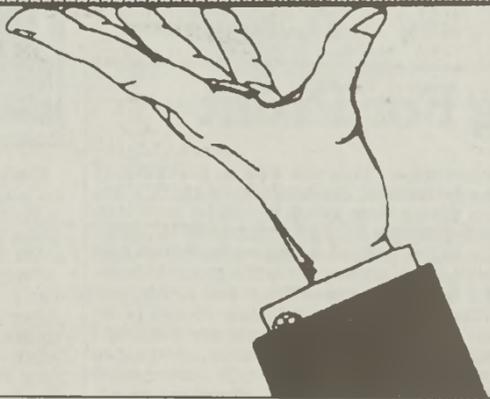


LIFESTYLES

A Noble Reason To Pig Out



By Cassandra Wynn
THE CHARLOTTE POST

FAT TUESDAY

you feel like being greedy next month, you have the chance to turn your gluttonous activity into an effort to help a worthy cause.

Every Tuesday in July, participating restaurants will give 5 percent of a customer's bill to Crisis Assistance Ministry, which gives emergency help to prevent homelessness. "Everybody gains," said Angela Howard, director of development for the agency. "It's an effortless and a fun way to help."

More than 40 restaurants agreed to contribute to the program. They were eager to participate, said Howard, because it is a way to help the community.

"It's the type of thing we want to associate ourselves with," said Danny Boone, general manager of Golden Corral on North Sharon Amity. "We absolutely believe in getting involved in the community. We cater to families. Our weekdays are busy. Any night would have been good. The program should get good donations from Tuesday night."

This is the second year that the fund raiser has been held. About half of the agency's budget comes from contributions from churches. Other money comes from donations from individuals, foundations, businesses and grants from federal, state and local government.

"We are termed the lead agency for financial assistance for the city of Charlotte. We are administrator of those funds," Howard said.

In 1991-92, \$1.1 million was spent on emergency aid, rent and utilities.

In existence since 1975, the ministry has seen the need for assistance to maintain shelter increase. In 1990, the need really spiked when Crisis Assistance helped families 18,000 times. Last year, the agency provided financial assistance 19,000 times.

"The biggest thing we do is to prevent families from becoming homeless by paying the rent, mortgage, utilities, gas, oil, water before they are evicted," Howard said.

