

# choices

HEALTH MATTERS FOR WOMEN

**Beauty:** Beyond  
Skin Deep

**Stressed Out?**  
Get the Stress  
Out Now

**Relationships:**  
The Good, the Bad  
and the Ugly

**Positive Steps:**  
Your Life,  
Your Hands



# choices

HEALTH MATTERS FOR WOMEN

The latest trends, the coolest places to hang out, the best new music ... it's easy to get caught up in what "everybody else" has or is doing. It feels good to be a part of the crowd. But life shouldn't be about keeping up with others or saying yes to something just to please a friend or partner. It's about choices and deciding for yourself what's best for you. And if you are pregnant, thinking about getting pregnant or having sex, you need to think about what is best for baby, too. The choices you make about your body will affect you and your child.

Inside, you'll find information about how to make smart decisions for a healthier you. It includes questions to help you think about your life and offers resources to help you. Whether it's smoking, alcohol, food or relationships, **choices** can help you make positive changes for life.

## partner POWER

Look for the "partner power" boxes for tips on how friends and family can support each other in making tough life choices.

**Be Beautiful Inside and Out . . . 1**  
Explore the positive beauty benefits of quitting smoking and avoiding alcohol.



**Hidden Dangers at the Drugstore . . . . . 2**  
Think all those medicines you can buy are safe? Think again. Learn more about safe over-the-counter and prescription drug use.



**Stressed Out? Get the Stress Out Now . . . . 3**  
Get some fresh ideas for coping with stress and understanding when you may need more than just a quick pick-me-up to feel better.

**Why Women Use Drugs and Alcohol . . . . . 4**  
Learn more about alcohol and drug use, their effects on the body and where to get help with a substance abuse problem.



**Love Doesn't Hurt . . . . . 6**  
Domestic violence affects the whole family. Learn the warning signs of abuse and where to call for help.

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Use this step-by-step guide to making positive changes in your life and see how you can control what happens to you next.

**Smoking Is More Than Just a Habit . . . . . 8**  
We all know smoking is bad for your heart and lungs. But did you know how many other things are affected? You may be surprised.

**Health Isn't Just About Your Body . . . . 10**  
Relationships need to be cared for to stay healthy. Learn the warning signs of an unhealthy relationship and when it is time to get out. Get tips on creating positive partnerships too.



**Food, Mood, Cravings & You . . 12**  
Read why you crave certain foods and how to make smart food choices.

**She May Be Your Sister, Your Friend, Your Neighbor . . . . 13**  
Change can be hard. Get ideas on how to support someone as she tries to make a positive life change.

# be *Beautiful* inside and out

You've heard the expression, "Look good, feel good." The way you take care of your body, from what you eat to how much alcohol you drink, can affect your outward appearance.

If you are thinking about putting down your cigarettes for good and trying to make healthier choices, think about what you'll gain. You'll not only be healthier and feel better on the inside, you'll look better on the outside, too.

## partner POWER

- Make a promise to quit smoking together. Encourage each other to stick with it.
- Ask a non-smoking friend or ex-smoker to support you.

### Did you know ...

Drinking one glass of wine a day can make you gain 10 pounds a year.



## *How getting healthy makes you gorgeous*

Quitting smoking and drugs can add years to your life and take years off your looks!


### Stop smoking and doing drugs and get ...

- **Brighter skin.** Smoking and drugs age the skin, giving it a yellow or grey tone.
- **Fewer wrinkles.** Smoking causes wrinkles around the lips and the eyes.
- **A whiter smile.** Nicotine stains teeth yellow and can cause gum disease.
- **Fresher breath.**
- **A better sense of smell and taste.**

### Lower your alcohol intake and get ...

- **Less bloating.** Alcohol causes bloating all over, sometimes making your face puffy. Not to mention, beer and wine are high in calories and can cause weight gain.
- **Shinier hair.** Too much alcohol can dry your hair, making it look dull. Drinking can also cause dandruff.
- **Clearer skin.** Drinking can make your acne worse. When you drink a lot of alcohol, your body does not process vitamins and calcium well. This can lead to dull skin and breakouts.
- **Moister lips.** Women who drink too much don't get all of the vitamins and nutrients they need, and that can lead to dry, cracked lips.

