



## INFOGRAMS

By Mary J. Whitmore,  
Home Economist

### FACTORS AFFECTING EATING HABITS OF OLDER PEOPLE

May is Senior Citizens Month. Throughout this month many programs have focused on helping the elderly to continue leading meaningful and fulfilling lives. To most of us, eating is an important part of our lives. This is not always true of the elderly - especially of those living alone. Eating habits often deteriorate as people grow older even though the individuals may have good knowledge of nutritional needs. Some of the factors which affect eating habits during later years are as follows:

**Income** - In this current inflationary period many people on fixed incomes do not have money to meet needs. Many are too proud to ask for assistance. The food budget is cut in order to purchase other necessities. Too, low incomes also cause people to turn to living quarters which may have inadequate facilities for preparation and storage of food.

**Transportation** - Tied closely to the problem of income is that of transportation. If money is limited, the elderly person may not be able to get to the store to buy the variety of foods needed for an adequate diet. Even if the corner grocery is relied upon, the older person may not have the physical strength to carry food in sufficient quantities to meet needs; variety is limited; cost is high.

**Energy** - Some of the elderly, though not ill, often have too little energy to prepare adequate meals. This is particularly true on days when housework, for example, is done. Lack of energy leads to the "tea and toast" habit, which may set up a vicious cycle since poor diets can contribute to the lack of energy.

**Teeth** - A lack of teeth or poor fitting dentures makes eating difficult. This leads people to the soft foods, often high in carbohydrate. The meats and raw fruits and vegetables are neglected. Estimates run as high as 45% - 50% of adults have lost their teeth by age 65 years, so this is an extremely important factor in relation to food habits.

**Digestion** - Though Swedish research indicates that digestive distress usually comes prior to old age, it may be accentuated in old age. Food may be digested more slowly due to a reduction in digestive secretions. Too, lack of exercise, low liquid intake, and low roughage intake help contribute to constipation problems, a complaint of many older people.

**Senses** - Both the sense of smell and taste decline with age. There are fewer taste buds, for example, so food doesn't taste as good as it once did. Waning eyesight too, may play a role in poor food habits if it makes shopping and food preparation difficult.

**Loneliness** - Many old people are lonely. If they live alone and eat alone day after day, there is little incentive to prepare a well-balanced, attractive meal. Some social interaction at meal times can improve the appetite. Without it, the individual often turns to something easy - just to get a mealtime behind him.

**Illness** - The fact that chronic illnesses are common in old age has already been mentioned. When illness calls for drastic change in food habits, it may precipitate a crisis for the older person. The fear of being unable to continue living independently may affect eating habits as much as the change called for by the illness.

Because of factors such as these, meal programs for the elderly can be a real benefit to a community. Unfortunately, there are too few such programs. Those in operation seldom, if ever, begin to meet the needs of all the elderly in an area. Expansion of both conjugate feeding sites and home delivered meals is seen as a challenge which must be dealt with in many communities in North Carolina. Private citizens can help by contributing many volunteer services and time toward understanding, companionship, transportation, and encouragement for senior citizens. Do you know of someone you can help?

### High School

[Continued from Page 1] with Illinois Congressman Phil Crane.

New York Times reporter Nancy Hicks represented the press to the North Carolinians, and Assistant U. S. Attorney Henry Gill led a discussion of the judiciary.

The Washington week was keynoted by Tom Henderschott, a professional staff member of the House Ways and Means Committee.

CLOSE UP is a non-profit, non-partisan educational foundation that uses Washington as an open classroom for teaching government. High school students and teachers are given first-hand contact with influential members of the federal government during the week-long study program in the Capital City.

Raleigh/Durham CLOSE UP group also heard a State Department panel discuss "Food, Fuel, and Resources: Economic Forces Shaping Foreign Policy of the 1970's", as well as a White House aide and a corporate lobbyist.

More leisurely activities undertaken by the Tar Heel contingent were day and evening tours of Washington, a pizza party, an afternoon at the Smithsonian Institution, and a live theater performance of "Front Page" at Washington's Arena Stage on the waterfront.

Raleigh/Durham participants were the second North Carolina group to visit and study in Washington under CLOSE UP's auspices. The first group attended in 1975.

Approximately 40% of the Raleigh/Durham CLOSE UP delegation attended the

program on full fellowship. They were recipients of the Allen J. Ellender fellowship program, which was passed by Congress in 1972.

Ellender fellowships are earmarked for low-income and disadvantaged students who otherwise would not be able to attend the program.

Ellender fellowships help insure that a socio-economic cross-section of the greater Raleigh/Durham area can attend CLOSE UP.

