

Carpractor

WINTERIZING YOUR AUTOMOBILE

According to Tom Ayers, W.C.C. auto mechanics instructor, now is the time to prepare your automobile for winter to avoid those unpleasant problems that tend to arise when the temperature drops.

Mr. Ayers points out that winterizing a car is no great problem, and suggests that the car owner himself may be able to do much of the work. Other procedures he recommends follow.

Check the radiator to be sure that it has a free flowing current of water. Also, check out the water hoses and connections for possible leaks. Make sure that the thermostat is rust-free and that it will open and close. If there is still anti-freeze in the radiator from last winter, add more if necessary, along with a rust inhibitor.

Ayers further suggests a minor tune-up, including such things as the replacement of spark plugs and points.

Finally, to ensure warmth on those cold days ahead, he suggests checking out the heater controls.

The interviewer adds one further suggestion: Consider whether or not you wish to replace regular tires with snow treads.

-Commie E. Hayes

The Medicine Cabinet

EARLY DANGER SIGNS OF CANCER

Cancer is the second leading cause of death in the United States. Most cancers, if found early, can be treated successfully. There are seven early warning signs of cancer. These signs do not necessarily signify cancer, but should they occur, a physician should be consulted and an examination is advisable. Additional symptoms depend on the location and the type of malignancy present.

1. Any lump or thickening, especially in the breast, lip or tongue.
2. Any irregular or unexplained bleeding. Blood in the urine or bowel movements. Blood or bloody discharge from the nipple or any body opening. Unexplained vaginal bleeding or discharge, or any bleeding after the menopause.
3. A sore that does not heal, particularly around the mouth, tongue or lips, or anywhere on the skin.
4. Noticeable changes in the color or size of a wart, mole or birthmark.
5. Loss of appetite or continual indigestion.
6. Persistent hoarseness, cough or difficulty in swallowing.
7. Persistent change in normal elimination (bowel habits). Special Note: Pain is not usually an early warning sign of cancer.

Grow Your Own

WHY COLOR?

Everyone has noticed the brilliant change of colors now that fall is here. How many understand Mother Nature's method of painting her leaves?

The main ingredients involved in fall color changes include a combination of plant sugars, bright sunshine, cold temperature, elevation, and humidity. Warm evening temperatures and 40 degree nights make westerly exposed plants the most vivid.

The golden yellow foliage is the first sign of approaching winter. This is attributed to the absence of chlorophyll in the leaves. Normally chlorophyll (green) is the predominant color, but during the autumn season, plants no longer manufacture enough chlorophyll to mask the ever present yellow pigment, carotin or xanthophyll (orange).

The eye-catching scarlet and crimson reds, which provide the richness of fall colors are produced in a slightly different way. Warm sunny days and cold nights are necessary for this color change. The presence of sugars and tannins trapped in the leaves during the cold nights results in the manufacture of the red pigment anthocyanin.

Please take time to enjoy the breathtaking fall festival of colors. Plants you should watch are the red oak, sugar maple, forest red maple, sweet gum, and sourwood.

-Freshman Horticulture Class

Nutrition Facts

FOODS AND NUTRITION: FACT AND FALLACY

Even in today's advanced technological society, where good education is enjoyed by the majority of the people, we still find ourselves confronted and beguiled with much food and nutrition **misinformation**. The health-conscious American is quickly taken in by proponents of various miracle food regimens which promise great beauty and enduring physical strength: So comes into being the health food industry and other food fads.

The word "fad" is the shortened form of the word "faddle" which meant "to play with." A food fad is an unscientific, unproven belief about various foods - some are harmless (but expensive), while others can indeed prove detrimental to the very health it claims to promote.

There are also various food myths - false ideas which have persisted for several years and are accepted by too many people. An example of this is the motion that food processing will destroy the nutritive value of food: hence, the growth of proponents of natural foods. However, the modern techniques of food processing have been carefully developed and tested to preserve or **restore** the nutrients found in foods. If, despite careful control of time, temperature, and quality, certain nutrients are lost, the federal requirement for enrichment of such products will restore these nutrients - witness the enrichment of grain products and milk, for example - the result of which has been the elimination of once prominent deficiency diseases in the American public.

Another very dangerous myth held by many people is that all disease conditions are a result of a poor diet, and supplementation with various products or food combinations will eliminate all illness from the body. However, disease is caused by numerous alterations in bodily function or by infection of viral elements. The majority of causes of disease have no **direct** relationship to nutrients. It cannot be argued that the course of an illness either its debilitation or rehabilitation - can be affected by a

person's nutritional state, yet this does not lead one to the supposition that various foods can cure all ills. The classic-nutritional deficiency states which have been thoroughly investigated - such as rickets, and scurvy, are the result of a lack of specific nutrients, not specific foods as might be claimed by the food faddist (examples are yogurt, blackstrap molasses, and honey).

