

# THE FIT MIND BODY *Bulletin*

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## I'm Dreaming of White Tennies

Are your leather shoes looking a little gray and dingy? Well, get out the old shaving cream and give 'em a swipe. That's right, shaving cream! It'll clean up any leather shoe (even white dress shoes).

## Holly Jolly Remedy

Pain perception is diminished after exposure to comedy, an effect that could reflect the presence of higher levels of endorphins. *American Health, September 1995*

*Glenn's Pastries in Gallup, N.M., uses this slogan:  
"Get your buns in here."*

## I'll Be Home for Christmas

Research shows that having an adult who is willing to help seems to be one factor that enables some children to grow up successfully despite deprived, abusive or chaotic homes. *The Forgotten Half: Pathways to Success for America's Youth and Youth Families, The William T. Grant Foundation, 1988.*

## A Cup of Cheer

Your efforts do make a difference. Research supports enhanced self-esteem in 9- to 12-year-olds when coaches follow-up a player's error with supportive coaching and encouragement. *Fateful Choices: Healthy Youth for the 21st Century, Fred M. Hechinger, 1992.*

*"A teacher affects eternity; he can never tell where his influence stops" -Henry Brooks Adams*

## Kid Bits

**"Children today are tyrants. They contradict their parents, gobble their food and tyrannize their teachers."**

**Socrates  
(470-399 B.C.)**

## SOMETHING TO PONDER

### On the Twelfth Month of Eating (In a year's time the average person eats:)



112 lb. meat  
58 lb. poultry  
15 lb. seafood  
Totaling:  
two 4-oz. pieces/day



11 lbs. cereal  
150 bowls/yr.



49 gallons  
soft drinks  
525 12-oz. cans



150 lbs. fruit  
About 1-1/2  
bananas/day



23 gallons milk  
370 8-oz. glasses



23 gallons beer  
370 8-oz. glasses



70 lbs. bread  
3 slices/day



200 lbs. vegetables  
over 1/2 lb./day



21 lbs. candy  
1 oz./day  
Adds enough calories  
for 16 lb. of body  
weight