

lifestyle



Wendy McClure, a senior art student at Winston-Salem State University, chisels away at a plaster casting, one of her many class projects (photo by Roland Watts).

Food Dollars Often Are Wasted

Many North Carolina families bring home hundreds of dollars worth of food each year, only to toss it out in the trash or wash it down the garbage disposal.

Researchers have found that six to 25 percent and more of the food brought home is wasted. About 80 percent of this waste could be avoided, says Dr. Nadine Tope, extension specialist in charge of food and nutrition at North Carolina State University.

"Only about 40 percent of the food that is thrown away is the harder-to-save scraps from plates. The other 60 percent is the result of poor planning. It includes chunks of beef, bread slices, heads of lettuce and half-eaten apples," Dr. Tope says.

Avoidable food waste is the largest and most economical source of additional food available in our society, she says.

Almost everyone wastes food, but higher income people are more likely to throw something away rather than using it. "Middle-income people do not react to inflation by discarding less edible food," Dr. Tope says.

It matters little whether the family lives in a city, the suburbs or the country.

"Highly educated people also throw out more food as large single items," she says. "Large families waste less, and there is no truth to the idea that the working mother is an important factor in contributing to food waste."

Fresh fruits and vegetables are most likely to be tossed. More white bread than dark bread, more chicken than beef and more pastries than other sweet snacks are discarded. Frozen fruits and vegetables are thrown out more often than canned products.

The more frequently an item is purchased and consumed, the less it is wasted. For example, the average household wastes only one or two slices of each loaf of bread. But if hot dog buns or muffins are purchased, an average of 40 percent are thrown out.

As food prices rise, people are more likely to cut down on serving sizes, thereby throwing out less food scrapings. But shopping preparation and storage practices remain the same, and much of the wasted food comes from these areas.

In fact, when there was a beef shortage in 1973 and a sugar shortage in 1975, researchers found more of both of these products in the garbage can. "People were probably buying cheaper pieces of meat, not knowing the most effective way to cook them. Crisis buying led to increased waste because of taste preference or unforeseen problems in meal-planning or storage," Dr. Tope speculates.

A key to cutting food waste to the bone is to carefully plan purchases, then plan to use the leftovers.

Upgrade Your Insurance Before It's Too Late

Recent California fire and flood scenes should remind individual and family home owners that it is time to set their insurance business in order.

American television viewers saw dozens of elaborate and ordinary California homes crashing into the angry sea, or already rushing to ruin on rising ocean tides. Tornadoes, heavy rains or fire can sweep our own homes and belongings into bits within an amazingly short time, no matter where we live.

Some people have not bothered to update their home insurance in years. Some are not exactly sure what kind of losses their policies cover.

Reports from insurance agents and news media in California show that many of the homes destroyed in the California fires and floods were under-insured and could not possibly be replaced.

These are some factors to consider in upgrading your home owner's insurance:

- Is your insurance upgraded enough to take care of rising inflation costs?
- Is your home properly insured on both contents and structure? Is it upgraded to match current prices?

•In insuring your home, have you considered the personal items that you have accumulated over the years? Have you upgraded your insurance to cover all the pur-

chases that you have made since you first took out the insurance?

•In upgrading your insurance, think about the value of such items as:

- the new television set that you got for Christmas,
- the new fur coat,
- the new carpet and drapes,
- the new electric stove,
- silver you received as a gift.

You can choose from four basic types of home owner's policies: Basic HO-1, Broad HO-2, Special HO-3 and Comprehensive HO-5.

Ask your insurance representative, or someone else who can give you reliable information, to explain your insurance policy to you so you will know exactly what it does and does not cover.

Also, read what your insurance excludes and what kinds of losses you might need to add to your present insurance coverage.

In some areas that are vulnerable to floods, a federally-subsidized flood insurance is available to home owners, if their communities are eligible.

All home owners need to keep on file a list of house contents so they can check exactly what has been lost in case of the need to file an insurance claim.