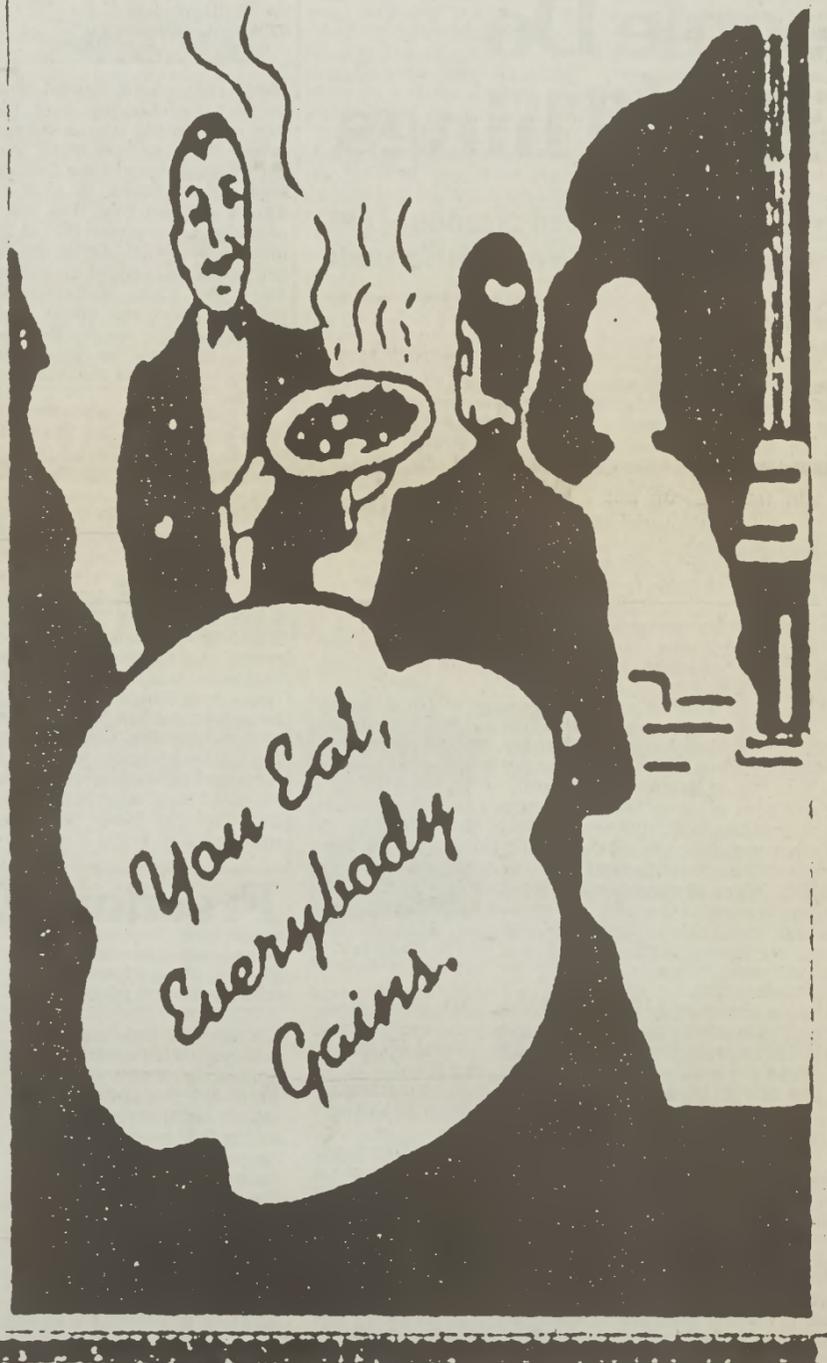
The goal is to help people in financial trouble avoid having to go to a shelter. "The social and emotional problems are great with children having to miss

school," Howard said.

Crisis Assistance operates a clothing and furniture assistance program. "We take donations of clothes and furniture and give them without charge to families that need them. Many people are working and not earning wages to support their families," Howard said. "Often people are working for no benefits and have no cushion if a child has a medical emergency or if there is a cut in the work hours. It's enough to push some people over the edge. They have to dig in their rent or mortgage money to pay for emergencies."

For a list of participating restaurants, call Crisis Assistance at 371-3012.

FAT TUESDAY



Schwarzenegger, Move Over! Kids Can Lift Weights Too

By Ira Dreyfuss
ASSOCIATED PRESS

WASHINGTON--You don't have to be built like a pro wrestler to lift weights. A child can do it. And, experts say, a child can benefit.

"He will become a better athlete," said Steven J. Fleck, who heads the physi-

cal conditioning program at the U.S. Olympic training center in Colorado Springs, Colo.

But to make a child's program successful, you have to understand both weights and children, Fleck said.

Weights won't give a child Arnold Schwarzenegger muscles, Fleck pointed out in an interview. What's

called hypertrophy requires the spur of the male hormone testosterone, which doesn't kick in until puberty.

In that sense, children respond to weight training much as women do, said Dr. Suzanne M. Tanner, an assistant professor of orthopedics and pediatrics at the University of Colorado Health Sciences Center in

Denver.

"It's not a matter of development - it's a matter of learning to use what you have," Fleck said. Weight training will help a young athlete's nerves learn to get muscle fiber on-line and generate the maximum amount of force, he said.

If two children are growing muscle normally at the same

rate, the trained child may have a competitive edge, provided the training develops muscles he'll use in his sport, Fleck said.

Researchers can't predict how much a child can gain by weight training, because the area hasn't been studied enough yet, Tanner said. "We do know that children can gain," she said in an inter-

view.

Fleck and Tanner note that athletics, even on the young level, is complex, and other factors such as endurance and reaction time will affect performance.

A training program has to be tailored to a child's body and mind.

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