Remember, improving your appearance is just one small bonus. Making healthy choices can improve the quality of your life in many ways, including how you physically feel and how you feel about yourself!




# Hidden DANGERS at the Drugstore

Headaches. Backaches. A sore throat. All of us have wandered into the supermarket or drugstore for a quick fix when we didn't feel quite right. But, did you know that over-the-counter (OTC) drugs may have hidden dangers? Just because you don't need a prescription to buy an over-the-counter drug doesn't make it 100 percent safe. Sometimes cold medicines, aspirin, even herbal supplements and other OTCs can harm your health.

## Who to Call If You Have Questions:

- Your pharmacist or doctor
- Carolinas Poison Center:  
1-800-222-1222



Experts\* recommend that when you take any medications, think **SAFER**:

**S**peak up

**A**sk questions

**F**ind the facts

**E**valuate your choices

**R**ead the label

\*Food and Drug Administration



## Medicine Safety Tips

- Fill all prescriptions at the same pharmacy
- Read warning labels, especially if you may be pregnant
- Be careful not to mix alcohol with medication, including many cold medicines
- Keep all medicines in their original containers so you know what you're taking and when to take it

## Safe Ways to Take Over-the-Counter Drugs

If you're thinking about taking something to make you feel better, here are some easy safety tips you can follow:

1. **Take only as directed.** Read the label and take the right amount of medicine at the right time. If a measuring tool is provided, use it as directed.
2. **Store it properly.** Read the label to find out where to keep over-the-counter drugs. Many must be stored in a cool, dry place.
3. **Ask your pharmacist if it is safe to take with your other medications.** Some OTCs and herbal remedies may be bad for you if you are taking prescription medication.
4. **If you're pregnant or breastfeeding, be especially careful.** Some OTCs such as aspirin, cold medicines and herbal remedies may not be safe to take if you're pregnant or breastfeeding. Read the label or ask your doctor or pharmacist what is safe for you. Some prescription medications may also be harmful during pregnancy.
5. **Call your doctor if you don't get better.** Many labels will tell you how long to take a medication before calling your doctor. As a general rule, if you do not get better after a few days, or if you get worse, call your doctor.
6. **Keep out of reach of children.** If you have kids around you, store all medicines out of their reach.

# stressed out?

## Get the Stress Out Now ... Here's How

How do you react to stress? Does your heart race? Do you have muscle pain? Headaches? Trouble sleeping, an upset stomach or skin breakouts? That's normal. We can feel stressed when good and bad things happen to us.



Reducing stress in the long run means changing habits, attitudes and emotions. Here are some ways to make positive changes:

### Lifestyle Changes

- Get enough sleep
- Connect with friends and/or family
- Eat balanced meals that include fruits and vegetables, and cut down on caffeine and sugar
- Meditate, pray, dance or do yoga
- Go for a walk, run or bike ride

### Attitude and Emotional Changes

- Set priorities, know your limits, and say “no” to anything else
- Think positively and laugh at least once a day
- Know that you are important and make time for yourself every day
- Share your feelings with others
- Accept that you can't control every situation or other people



Try to lower your stress in a positive way. Take a warm bath, listen to music, watch a favorite movie, care for your pet—things that help you relax and regain control.

Sometimes people do things to feel better that are harmful. Smoking, drug and alcohol use, and overeating can give temporary relief from a stressful time. But they can actually increase stress reactions in your body. They also hide the true causes of stress, making it harder to face problems and develop long-term solutions.

Think about starting habits that will help you and your body. For instance, exercising will not only make you healthier, but can decrease your stress, fight depression and anxiety, and help you sleep better.

## When is it time for more help?

Sometimes life may be too much to figure out on your own. It's okay to admit that you can't solve all your own problems all the time. If you or a friend have any of these signs, it might be time to seek help from a doctor, minister, counselor or other professional:

- Feeling anxious, sad, depressed, hopeless or tearful most of the time
- Lack of interest in things you usually enjoy
- Trouble sleeping or wanting to sleep all the time
- Managing stress by smoking or drinking too much or using drugs
- Difficulty concentrating, remembering or making decisions
- Thoughts of running away, injuring yourself or others
- Excessive weight loss or gain from lack of appetite or overeating





# WHY WOMEN

Some women use alcohol and other drugs to escape. Getting high makes them feel better. It helps them forget about their problems. For others, it's all about the thrill of doing something they shouldn't or the feeling they get from the drug itself. Other women start out by trying a little for fun at parties or clubs because others are doing it, or they are curious. But they fall into the trap of thinking that being high is the only way to have a good time ... or their bodies crave more.

