

'Terrible teens' pass with time

GWENDOLYN BAINES

Ask
Gwendolyn



Dear Gwendolyn:

I have two children. They are twins. Soon they will be turning 13. Last week I was out with one of my girlfriends and she kept talking in reference to what she called the "terrible teens." You see, she also has a 13 year old. She kept indicating the fear of having to go through this problem period.

I had my children close to middle age. I don't know how I am going to survive bad attitudes, arguments, and possibly fights. I'm scared. I love my children and up to now, they have been wonderful kids.

I want them to experience the joys of being a teenager, but it's different now. What can I do? It seems a teenager today is just a problem waiting to be solved.

Charmaine

Dear Charmaine:

You are creating for yourself a problem before there is one. Because crime, sex, and tragedy sells, we see and read more about all the wrong and less about the good. You are correct, however, when you say rearing a child is different now. With children killing children and babies having babies, you are afraid and you should be. Just don't label all teenagers as bad.

I will tell you this: Your children are going to make attitude changes. You need to stay in control. Be firm, and above all, let them know you love them when they do well, and you love them even if they have failures. Teenagers go through a period of thinking no one cares.

The only problem you are having right now is the problem of fear itself. You fear because you know the dope man is standing on the corner waiting for your son. That prostitute is waiting to show your daughter a new way of life. That bank robber needs another person. He's waiting for your son. Yes, I must admit, at the tender age of 13 all the vultures of the world are waiting.

Prepare a meal the entire family likes at least once a week. Do not allow them to give excuses why they cannot be seated at the table. Just because children grow up is no reason for the family to grow apart. Never let your home lose its joy and laughter.

As a teenager, they will come to realize you have your rules. These rules can be enforced without causing rebellion. By enjoying a family meal, if only once a week, will give them a sense of family love, unity, and devotion. At times there will be misunderstandings because they feel they are adults. You know they are not. They are between two worlds.

Charmaine, as they make that transition from teenager-to-adult, do all you can to help them through it.

Features

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Latest eating guidelines: Enjoy, but exercise

By Robert Greene
THE ASSOCIATED PRESS

WASHINGTON - When it comes to healthful eating, there's room at the table for vegetarians and meat-eaters and it's OK to have a glass or two of wine and a little sugar.

"Eating is one of life's greatest pleasures," says the 1995 issue of the "Dietary Guidelines for Americans," released by the government

last week. But balance that pleasure with moderate exercise - 30 minutes a day, if possible. Spend it on low-key pursuits like housework, brisk walking, canoeing, dancing or gardening.

Despite the new stress on exercise, the core message stays the same as in 1990: Eat lots of fruits, vegetables and grain products, less sugar, salt and sodium and very little fat, saturated fat and chole-

sterol.

"These guidelines are the gold standard for nutrition and health," said Health and Human Services Donna Shalala, whose department issued them jointly with the Agriculture Department at a news conference.

Unlike before, the guidelines recognize that vegetarians can enjoy a healthful diet, moderate drinking can be enjoyed and even healthful for some

people and the melting pot extends to the kitchen as well. Foods such as tortillas, black-eyed peas and Chinese cabbage get ample mention.

The guidelines also treat some new issues:

- Partially hydrogenated vegetable oils, used in many margarines and shortenings, "may raise blood cholesterol levels, but not as much as saturated fat," the guidelines say.
- Fiber is best obtained from

foods rather than supplements.

• Fruits and vegetables are listed that provide carotenoids and other anti-oxidants, recognized for their "potentially beneficial" role against cancer and other chronic diseases.

• Sources of folic acid are given because it is thought to help prevent certain birth defects.

Much of the advice has to do

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full fashions

designers jump on the opportunity to suit the full-figured market

By Herbert L. White
THE CHARLOTTE POST

You don't have to be skinny to look good in the latest fashions.

Or to be a model.

Pat Swift, a pioneer of the plus-size modeling industry and president of Plus Models Management will be in Charlotte Jan. 18 to conduct a large-size seminar followed by a fashion show. The seminar and show will be held at the Marriot City Center at 6 p.m.

