

What Do You Do? Fighting The Battle of the Holiday Bludge

Chapel Hill--Just because you may be losing the battle of the holiday bulge, you do not have to lose the war, says a family medicine researcher at the University of North Carolina at Chapel Hill.

Salli F. Benedict, social research assistant in the Department of Family Medicine, School of Medicine, says that the weight-loss fight can be won by following three simple guidelines: changing eating behavior; keeping a steady, healthy diet; and exercising.

Increasing your motivation is the first step to changing your behavior, she says. A way to start is listing the reasons you want to lose weight.

"It might be that you want to look better or be able to fit in those clothes that you can't fit into anymore," Benedict says. "Or maybe you just want to feel better.

"These things might help you increase your motivation."

The next step is to keep a food diary of what is eaten and when.

"With that information, you can see your eating patterns and have an idea of how much you are actually eating. Then you can find the foods that are highest in calories and fat and substitute them for foods that are not quite as high."

Examples of this include substituting low-fat yogurt for sour cream, sorbet for ice-cream, low-fat mayonnaise for regular and margarine for butter.

The third step is to set specific goals, focus on a specific amount of weight that you want to lose in a specific time and chart your progress.

"Make the objective realistic and something that you can measure," Benedict says. "If you decide that you want to lose 10 pounds in five weeks, write that down and, in five weeks, weigh yourself."

Next, a strategy for difficult situations must be planned.

"This means thinking ahead about what you will do in tempting situations," Benedict says. "Look at some things you might do instead of eating that 400-calorie candy bar, like substituting a low-calorie

snack or going for a walk.

"Another good thing to do is get support from friends. Having social support is very helpful. You might decide to go on this weight reduction or exercise program with someone."

Giving yourself a reward when you accomplish a goal also is a good strategy, Benedict says.

Besides behavior modification, good eating habits should be included in the fight on fat.

"To achieve weight loss, you also must change your eating habits to what is considered a healthy diet," Benedict says. "This means a diet high in complex carbohydrates like fruits, vegetables and whole wheat grains.

"Diets also should be low in saturated (animal) fats like red meat, butter, cheese and milk. It's also a good idea to reduce the refined sugars in your diet," she says.

Besides being aware of foods eaten, you must also decrease calories. For most people, 1,200 to 1,800 calories a day is a good range for weight loss, Benedict says.

With calorie cutting should come exercise.

"This, along with a healthy diet, are two things you want to do for the rest of your life, not just when you diet," Benedict says. "There also are many side benefits like reducing stress, boosting self-esteem and increasing cardiovascular strength."

Aerobic exercises that increase the heartbeat for up to 20 or 30 minutes are best, she says. Sports like baseball, golf and bowling "are fine for recreational pastime and other reasons, but they will not get your heartbeat up fast enough for long enough.

"There are a lot of choices for aerobic exercises, depending on your personal preferences and your lifestyle," Benedict says. "A lot of people like the popular aerobic classes. Running also is good, but you need to be careful about getting good running shoes and follow some safety measures about where you run.

"Walking happens to be an excellent exercise for weight reduction. Everybody can walk. It's good for older folks, pregnant women and families can walk together." She adds that "a brisk walk for 35,45 to 50 minutes a day four to five times a week is a real benefit to someone who is trying to lose weight."

Maintenance of the weight-loss program and not giving up when a little ground is lost is the final step, she says.

"We're all human and there may come a time when it all goes down the drain," Benedict says. "But you have to give yourself credit for what you've done and start over again."

Following these tips can make overindulging at Christmas only a skirmish, not a total surrender.

Soil Samples For Nematode

Raleigh - It's not too late to submit soil samples for nematode assay. A busy time of year has passed for growers throughout North Carolina. Crops have been harvested and marketed and plans are being made for next year.

"One of the things growers need to consider is the possibility that nematodes in their fields may threaten their crops," says Dr. Jack Imbriani, nematologist with the North Carolina Department of Agriculture.

Surveys indicate that 45 to 60 percent of the fields in the state have a moderate to severe nematode hazard. This means 40 to 55 percent lack such a hazard. Therefore, use of nematicides as "insurance" is discouraged since it represents an unnecessary expense in many cases.

"By taking a good soil sample and having a nematode analysis many growers can avoid nematicide usage," Imbriani says.

The Nematode Advisory Section of the North Carolina Department of Agriculture's Agronomic Division will assay grower-submitted samples and make recommendations as to how to deal with these pests. There is a one dollar fee per sample.

Many growers have already submitted samples but there is still adequate time for those who haven't. It is important that samples be submitted as soon as possible to assure completion of the assay in time for incorporation of nematode management recommendations into the coming seasons plans.

Sampling materials and information about correct sampling procedures are available free of charge from local county extension offices, many agri-chemical dealers and the Agronomic Division at the Blue Ridge Road Center in Raleigh.



Vanceboro Rescue Squad continued from page 1

on the roster, and expects to gain additional membership upon completion of the EMT Class being conducted in Vanceboro at this time. New equipment has been purchased to enhance the Squad's ability and offer our community better emergency medical care. Each member has gained additional training on the latest techniques and procedures. The Squad has responded to an excess of four hundred alarms during the year, logged over fifteen thousand miles and over twenty four thousand active man hours.

The entire Squad greatly appreciates the financial support and volunteer work the community has provided. We take great pride in serving the Vanceboro Area with Emergency Medical Care. A very special thanks must be given to the members for providing such care by rendering their time and many hours of hard work.

If at any time the Squad may be of assistance to you never hesitate to ask, should it be of an emergency nature please call 911, otherwise please feel free to contact an officer and relate your thoughts.

Officers for 1987:

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May God bless you all during this holiday season.

Boxwoods Tolerate Shading

If you are planting boxwoods this season, they will stay healthier if located where they will receive at least some shade.

While boxwoods tolerate shade, they can use some sun. Ideally, they should be placed where they receive full sunlight during part of the day and mottled shade at other times, according to agricultural extension

specialists at North Carolina State University.

Best growth is in fairly heavy clay soil that is well supplied with organic matter. However, the boxwood will grow in a wide range of soil types, including sandy loam. But whatever the soil type, it should be well drained, the NCSU specialists caution.

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