## Have you heard these reasons?

**SEX is better.** Some women say drugs can increase pleasure "in bed." The truth is alcohol and drugs can make you lose your ability to make good choices. You could end up with a stranger or with a nasty sexually transmitted disease from a one-night fling. Or you could pass out and become vulnerable to physical and sexual assault.

**It helps me cope with stress.** Have you ever felt like your life is out of control? Some women turn to drugs and alcohol for a pick-me-up or to relax if they are stressed. You might feel better for a short time. But, keep it up and you could end up with hangovers, withdrawals and even worse problems, including addiction.

**I'm too FAT.** If you use drugs to lose weight, you may hurt yourself more than the extra pounds do. Drugs can make you physically sick. If you become dehydrated, you risk heart and liver damage.

### Did you know ...

Cocaine (including crack cocaine) is extremely addictive. It can cause panic attacks, paranoia, stroke and death. Marijuana may cause memory loss, increased heart rate, breathing problems and makes you less able to fight off germs. It has many of the same cancer-causing ingredients as cigarettes.



## Alcohol and the Sexes

Alcohol affects women differently than men. How? Women break down alcohol slower. Why? Because women typically weigh less and have less water and more fat in their bodies than men, so more alcohol goes directly into the bloodstream. Alcohol gets to a woman's brain faster and she feels the effects sooner. Binge drinking—too much alcohol in a short time—can cause you to pass out, vomit a lot, or can even kill you.

People who are not alcoholic often do not understand why an alcoholic can't just stop. Alcoholism has little to do with willpower. The craving for alcohol can be as strong as the need for food or water.

# use drugs and alcohol



## What are the chances?

There is no way to predict if you will have problems with alcohol. However, many women who drink too much:

- have suffered a trauma or sexual abuse
- have trouble with close relationships
- are depressed or drink alone

Single women in their 20s or early 30s also are at higher risk. When friends or a partner are heavy drinkers, some women find it harder to stop. Drinking tends to get out of control for women whose friends also drink too much.

### Think before you drink and be sure you have a choice.

When you are under the influence, it can be harder to say “no.” You may be at greater risk for sexual assault. If you are sexually active and drinking, use reliable birth control. If you ever think someone has forced you to have sex or do something you didn’t want to, get help and sort it out.

Take care of yourself so someone else can’t take advantage of you!

- If you choose to drink, limit yourself to no more than one drink a day.
- Be smart, buy your own drink and keep your eye on it.

## If you or a friend needs help...

- If you don’t feel comfortable talking to your doctor about alcohol or drug use, find a safe place to discuss these issues or call **1-800-367-2229**.
- If someone you know has used alcohol or other drugs during pregnancy, encourage her to tell her doctor or call **1-800-367-2229**.
- If you used alcohol or drugs before you knew you were pregnant, you should also speak to a healthcare provider. If you stop using alcohol or drugs as soon as you find out you’re pregnant, there will be less risk to your baby.
- If you are worried about a friend, let her know. Pick a time to talk when she is not under the influence. Be specific about how she behaves when she’s using.

With help and support, many people will stop using and rebuild their lives.



## partner POWER

- Make a deal with your friend for both of you to switch to water after the first drink.
- Agree to sip, don’t chug.

## Who to Call for Help

NC Family Health Resource Line:

**1-800-367-2229 / 1-800-FOR-BABY**

Alcohol/Drug Council of North Carolina:

**1-800-688-4243**

Treatment Facility Locator:

**<http://dasis3.samhsa.gov>**

### Did you know ...

Carbonated beverages can make a hangover worse.

*Why chance it?* Alcohol causes more damage to a baby before it is born than any other substance, including marijuana, heroin and cocaine. While breastfeeding is best for your baby, if you use alcohol or other drugs, you share them with your baby through your breast milk.

