

A Balanced Diet Comes From Food — Not Pills

Can a bowl of cereal or a vitamin pill supply 100 percent of the nutrients people need?

"They may be supplying 100 percent of certain vitamins or minerals, but science has identified some 50 nutrients that all people need," says Mary Ann Spruill Pollock, extension foods and nutrition specialists at North Carolina State University.

These are the nutrients that give people energy, regulate body processes and help with growth and repair of body tissues.

"All of these required nutrients can be found in foods. No one food contains all of these nutrients, and no one nutrient can sustain life by itself," Dr. Pollock points out.

"The various nutrients need each

other, although each has some specific job it performs alone. Since nutrients are unevenly distributed among so many foods, eating a variety of foods helps insure a healthy diet," Dr. Pollock says.

If all of the nutrients are needed, why don't people hear about recommended daily allowances for them? There are 10 so-called leader nutrients. "Researchers have found that when people get enough of these leader nutrients from foods, they are most likely to be getting enough of these nutrients," the extension specialist says.

The leader nutrients are: protein, carbohydrates, fat, calcium, iron and vitamins A, C, thiamin, riboflavin and niacin.

—Smoking— Tips on Quitting

- Try the "buddy system," and ask a friend to quit too.
- Hide all ashtrays, matches, etc.
- Lay in a supply of sugarless gum, carrot sticks, etc.
- Drink lots of liquids, but pass up coffee or alcohol.
- Tell everyone you're quitting for the day.
- When the urge to smoke hits, take a deep breath, hold it for 10 seconds and release it slowly.
- Exercise to relieve the tension.

Brace Yourself

Once they were simply a teenage rite of passage. But today, thousands of fully grown Americans, who either didn't need or couldn't afford to have their teeth straightened when they were adolescents, are opting to get braces.

And why not? Braces have never been as affordable, as inconspicuous and as socially acceptable as they are today. If you've been considering braces, you should know in advance that for crooked or crowded front teeth (the most common orthodontic problems), there are three basic kinds of braces.

First and most familiar are the classic metal ones, the kind your friends wore in high school. Mounted on the outside of the teeth, these braces consist of a steel band around each tooth, a small metal bracket welded to each band and a metal wire running through the brackets. The orthodontist tightens this wire once a month or so, thus "reining in" the teeth.

Much newer and more visually appealing are plastic braces. These work on the same principle as the metal ones, except that tooth-colored plastic brackets are cemented directly to the outside surface of the teeth. At most distances, only the wire gives them away.

Newer still are what orthodontists call "lingual" braces known to the layman as "invisible" braces. Linguals consist of metal brackets that are cemented to the backs of the teeth so everything is hidden.

There are pros and cons to each of these styles. Metal braces are usually stronger and more reliable than plastic ones, but plastic braces interfere less with your looks. Lingual braces, while effective, are the most difficult for the orthodontist to work on. "Their chief advantage is that they are aesthetically

pleasing," says New York orthodontist Marc Lemchen, D.M.D. "However, they are more time-consuming for both the orthodontist and the patient."

Price is another important consideration. If your problem isn't too unusual and you don't mind wearing visible braces, the price will fall between \$2,000 and \$4,000. Lingual braces, however, cost 30 to 50 percent more. The reason: tightening sessions that take 30 minutes more than those for visible braces.

Something else to ponder is the amount of time you're willing to spend with the braces on. "Conventional metal braces and plastic ones that adhere to the outsides of the teeth are still the most time-efficient," says San Francisco area orthodontist Kleve Johnson, D.M.D.

"They may come off in eighteen months; it's two years or more for the linguals." Once your braces are removed, you may have to wear a removable retainer at night to keep your teeth from shifting back to their old positions. Whichever type of braces you choose, you'll probably have to give up spareribs, corn on the cob, salt water taffy and the like. You may also find that things like red wine, curry powder, tobacco, and tea leave stains on plastic braces.

Considerations of cost, time, and food aside, what you may really want to know is this: Will braces make you a social outcast for two solid years? The answer is bound to surprise you.

"We've found that braces can actually improve a person's social life," Dr. Lemchen says. "A lot of people with braces are afraid that others will view them as having a problem, but it's usually just the opposite. Other people see them as having the courage to change their lives."