Large-size fashions have become big business nationally. Sixty percent of U.S. women wear size 12 or larger and 31 percent wear size 16 or larger, according to industry statistics. Many of the top designers, including Versace, Arnold Scassi, Adreinne Vittadini, Liz Claiborne, Bob Mackie and Bill Blass, have been jumping on the large-size bandwagon. Major department stores like Saks Fifth Avenue and Salon Z are also catching onto the trend.

Despite an overall national fixation with thin, reality and market demands have created a niche for large-size fashions. Boutiques cater to larger sizes, and many offer plus sizes exclusively. Accordingly, designers are paying attention, cranking out unprecedented fashions for big women. Good-bye tu-tu; hello Caroline Herrera. Designer Mary Kay Kelly will provide the fashions for next week's Charlotte show.

Swift became one of the first large-size models to become a major player on the New York modeling scene. She's gone from working as a store detective at Bloomingdale's to the fashion pages of The New York Times and a talk show regular. Her Plus Models Management is the first agency to work with large models.

"One of the key aspects of my agency is about helping large-size women feel good about themselves," Swift said. "You know, as a society, we seem to say to large-size women that they don't deserve to feel or look good."

—Pat Swift

President Plus Models Mgmt



Tanya Mayberry is one of the nation's highest-paid plus-size models and a cover girl for big women's fashions. The 5-foot-6-inch Mayberry is a size 18-20.

Your weekly horoscope

ARIES: (March 21-April 20)An unusual opportunity may present itself, which may involve public appearances. Loving thoughts are expressed to you and these remarks may not be just passing pleasantries, but an invitation for something deeper. Clear communication can smooth the way.

TAURUS: (April 21 - May 21)If you are feeling tied down by some relationship which is draining you, it may be time to declare your independence. Make your break in a quiet, but firm manner. Check and recheck your money resources, and be sure you are doing something to create future security.

GEMINI: (May 22 - June 21)There is a wonderful sense of the many possibilities life holds in store for you this week. This attitude will fill you with optimism and high energy. Those around you may be turned off

by your manner; remember you cannot convince everyone to feel the same way you do.

CANCER: (June 22 - July 23)If you are feeling a bit crowded, it is very important to speak up and take time and space for yourself, even if only temporarily. You may receive news about money, the information will not be as positive as you'd like - learn not to get attached to expectations.

LEO: (July 24 - August 23)You are finding yourself in a rut this week, and it will take a bit of effort on your part to get out of it. Try something new. You need time to play. It may be best to get to the bottom of some emotional upheaval before proceeding - logical approach is not satisfactory.

VIRGO: (August 24 - September 23)This week feels like a new lease on life. Do

something which gets your blood pumping. Physical overexertion will do you good. You and your mate may experience greater attraction for each other if you put a little distance between yourselves. Get more input before making any moves.

LIBRA: (September 24 - October 23)An emotional upset may leave you feeling rather sorry for yourself, but things are really not as bad as they may seem right now. Give it all a second chance. Find a way to give away items which have lost their usefulness, to those who will appreciate them.

SCORPIO: (October 24 - November 22)You are definitely in a good mood. Just be careful what you wish for since you just may get it. Treat yourself to a luxury you seldom consider. Have patience concerning a current project. Your ship will come in, and worrying will not

hasten the process.

SAGITTARIUS: (November 23 - December 21)An organized approach will get the job done. Money may come from an unexpected source to help you realize your goals. Your lover needs attention now. Make sure it is quality time and the two of you discuss matters of mutual importance and goals.

CAPRICORN: (December 22 - January 20)It may be hard to maintain your optimism - there isn't anything wrong, you are just in a dark, brooding mood. Your health, both physical and mental may be affected by stress either at home or at work. Make necessary changes and accept what you can't change.

AQUARIUS: (January 21 - February 19)A very generous financial gift may materialize and can remove a great deal of

worrying. Now you can really go after what's important, and a creative endeavor is at the top of your list. Remove yourself from an obligation which takes too much energy with little return.

PISCES: (February 20 - March 20)If something has been lost, you are likely to find it. Don't allow your pride to stand in the way of asking forgiveness of someone you may have wronged. This estrangement may take awhile to patch up, and may never be the same. It is a hard lesson to learn.

IF THIS WEEK IS YOUR BIRTHDAY: Attractive and keenly articulate, you are always at your best in front of people. You may have alienated a friend or lover with your words. Try to make amends.