# Love doesn't Hurt

Love doesn't hurt, or at least it shouldn't. And we're not talking about a broken heart. Domestic violence is a form of abuse that happens within the family or a couple. It comes in many forms. Not all leave you with physical marks. Besides physical violence, there is also emotional and sexual violence. No one deserves to be abused. And it is never your fault. Answer the questions on this page. Do you recognize these signs in your life?



## Stop the Cycle of Violence

Domestic violence affects the entire family. Children learn to solve problems the way the adults in their lives do. Domestic violence is a learned behavior. What are your children learning?

## partner POWER

Friends help friends. Do you think your friend is being abused?

Here's how you can help:

- Find out about services available in your community.
- Share what you know.
- Listen to her if she wants to talk.
- Help her with what she needs (transportation, child care, money).
- Call the police immediately (911) if you know abuse is occurring or your friend has been threatened!

## Are You Being Abused?

<i>Does your partner ...</i>	Yes	No
Threaten to hurt you (or your children)?	<input type="checkbox"/>	<input type="checkbox"/>
Hit you, and then promise never to do it again?	<input type="checkbox"/>	<input type="checkbox"/>
Embarrass you in public?	<input type="checkbox"/>	<input type="checkbox"/>
Not let you talk with your family or friends?	<input type="checkbox"/>	<input type="checkbox"/>
Push you, hit you, try to strangle you, kick you or slap you?	<input type="checkbox"/>	<input type="checkbox"/>
Make you have sex when you don't want to?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer "yes" to one or more of these questions, you could be in an abusive relationship. And you're not alone. Almost one out of every three women is a victim of domestic violence in this country. This includes women of every race, religion, age and income level.

## there's a connection:

Studies show that physical and sexual abuse among young women is associated with increased substance abuse, unhealthy weight control, risky sexual behavior, pregnancy and suicide. Making the choice to reach out for support could help you avoid lots of other problems later.

**Learn about domestic violence.** A good first step: Call the National Domestic Violence Hotline **1-800-799-SAFE** (7233). This is a free call, and the line is open 24 hours a day.

# POSITIVE *steps* →

Life is about the choices we make. From everyday decisions like what to wear and what to eat, to harder choices like giving up smoking or staying away from negative influences. Although it's not always easy to make changes, the choices we make affect the direction of our lives. Don't give up! Take a moment to think about where you are in your life and what choices you can make to improve it!

## 6 Steps to Making a Change:

1. Write down one thing you want to change.  
.....
2. Make a list of the benefits of this change.  
.....
3. Write down what gets in the way of making this change.  
.....
4. Make a plan of how you can overcome these barriers.  
.....
5. Find a friend, group or hotline to help support your change.  
.....
6. Don't give up. Even if you have a setback, remember that if you stick with it, you can succeed. And when you do, it will be worth it.



## partner POWER

- Ask a friend to attend a support group meeting or help you through the tough times.



### Appreciate how far you have come ...

Today I am grateful for .....

.....

I am proud of myself for .....

.....

I appreciate my body because .....

.....

My best quality is .....

.....

### Then ask yourself, where you want to be ...

Am I living the life I want? .....

What can I do to improve my situation? .....

.....

What is getting in the way of my making these changes? .....

.....

Who can help me make these changes? .....

.....

What would my life be like if I make these changes? .....

.....

### Did you know ...

It takes just 28 days for a new behavior to become a habit.

**You Deserve to Live Your Best Life!**



# SMOKING IS MORE

## Are nic-fits real?

**Yes.** When a smoker doesn't have a cigarette for a while, the body sends out a message asking for it. Nicotine is as addictive as some street drugs. The good news is all smokers can kick the nic habit, no matter how long they've smoked.

*Women who smoke as few as three to five cigarettes a day double their risk of heart attack.*

## Health Matters

Adult smokers, on average, die 13–14 years earlier than nonsmokers. That's like not being around to see your first grader graduate from high school. Smoking is a leading cause of heart disease, many types of cancers and breathing problems. Smoking also puts you at greater risk for:

- Gum disease and tooth loss
- Cataracts, a leading cause of blindness
- Infections
- Wounds not healing after surgery
- Sexual and infertility problems
- Weaker bones after menopause

*Women who smoke and take birth control pills are at a higher risk for serious health problems.*



## For kids' sake!

Smoking during pregnancy can cause miscarriage or your baby to be premature. Your baby also has a 3–4 times greater risk of dying from Sudden Infant Death Syndrome (SIDS).