Feeling Good

Inherited Shyness?

If you're shy, you may have wondered what made you that way. Perhaps you think your parents didn't expose you to strangers often enough as a child, or maybe they exposed you to them too often. However, there's increasing evidence that shyness is a trait you're born with.

Robert Plomin, Ph.D., professor of psychology at the University of Colorado in Boulder, and colleagues recently compared the shyness scores of mothers and the babies they'd given up for adoption, usually within a few days after birth. The mothers filled out questionnaires even before the babies were born; the children were evaluated by their adoptive mothers or researchers at the age of two.

Dr. Plomin found that most infants and their biological mothers shared similar degrees of shyness. Furthermore, the

researchers measured how socially active the adoptive families were, and this measurement didn't seem closely related to how shy the baby was.

Dr. Plomin also suggests that shy people may not necessarily be unsociable in fact, shyness and sociability may be entirely separated traits. Research done by Arnold Buss, Ph.D., professor of psychology at the University of Texas at Austin, shows that some people are very shy and yet very sociable; they like to be with other people but feel anxious when they're around strangers. These bashful and yet sociable types are much more uncomfortable with their shyness than are those who are shy but not particularly sociable. Shy loners are content to mind their own business when thrown in with strangers.

Do Expressions Trigger Emotions?

We all know that our expressions respond to our changing feelings, but facial expressions may help trigger emotional responses as well. Psychologist Paul Ekman, Ph.D., at the University of California, San Francisco, showed in a study of sixteen people that heart rate and body temperature - both of which respond to changing emotion - are affected when subjects alter their expressions. He speculates that the changes activate nerves that give messages to areas of the brain that produce an emotional response. Psychologist Robert Zajonc, Ph.D., at the University of Michigan, suggests that changes in blood flow and brain temperature may change emotions. When we frown, compressing forehead veins, blood drains from the brain, raising its temperature. Dr. Zajonc is testing the theory in a study of fifty people.

Weather May Affect Moods

Folks feeling depressed because the snow is falling, or anxious because it isn't, shouldn't think it's all mental.

Recent research at Colorado State University suggests the unsettling feelings are the result of a physiological reaction to decreased exposure to bright sunlight.

For more than 20 years, Colorado State zoology professor Charles Ralph has analyzed the link between a small, bean-sized gland in the brain — the pineal gland — and the way mammals react to the changes in light and darkness.

"The pineal gland has something to do with annually setting the yearlong clock," Ralph said. "The clock is verified sometime in the spring or summer."

His research has focused on the gland's function in ground squirrels, chickens, lizards, rats, and other animals.

The pineal gland secretes a hormone known as melatonin, which is responsive to light. "The hormone acts as a chemical signal to warn that the seasons are changing," Ralph said. It stimulates those centers in the more primitive part of the brain that control depression, anxiety, hibernation, reproduction, and moods.

"The pineal is speaking to that old part of the brain that controls the seasonal programs of behavior and all those visceral, vague feelings hard to analyze," Ralph said. "Probably all people are programmed somehow by light, especially intense sunlight."

With research on chickens at the University of Pittsburgh in the early 1960s, Ralph was among the first to discover that melatonin production is tied to a diurnal cycle. Its production peaks during sleep and dwindles before awakening.

When the day-night pattern is altered so that mammals are exposed to longer periods of darkness, the pineal gland's production of melatonin is increased, he said.

Ralph said that when some depressed persons who are highly light sensitive are exposed to intense light and shorter nights, their melatonin levels are lowered and their depression ends.

Melatonin also affects sleep patterns in humans and other mammals, he added. For example, schizophrenics often have abnormal melatonin cycles.

Ralph said there is a need for more research on the pineal gland and its exact role in controlling human responses to seasons, sunlight and darkness.

"Other things come into play, too," he said. "Humans are affected by terribly complex factors, some of which are cultural and psychological. It's hard to know what regulates them."

Keys to a Successful

Job Hunt

You Won't Get the Job if You

Can't Get Your Foot in the Door.

Even if it's been a while since you looked for a job, you probably recall the routine: Get your resume updated. Define your job objective. Work up a good inquiry letter. Scout out firms that have your kind of job. Check the ads. Spread the word of your hunt among friends, relatives and business associates.