Local CLOSE UP student and teacher participants are

from Hillside: June Steel, Cathy Vaughan, Lee Chestnut, Avon Ruffin, Charles E. Jordan; J. Willie Barnes, Edith Annette Brodie, Andrea Fulton, Northern: Yvonne Wilkins, Phyllis Barnette.

### Durham City Board Of Education Has Meeting

The Durham City Board of Education held its regular semi-monthly meeting May 10. The board focused its attention to the 1976-77 school year calendar. A motion to accept a proposal which would call for a nine (9) week grading report and

### Brown

[Continued from Page 1] whom I respect and admire and a man who I believe will offer a great deal to this country."

Dymally has already begun campaigning out-of-state for Governor Brown. "I will be going on the road again and doing a lot of work in California with the Mayor," Dymally said. "Wherever I have the strength, I'm going to use that for Brown."



NOAH H. BENNETT, JR.

### BENNETT ADDRESSES

#### FLORIDA A&M

#### SEMINAR Meeting

Noah H. Bennett, Jr., senior vice president-chief actuary of North Carolina Mutual Life Insurance Co. delivered one of the key addresses at the Bicentennial Spring Seminars at Florida A & M University in Tallahassee May 4.

Bennett's address, "The Corporate Impact on the Quality of Life in the Metropolis," was one in a series of speeches and position papers delivered at the three day affair that was devoted to defining some of the key issues affecting the lives of black and minority in the latter years of this century.

The theme of the seminar was "Bicentennial to the 21st Century - Outlook for the Future in the United States."

Bennett, a FAMU graduate, is also a member of the NCM Board of Directors.

### National Officer, Chi Eta Phi Sorority, Inc., Visits NCCU

Mrs. Janice Crouch, National Dean of Sponsors for all Beta Chapters (under graduate) of Chi Eta Phi Sorority, Inc., visited the campus of North Carolina Central University recently to confer with Beta members enrolled in the Department of Nursing.

Official hostess for the occasion was Mrs. Helen S. Miller, Chairman, Department of Nursing and national board member of the organization.

After a closed conference with the members, Mrs. Crouch was presented a NCCU cup and was given a tour of the campus.

In addition to the chapter at NCCU, other student chapters on college campuses are located at Howard University, Federal City College, Dillard University, Tuskegee Institute, N. C. A & T University, Prairie View A & M College, Wayne State University, Indiana University, University of Michigan and Hampton Institute.

Students attending the conference were:

Cathy Badgett, Maglon Bell, Patricia Burnett, Brenda Fisher, Linda Fisher, Elaine Gilmer, Lauretta Hayes, Glen Esther Howell, Pearl McGill, Ella Rease, Gloria Williams, Maude Williams and Wilma Yellock.

the institution of a "check list" type of grading report of the students, as opposed to the standard numerical process was accepted by unanimous ayes from the board. The new system will differ depending on grade level.

The Professional Cooperation Committee, an arm of the DCAE, met with, and proposed to the Board, a package of recommendations that included the Boarding on public record that it supported a sixteen per cent increase, of state employees salaries. In addition to the salary increase, next year's PCC president, John Deeds, also elaborated on about twenty-five recommendations which the members felt would strengthen the school system. Among them were:

### DR. VERNON CLARK IS PANELIST AT SHAW UNIV.

Dr. Vernon Clark, associate professor of biology at North Carolina Central University, served as a panelist (May 10th) in a program concerned with increasing the number of minority students in health professions through Career counseling. The program was sponsored by The Health Manpower Development Corporation, Health Careers Information System, Washington, D. C. Shaw University was the host institution.

The area discussed by

Dr. Clark was "Application Processes". One of the items stressed by the NCCU biologist was that it is imperative that predominant black schools strengthen their academic structure if their graduates are to compete successfully in the future job market, and in being accepted into graduate and professional schools. He stated that the day of receiving special consideration because of having been deprived and disadvantaged has just about run its course. He further said that predominantly black higher education must meet this challenge if it is to be true in its commitment to prepare our youth to become successful participants in a rapidly changing national and world society.

Workshop participants received certificates at the conclusion of the activity. An answer-question session was held, and those attending were able to submit written evaluation of the proceedings.

### 40th AME Zion Meet Opens In, Chicago

CHICAGO - More than 500 delegates, coming from the 48 domestic conferences of the United States, Islands, South America, Virgin Islands, London, Africa and Alaska, registered at the McCormick Inn, Wednesday for the opening of the 40th Quadrennial session of the General Conference, A. M. E. Zion Church.