*Quit smoking, especially before your child becomes eight, and she will be less likely to start smoking as a teenager.*

## Secondhand smoke hurts everyone

Even if you don't smoke, breathing secondhand smoke can cause lung cancer, heart disease, allergies and trigger asthma. It also increases your baby's chances of dying from SIDS.

# than just a habit



## Try these tips for quitting gradually:

- Cut down on how many cigarettes you smoke
- Inhale the smoke less often
- Wait longer between cigarettes
- Make a quit plan and set a date to quit

**Think about when and what you are doing when you smoke.**

(Do you smoke after dinner?)

**Think of something you could do instead.** (Take a walk.)

Most smokers want to quit and wish they had never started smoking in the first place.

**There is no safe level of exposure to secondhand smoke.**

**There is no safe cigarette. Clove and low-tar cigarettes are harmful, too.**



## Just Ask

Many resources are available to help smokers quit. Talk to your healthcare provider or call

the NC Tobacco Use Quitline. Staff at your county health department can provide counseling and link you to services.

### North Carolina Tobacco Use Quitline

1-800-QUIT-NOW (784-8669)

[www.QuitNow.com](http://www.QuitNow.com)

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

[www.tru.org](http://www.tru.org)

[www.rwj.org](http://www.rwj.org)

To find out how dependent you are on tobacco and for quitting tips, go to:  
[www.nchealthystart.org/smokingquiz.pdf](http://www.nchealthystart.org/smokingquiz.pdf)



## partner POWER

- Find a quit-smoking buddy.
- Ask your partner, friend or co-worker to support you.



# Health Isn't Just About Your Body



## In a healthy relationship you ...

- Feel safe, respected and secure
- Are comfortable being yourself
- Listen to each other's feelings and support each other
- Enjoy time together and apart
- Respect sexual decisions together
- Trust and are honest with each other

## In an unhealthy relationship, one or both of you ...

- Feels scared and pressured by, or jealous and possessive of, the other person
- Makes all the decisions without listening to what the other one thinks, wants or needs
- Criticizes and makes the other person feel bad
- Keeps the other person from seeing other people
- Expects to know where the other one is and what she/he is doing at all times
- Forces the other person to have sex
- Hurts or threatens to hurt the other person, her/his family members, pets or favorite things



## quiz: I'm All Ears!

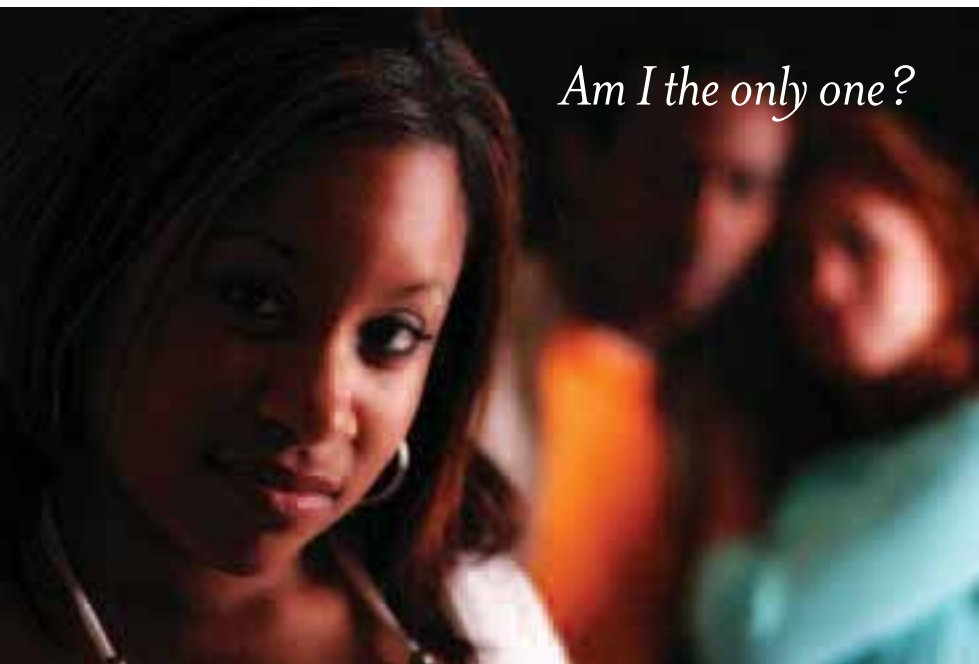
When friends talk to you about something that is important to them, do you:

