholeness. They don't encompass aerobic and anaerobic exercise and strength."

Another health benefit of karate, Mandal said, is stress reduction.

"If someone needs to go fast in order to achieve a level, you have to push your body to go faster, so you're harnessing your own tension," he said. "By creating tension, they're more likely to deal with environmental factors that cause stress, that way when you're relaxed, you feel more relaxed."

He said interval training is built in to the practice of karate.

"You go from fast to slow to fast very quickly," Mandal explained. "Karate helps strengthen core muscles."

Everyone from the U.S. Army to alternative medicine practitioners has studied the importance of proper breathing, and it's a key aspect of Mandal's classes.

"Breathing is a huge factor in this form of karate training. In anything you do, kicking or punching, the breath should be controlling the body," he said.

Luis said there are a couple of added benefits to Mandal's classes: Club One in Pleasanton has a play-care area for children, making it easier for a parent to attend, and gym members can work out when they're not practicing karate. ■



CONTRIBUTED PHOTO

Sensei Sanjit Mandal, who is adding yoga stretching and poses to his traditional karate classes.



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Cough clues: Identify and treat your cough

Cold and flu season is here, often marking its arrival with that first throat tickle, before exploding into a hacking cough.

Coughing is a natural reaction to an airway irritant, the body's attempt to expel foreign substances, or a symptom indicating an underlying medical condition. A cough is a familiar symptom of a wide range of conditions — from the common cold to bronchitis. Identifying the type and cause of your cough will help you determine treatment and get you on the fast track to kicking your cough.

Types of coughs

Coughs fall under two categories: productive and nonproductive.

Productive (also known as wet) coughs produce phlegm or mucus that comes up from the lungs or drains down the back of the throat. A wet cough can be a symptom of the common cold, influenza, bronchitis and even pneumonia.

"For symptoms associated with illnesses such as the common cold or flu, coughing helps remove mucus and irritants from your lungs and airways," said Dr. Brian M. Levine, general practitioner and cough specialist from Southern California. "So it's best not to suppress these coughs."

Nonproductive (also known as dry) coughs do not produce phlegm or mucus, and can make your airways, throat or chest sore, causing discomfort and disrupting sleep. This type of cough can be a cold and flu symptom but is also often a result of asthma or allergies.

"A person suffering from asthma generally experiences a dry, non-productive cough," Levine said. "Allergy coughs, due to the constriction of airways by pollutants such as

pollen, cigarette smoke or animal dander, are very similar to asthma."

Chronic cough is a cough that lasts longer than six to eight weeks, which can cause physical problems such as damage to the vocal cords, rupture of small blood vessels in the airway, fainting spells, hernias or even broken ribs.

"A long-lasting cough may be the sign of an underlying condition, such as asthma, postnasal drip or gastroesophageal reflux disease," Levine said. "Depending on the cause of the chronic cough, treatment may include antihistamine allergy medications, inhaled asthma medicine, antacids or antibiotics."

"A cough lasting for several weeks can also be an indicator of whooping cough, which is a highly contagious condition characterized by intense coughing that can lead to breathing restrictions, dry heaving, and vomiting."

Treatments

"There's a wide selection of over-the-counter treatments available to help ease coughing symptoms," Levine said. "Expectorants, such as guaifenesin, thin the mucus blocking the airways making it easier to cough up, relieving chest congestion. Dry coughs can be treated with a cough suppressant, such as dextromethorphan, which simply lessens the urge to cough promoting comfort and better sleeping."

"If you continue to cough for a prolonged period of time, your respiratory symptoms have worsened, or you have difficulty breathing, I suggest scheduling an appointment with your doctor immediately, so he or she may evaluate you and suggest the best course of treatment for your situation," Levine added.

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Flu season etiquette tips from The Emily Post Institute

When the flu hits, manners may not be the first thing that comes to mind. Yet, good “flu etiquette” and hygiene can go a long way in helping to prevent the spread of influenza.

While most Americans recognize that the flu virus spreads easily, they admit to sometimes forgetting their manners when they have the flu: A 2011 survey of more than 1,000 Americans found that three out of four Americans (75%) would go to at least one social situation if they had symptoms of the flu (out of a list of seven).

Influenza, or “the flu,” is a contagious viral infection of the nose, throat and lungs which occurs most often in the late fall, winter and early spring. Flu is a serious infection that is associated, on average, with more than 200,000 hospitalizations due to flu related complications and can lead to thousands of deaths every year in the United States.

“No one wants to spread the flu to family, friends or colleagues. Yet many of us admit to tossing our manners aside when we have the flu,” said Anna Post, great-great-granddaughter of Emily Post and co-author of the 18th edition of Emily Post’s Etiquette. “Knowing how to politely cancel an event you’re hosting or how to avoid shaking your client’s hand because you’re sick can help avoid a potentially difficult and awkward situation. By following appropriate flu etiquette, we can all play a role in preventing the spread of the flu virus.”

The Emily Post Institute offers the following etiquette tips to manage common situations where the flu virus might be spread from one person to another:

1. Share space, not the flu: Covering sneezes

and coughs is a good habit all year round, especially during flu season. The flu virus can spread up to six feet away from coughing, sneezing or even just talking.