The opening session featured the serving of the Holy Sacrament of the Lord's Supper, at Greater Walters Church, 8422 South Damen St., with the senior prelate, Bishop H. B. Shaw, Wilmington, presiding. He was assisted by the other bishops, William M. Smith, Mobile, Ala.; W. A. Hilliard, Detroit, Mich.; A. G. Dunston, Jr., Philadelphia, Pa.; C. H. Foggie, Pittsburgh, Pa.; J. C. Hoguard, Indianapolis, Ind.; J. W. Wector, Fayetteville; C. R. Coleman, Baltimore, Md.; Arthur Marshall, Jr., Atlanta, Ga.; John E. Miller, Dallas, Texas; J. Leake, Charlotte, and K. L. Steaks, Roosevelt, N. Y.

Bishop W. A. Hilliard, host-bishop, delivered the communion sermon. He made a blistering attack upon the evils that attend the world. He called upon the denomination to become more vocal about sin and said that we do not talk about sin as an abstraction. We know however, sin as a concrete realization.

### SEARS RECEIVES PEACEMAKER AWARD

By Earl Gill

GREENSBORO - Stan Davis, General Manager of the Carolina Peacemaker announced in a letter to R. O. Luter, Advertising Manager, Sears, that Sears has been selected as one of the six companies to receive the first annual Peacemaker Supporter Award. The award was presented to Sears during the Peacemaker's ninth anniversary Awards banquet held at the Cosmos Club in Greensboro recently.

The speaker for the momentous occasion was Rev. Jesse Jackson, National Director of Operation PUSH, Chicago, Illinois. Davis stated that "through Sears financial support in the form of advertising dollars, the Peacemaker has been able to consistently increase its service to the total community. The selection committee and staff of the Peacemaker salute you (Mr. Luter) and Sears for recognizing the credibility of the black press, the Carolina Peacemaker."

"We also extend to you our sincere appreciation for your past and present

The Carolina Peacemaker Ninth Anniversary Awards Banquet was a most successful even. Black Business Awareness would also "like to thank the Carolina Peacemaker to include Dr. J. M. Kilimanjaro, Publisher and Stan Davis, General Manager, for the outstanding service the Peacemaker renders to the total community."



President Ran Few of the Durham Kiwanis Club presents plaques of recognition and appreciation to the Teachers of the Year.

For their outstanding contributions to the lives of youth of Durham and Durham County, special recognition was given by the Durham Kiwanis Club at a luncheon at the Downtowner Motor Inn.

In center is Mrs. Thelma Tuck Carrington, an English teacher at the Brogden Junior High School, who was chosen Teacher of the Year for the city. Mrs. Carrington has spent 30 years in the classroom helping to mold the minds of youth. At right, is Mrs. Rosa Small, a teacher at Lowes Grove School who was named Teacher of the Year for Durham County. Mrs. Small has been a teacher for 16 years.

# Let's Go to the Races

NO PURCHASE NECESSARY

HERE'S ALL YOU DO! IT'S FUN! IT'S EASY!

Simply pick up a free game ticket each time you visit a Big Star Food Store in this area. No purchase required.

**A NEW GAME EVERY WEEK**

Each game ticket is numbered and color-coded for that week's race only. The more tickets you have, the greater your chances to win. Get new tickets each week!

**FIVE CHANCES TO WIN ON EACH TICKET**

Each ticket has five horse numbers... one horse for each of the five races shown on the weekly television show. If the horse number on your ticket corresponds with the first place horse in the proper race, you are a winner.

**PROGRAM DATA**

\$265,000 prize money available during 13-week program. 87,300 total winning game pieces during program. 1 in 150 tickets are winning game pieces.

Number of outlets - 54

Program scheduled through July 5, 1976

Area covered by program - Big Star Food Stores in North Carolina from Winston-Salem east to the Atlantic coast; and Lynchburg, South Boston, Danville and Martinsville, Virginia.

Program may be renewed for another 13 weeks

**PRIZE DETAILS FOR EACH WEEK OF PROGRAM**

AWARD	WINNING POSSIBILITIES		NO. OF WINNERS
	1 Star Visit Per Week	2 Stars Visits Per Week	
\$ 2.00	1 in 185	1 in 92	4,225
\$ 5.00	1 in 1,000	1 in 500	777
\$ 10.00	1 in 5,000	1 in 2,500	155
\$ 100.00	1 in 51,789	1 in 25,895	15
\$1,000.00	1 in 155,306	1 in 77,653	5

# WIN UP TO \$1,000

YOUR CHANCE TO WIN ANY CASH PRIZE IS 1 IN 150

U. S. CHOICE BEEF BLADE

## CHUCK ROAST

LB. **63¢**

OUR PRIDE SANDWICH

## BREAD

LOAF **29¢**

FARM CHARM

## ICE CREAM

°Ice Milk or °Sherbet

HALF GALLON **68¢**

CALIFORNIA

## STRAWBERRIES

QUART **88¢**