You'll find no shortage of advice from friends, employment agencies, career counselors and other organizations that match people and jobs. But the keys to landing a new job are few: Tie down interview appointments with people who have the authority to hire you and handle those interviews effectively enough to come away with job offers.

Start with a plan. Prepare that tried- and-true- job hunter's kit: an up-to-date resume, cover letters for a variety of situations, a list of companies that have the kind of job you want. You'll find directories of firms at the library and local chambers of commerce. Examples of directories designed for job hunters are the series of regional Job Bank books (Bob Adams, Inc.) and The National Job-Finding Guide, by Heinz Ulrich and J. Robert Connor (Dolphin).

Don't restrict your survey to the want ads. Also scour newspapers and trade journals for business news that will tip you off to employers likely to be hiring—for instance, companies expanding or reshuffling managers.

Brush up on the business of your target companies so you can tell a job interviewer why you want to work there and how your expertise relates to what the company does. If you aren't computer literate, take a night school or weekend course in certain fields almost any job you apply for is likely to involve working with a terminal.

Contact people. Not just employers, but anybody you can think of who might know someone or something that can put you onto a job. When they analyze how they got their job, most people acknowledge the role of other people. It might have been a neighbor who mentioned that her office was hiring, a business associate who passed along a search technique or tip, a customer, a competitor, a fellow member of a service club or school organization, or an acquaintance met at a party.

Be organized. Follow up every lead; respond to every letter or call. Set up some recordkeeping folders and working space at home. Install an answering machine so you won't miss calls. Keep notes and copies of your correspondence, phone calls, weekly objectives.

GETTING JOB OFFERS

The way to get job offers is to do a bang-up sales job in your interviews. The idea of developing a sales pitch may turn you off, but you have to convince an employer that your personality and abilities are right for the job. When an interviewer says, "Tell me about yourself," be prepared to do it enthusiastically.

Watch your behavior. Be on time. Dress appropriately. Don't smoke. Be polite. Common sense, of course. Yet Robert Half of Robert Half International, an executive recruiting firm, says job interviewers have told him of candidates for executive positions who have, among other extreme actions, snapped a flash picture of the interviewer, used the interviewer's hairbrush and started tap dancing around the office when asked about hobbies.

Prepare for interviews. You want to enter an interviewer's office reasonably relaxed, confident about your qualifications for the job, able to discuss your field and the job in question knowledgeably. You've heard the phrase "personal chemistry"—how you get along with the interviewer. That can be what the interviewer hinges on. "People hire people; they don't hire resumes or college credentials or job specs," says Robert O. Snelling Sr., chairman of Snelling & Snelling, a national employment service. "They hire people they like."

Practice helps. Snelling says that's where employment agencies can be useful. "They'll send you out for interviews. Even if you conclude you're not interested in the job or it is not offered to you, it is good experience. You will find out the kinds of questions interviewers ask. And you can ask them for leads to other jobs."

Try to get what you want out of the interview: the chance to demonstrate your mastery of your field, your interest in the company and the job, your personal accomplishments, and a specific response to your request for the job. Aim for a conclusion more specific than the interviewer's "We'll let you know something in a week or two."

If that's the best you can get, stay on the case. Call the interviewer back the next day to express your interest in the job. Send a thank-you note for the interview. Stop by a couple of days later and drop off some information you didn't cover in the interview. Make sure your interviewer can report to others involved in the hiring decision that you are an enthusiastic candidate.

Right after an interview, make notes on how it went. Jot down things you wished you had brought up, questions that you need to perfect your answers for. Fill in those gaps in your next interview.

Glamour Magazine's 1986 Top Ten College Women Competition

Chowan students are invited to participate in Glamour magazine's 1986 Top Ten College Women Competition. Young women from colleges and universities throughout the country will compete in Glamour's search for ten outstanding students.

A panel of Glamour editors will select the winners on the basis of their solid records of achievement in academic studies and/or extracurricular activities on campus or in the community.

The 1986 Top Ten College Women will be featured in Glamour's August College Issue. During May, June or July, the ten winners will receive an all-expense-paid trip to New York City and will participate in meetings with professionals in their area of interest.

Anyone interested in entering the search should meet the deadline for submitting an application to Glamour by December 13, 1985.