Yet another example involving food misinformation is the overwhelming industry which has flourished on the prospect of weight loss. The majority of these programs revolve around the idea that various food combinations will effectively cure overweight. Some of these, such as grapefruit diet, are simply unscientific, while others can be quite harmful, as well as expensive. Examples of the latter would be the "egg diet" or the most recent ennovation - the all protein diet. The intake of proteins, only when adhered to for a prolonged period of time, can lead to the condition which affects uncontrolled diabetics - ketoses - or the harmful build up of keto acids in the body. And so is initiated the diabetic coma - surely a dangerous finish to a food fad. Notice also that the majority of these food fads, as well as the possibility of harm which stems from attempts at self-diagnosis and self-treatment, require the needless spending of an overwhelming amount of money. It is particularly true that those people with the least amount of money to spend on the filling of nutritional needs will fall prey to these expensive food care-alls.

So for health and money's sake - be questioning in your acceptance of new, unproven "fads" and also slow in your rejection of the scientifically proven principles. Complete nutrition is just that - a well balanced combination of the nutrients in amounts which the body requires!

P.S. Ladies — did you think gelatin would help build strong nails? Think again — gelatin is an incomplete protein, which by itself, will build nothing. Nail growth is affected by total nutrition, disease state, environment, and nail care!

Tips For Parents

THE TRUTH ABOUT CHILDREN'S LIES

There are few things that confound parents more than the lies children tell, especially when the truth is obvious.

The typical reactions to lying — anger and resentment — do more damage than good. Usually a child who lies already has problems with his self-image; he may be ashamed, afraid, or insecure. We only increase his discomfort by saying, "Now look, I know that didn't happen."

Why is the child lying? What does he fear - punishment, disapproval, rejection? How can we help him to overcome the reason for the lie. These questions must be asked to make truth telling the comfortable choice. When given a chance the child who has lied will be able to retrace his steps and tell the truth.

If facts don't show a child in a place of importance, he will make up a tale to fill the gap. Praise in one area will help compensate for failure in another.

We often encourage children to lie especially about their feelings by telling them to "Be brave - Don't cry." They become afraid to cry, thus lying. By learning to be dishonest about their feelings, they soon learn to lie about other things.

"It is important that we remember a lie is a means of coping with fear or gaining love, affection and approval, of avoiding punishment, of gaining status. A lie may also be a path to wish fulfillment, to riddance of bothersome truths, to escape from problems." Lies are certainly related to everyday problems and should be handled in an everyday matter-of-fact way.

The lies a child tells reflect his emotional life. We can help break the chain of lies by helping the child grow into a more self-satisfied, more socially acceptable individual.

Moneywise

WHERE DID YOU SPEND YOUR LAST DOLLAR?

Money management is extremely important. Most people do not realize where their money goes. That is the importance of a budget, a financial plan for matching future spending with future income.

First, establish your goals. Decide how much money you want to spend in a certain area, what holds priorities, need, etc. Secondly, determine your monthly income. List income sources from all areas. A part-time job, parents, or otherwise. Last, list your proposed spending into two categories, (1) fixed payments and (2) variable expenditures.

For example, here are the percentages which are usually spent in these areas: (1) Housing — 25-30%; (2) Food - 25%; (3) Transportation - 12-16%; (4) Clothing - 12%; (5) Recreation/Education - 11-12%; (6) Welfare/Miscellaneous - 7-10%, includes medical, dental, etc. (7) Savings - 5-8%.

We are including a sample form which you can use for budgeting. One serious problem we all face is inflation. We face it each day in the world of buying, selling, etc. Since 1970, the following areas have increased tremendously (1) Food - 57%; (2) Cars - 59%; (3) Education - 70%; (4) Housing - 80%; (5) Medical - 53%.

For instance, what you could buy in 1967 with \$100, cost \$133.10 in 1973, and would cost \$183.30 today.

We, as the consumer, can determine the price of a product by the law of supply and demand. We have the choice to buy a product or not to buy a product. Some products are practically the same, such as: toothpaste, mouthwash, cosmetics, aspirin, etc. The only difference is the brand name causing the product to cost more. We can in effect, "make or break a product." If we shop around for the best buy, and do find the best one, we have saved ourselves money, which is quite hard to do these days. If you as the consumer, are not satisfied with a product, you should take it back, write letters to the head of the company, and at least make your feeling known about the product.

We can save ourselves money by setting priorities based on values and keeping up with our money. If we can do this for one month, then we can do it from now on. Do you know where your last dollar was spent? If not, find out where your next dollar goes and then it won't be so hard to keep track of your money in the future. Be a careful shopper and a good budgeter!

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