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Ask them about their feelings and listen to their answers?
<input type="checkbox"/>	<input type="checkbox"/>	Check in with them to make sure you truly understand?
<input type="checkbox"/>	<input type="checkbox"/>	Focus on them and their feelings without trying to tie the conversation back to you and your experiences?
<input type="checkbox"/>	<input type="checkbox"/>	Sometimes miss what they are saying because you are thinking about what you want to say next?

If you answered "yes" to all but the last question, you are a great listener. If not, think about how you can better focus your attention on others so they can be heard. As the saying goes, "To have a good friend, you have to be a good friend." Good friendships (and any other kind of healthy relationship) start when people hear each other and respect each other's feelings and needs. They can communicate openly and honestly.

# creating healthy relationships

Life is full of relationships with friends, co-workers, family and romances. In a healthy relationship, you feel comfortable, happy and respected. Sometimes, it can be just the opposite—you feel scared, sad or worried. In an unhealthy relationship, you may feel like you don't have control over choices about how you act or what you do.



*Am I the only one?*

*Sometimes I feel like I am the only one of my friends who doesn't party all the time. I really want to take care of myself but find it hard to do on my own. What can I do?*

If someone is trying to get you to use alcohol or drugs, smoke or something else that is bad for you, you need to think hard about your relationship. Research shows that people who have friends that make unhealthy choices are more likely to make those same bad choices. Perhaps it's time to move on.

It takes energy, but good friends are worth the effort. Remember that in a good relationship, both people feel good about themselves. If you believe in yourself and your right to be treated well, you're on the right track. The keys to a good relationship are respect and trust. And the best way to earn that trust is to communicate well. You need to be able to talk AND listen to each other.

## Ask Yourself:

Who do you turn to when you need to make a decision?

Is that person a good or bad influence?

Would that person support you in making good choices, like getting an HIV test?

*If you can't name two people who are positive influences in your life, look for new friends who are more like you.*

## partner POWER

- Think about a friend or family member that you trust to help you make good choices.
- Take time to tell her how much you value her.
- Make a plan to do something together that you both enjoy.

# FOOD, MOOD, Cravings & You

## What triggers you to eat?

Do you go for the chips when you're stressed or ice cream when you feel blue? Your emotions can trigger you to seek "comfort" food, something that reminds you of a happy time or was given to you to feel better as a child.

Food triggers can be physical, too. Craving sweets or salty snacks before your period can be because of hormone changes. If you crave something unusual, like crushed ice, check with your doctor. You may need more iron or zinc.



## Don't skip out!

It's not just what you eat that matters. Skip a meal and your blood sugar may drop too much. You could wind up with a headache, feel dizzy or be moody. To avoid feeling bad, don't let too much time pass between meals or snacks.

## Quick Tips to Healthy Eating

**Rethink "fast" food.** It can take less time to make lunch than to wait in the drive-thru! It takes seconds to peel a banana or put peanut butter on whole grain bread. Fast food can put extra pounds on you fast, too. It often comes super-sized, with extra fat, sugar and salt.