2. Know when to take a sick day: The flu is highly contagious and the people you work with don’t want to get sick. Knowing the symptoms of flu versus a cold is important so you know when to take a sick day and see a doctor. Remember the acronym F.A.C.T.S. to recognize if you might have the flu (Fever, Aches, Chills, Tiredness with Sudden Onset).

3. In tight quarters: It’s tough to point out someone’s behavior mid-flight with hours left to go. However, flu is highly contagious. If there’s no other seat available, consider saying, “I can see you’re not feeling well — would you mind covering your mouth when you cough? Thanks.” Most people when prompted are eager to show good manners and do the right thing.

“Every year, millions of Americans get influenza. We are all personally responsible for helping to control its spread,” says Susan J. Rehm, MD, medical director at the National Foundation for Infectious Diseases (NFID). “The Centers for Disease Control and Prevention recommends flu vaccine as the first and most important step in preventing influenza, as well as good hygiene. If symptoms arise, see a doctor quickly. The flu can be treated with prescription antiviral medicines.”

To help children recognize flu symptoms, learn good habits, and pass the time with a fun activity this winter, download a free coloring book at FluFACTS.com.

—Brandpoint

Fight the flu

Don’t allow germs to get the jump on you

We’re all concerned about the flu this year. Since 90% of all flu-related deaths and more than 50% of hospitalizations are people age 65 and older, those who care for seniors are especially on alert.

Visiting Angels, one of the nation’s largest in-home senior care companies, is assembling Fight the Flu kits to help seniors protect themselves.

“This flu can be deadly for seniors because they can develop pneumonia and other respiratory illnesses, so families have to be especially vigilant with their elderly loved ones,” says Larry Meigs, president and CEO of Visiting Angels. “Our kits and caregivers are especially helpful for people who don’t live near their elderly loved ones and want someone to protect their seniors and watch over them if they get sick and need help recovering.”

- The Fight the Flu kits include:
- Paper towels — encourage seniors to use paper towels in the bathroom instead of hand towels, which can harbor germs.
 - A thermometer — if seniors have a fever higher than 102 degrees, that could indicate they have the flu.
 - Vitamin C or little boxes of orange juice — helps build seniors’ weaker immune systems.
 - Pocket-size hand sanitizer, with aloe — helps keep seniors’ skin germ-free without drying out their sensitive skin.
 - Pens — seniors should always have their own pen handy; pens shared in public areas carry a ton of germs.
 - Lysol spray — reminder for seniors to spray doorknobs, handles and light switches, etc., at least once a week; viruses can live up to 48 hours on plastic and stainless steel surfaces.
 - Hand soap — recent studies show plain soap and water works just as well, if not better, than antibacterial soaps.

• Cold vs. Flu tip sheet (see below) — This explains the difference between the cold and flu.

• Hand sanitizer wipes — these are handy to have on-the-go, whether to clean hands or public surfaces. Don’t rely on just baby wipes because they do not contain the proper ingredients to kill viruses and germs.

Seniors should also get the flu shot because it’s free and covered by Medicare. People 65 and older have two flu shots available to choose from — a regular dose vaccine and a newer higher dose flu vaccine that results in a stronger immune response. Seniors should talk to their doctors to see if they’re a good fit for this vaccine.

Germ places to avoid

- Public restrooms — especially the sink because bacteria can survive there the longest. (Source: University of Arizona study)
- The mall — especially food court tables — the rags used to “clean” can spread harmful bacteria; they can contain E. coli because they are not cleaned or changed regularly. (Source: Mailman School of Public Health at Columbia University)
- Grocery stores — this is where many people go when they are sick, whether to get some OJ, chicken noodle soup, or medicine. About 70%-80% of the shopping carts tested nationwide had E. coli, said Charles Gerba, Ph.D., University of Arizona
- Restaurants — one of the dirtiest areas is the table top due to the “clean” rag used to wipe them down. (Source: Lifescript)
- Libraries — some of the dirtiest areas are the books, computers and table tops, just from the many people who touch them each day. (Source: Lifescript)

A Cold or the Flu?

How do you tell the difference??

The Cold

- *Symptoms tend to develop gradually
- Runny, stuffy nose
- Scratchy throat
- Sneezing
- Watery eyes
- Mild fever (below 102°F)

The Flu

- *Symptoms can appear suddenly, without warning
- Nausea
- Cough without phlegm
- Chills/body aches
- Sweating
- Fever (above 102°F) (not everyone with the flu will develop a fever)
- Lack of appetite
- Vomiting (more common in kids)
- Diarrhea (more common in kids)



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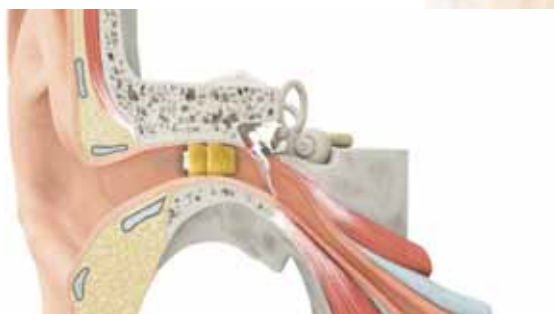
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