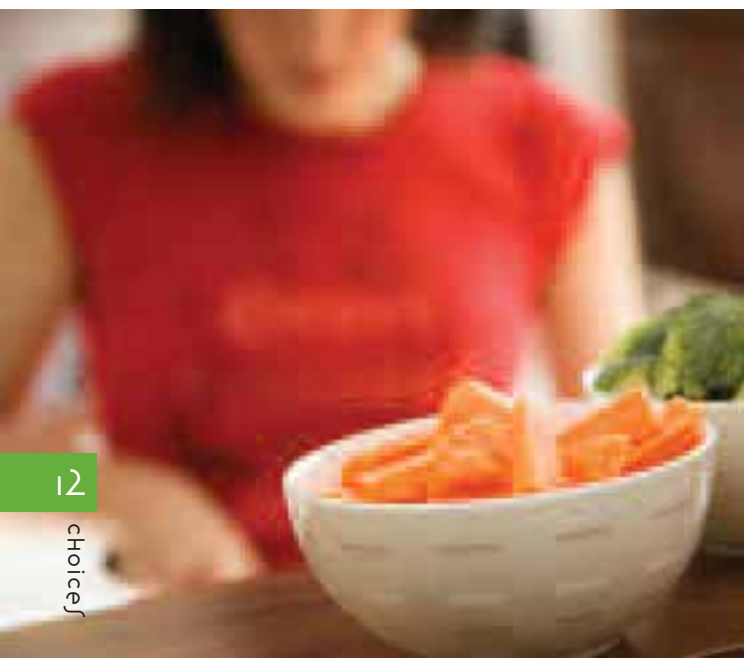
**Keep it in reach.** We tend to eat what we can grab first. So make healthy food easy to reach. Put fruit and veggies in the front of the refrigerator. Carry an apple, nuts or raisin snacks with you.

**Pass on processed.** Go fresh or shop for foods with just a few ingredients. Eat more one-ingredient foods such as fruit and vegetables, meat, fish, nuts and beans.

**Take a multivitamin.** Vitamins and minerals are important every day. Eat healthy and remember to take a multivitamin.

## Did you know ...

Caffeine can give you energy. But it can also make you cranky or nervous, or make it hard for you to fall asleep. Cut back on coffee, cola and chocolate ... and you cut back on problems.



# She May Be Your *Sister*, Your *Friend*, Your **NEIGHBOR**

For most people, there will be a time when a friend or family member needs you. Here are some ways to help someone you care about get away from a harmful habit, an unhealthy relationship or a challenging situation.

When it comes to caring about someone who is struggling with addiction, remember the seven Cs:

- I didn't **Cause** it
- I can't **Cure** it
- I can't **Control** it
- I can take better **Care** of myself by:
  - **Communicating** my feelings
  - Making healthy **Choices**
  - **Celebrating** myself



## Be Caring

Show your care. Ask what you can do to be helpful. Some ideas to keep in mind:

- Learn about her problem. The more you know, the better you can help.
- Give praise and rewards. "You're the best." It's short, but means a lot.
- Believe that she can change no matter how many tries it takes.
- Remember unhealthy habits or relationships can be hard to change.
- Be patient. Changes like quitting smoking can cause her to feel different or be down for awhile. Help your friend keep her long-term goal in mind.
- Ask how things are going and listen to what she says.
- Be understanding. Your friend may be sad, like she has lost a good friend.
- Spend time together. Being active can make her feel less stressed.
- Don't ignore it if she slips up. Talk about it and support her to keep trying.
- Find other help for your friend: self-help books, toll-free hotlines, health professionals or treatment centers.
- Find someone to talk to so you don't get burned out helping your friend.



### if you or a friend needs help, call the resources below:

North Carolina Tobacco Use Quitline:	1-800-QUIT-NOW (784-8669)
Carolinas Poison Center:	1-800-222-1222
NC Family Health Resource Line:	1-800-367-2229 / 1 800-FOR-BABY
Alcohol/Drug Council of North Carolina:	1-800-688-4243
National Domestic Violence Hotline:	1-800-799-SAFE (7233)

# the choice is yours



At the end of the day, everything you do is about making *choices*. Sometimes, you make a great choice and things work out just the way you hoped. Other times, you need to change your focus, try again or make a different choice in order to get where you want to go. That's ok.



What is most important is that you remember this: You are in charge of your life and your choices.



You can make a choice to change any time you want. When you do, support from friends, family or professionals can help guide you to success.

**“It’s choice—not chance—that determines your destiny.”**

—Jean Nidetch, Founder of Weight Watchers

**“We design our lives through the power of choices.”**

—Richard Bach, Author

**“The journey of 1,000 miles begins with one step.”**

—Chinese proverb