Once disaster strikes, confusion follows and tends to make it extremely difficult for families to remember exactly what has been lost. It is also a good idea to take pictures of your major appliances and valuables in your home and keep these on file.

They are also helpful in tracking down stolen items.

Better Living By JoAnne Falls

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Louise Givens
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Drug Abuse

New Booklet Advises Parents On How To Combat It

Parents should begin discussing the dangers of drug and alcohol abuse with their children when the youngsters are eight or nine years old.

So says Dr. William Pollin, director of the National Institute on Drug Abuse (NIDA), in a new booklet prepared by NIDA and the Blue Cross and Blue Shield Association.

"Recent studies indicate that the parental influences that have the greatest effect on preventing drug and alcohol use are brought to bear before children reach adolescence," Dr. Pollin says in the booklet.

The 24-page illustrated booklet entitled "It's Up to You: What Parents Should Know and Do About Substance Abuse Among Children," is available to parents and schools in North Carolina from Blue Cross and Blue Shield of North Carolina.

Rapid and widespread substance abuse among young people began during the 1960s and today, according to NIDA statistics, 32 percent of high school seniors use marijuana

and 60 percent have tried it.

About 20 percent of 12 and 13-year-olds have been exposed to marijuana and eight percent have actually tried it. Of the 12 to 17-year-olds who drink, 19 percent are problem drinkers.

"It's Up to You" offers parents specific steps to deal with substance abuse, statistics and general information about common drugs, a drug chart, a quiz on substance abuse and guidelines for recognizing the behavioral changes which may indicate drug usage among children.

The booklet also includes the personal story of a teen-ager who overcame drug and alcohol addiction and the questions asked the former addict by other teen-agers. These sections are based on remarks made at a one-day substance abuse conference sponsored by the Blue Cross and Blue Shield of Northeast Ohio in Cleveland.

The conference was attended by 350 editors and student leaders from 125 high schools in

northeast Ohio. The focus was on the medical, social and legal consequences for young people who abuse drugs and alcohol.

Conference proceedings were filmed and edited into a 27-minute film entitled "It's Up to You." An especially dramatic point in the film is the testimonial of a former drug addict who became addicted when she was in the eighth grade. She describes the agony she and her family and friends experienced during her addiction and concludes her story by describing her successful rehabilitation and the major role her family and friends played.

The booklet and the film are available for community or school use. For one free copy of the booklet, or to borrow the film, contact: Sandra Smith, Public Relations, Blue Cross and Blue Shield of North Carolina, P.O. Box 2291, Durham, N.C. 27702. The telephone number is (919) 489-7431, extension 2415. Each additional copy of the booklet is 25 cents.

Health Watch

When You Should Call A Physician: Some Common-Sense Guidelines

Someone in the family is sick, or injured. When does it become serious enough to call the doctor?

This question faces every family sooner or later. And the North Carolina Medical Society says there is no pat answer.

If the problem is a real emergency, such as a broken bone, severe bleeding, possible heart attack or stroke, diabetic coma or severe abdominal pain, the victim should be taken to the hospital, preferably in an ambulance attended by paramedics.

If you're unsure of the victim's condition, and the symptoms include pain, vomiting, diarrhea, difficulty in breathing or high fever, call

the doctor, regardless of the hour. If the illness or injury is not severe, try to call the doctor during office hours.

If you must call the doctor at home, do not wait until late at night unless the victim's condition suddenly worsens.

It is very helpful when calling the doctor to be prepared to give specific information on symptoms, including temperature, pulse rate, number of loose, watery stools, the location of the pain and the age of the victim.

If there is a severe head, neck or back injury, allergic shock, drug overdose or unconsciousness, call an ambulance and head for the hospital. Most communities today have an

ambulance service, and many are manned by paramedics trained to stabilize the victim before transporting. Paramedics should not be called for minor illnesses or injuries such as sprained ankles, minor cuts or colds.

The North Carolina Medical Society points out that no one can say what constitutes an emergency for another person. If you will feel relieved by going to the hospital emergency room, go.

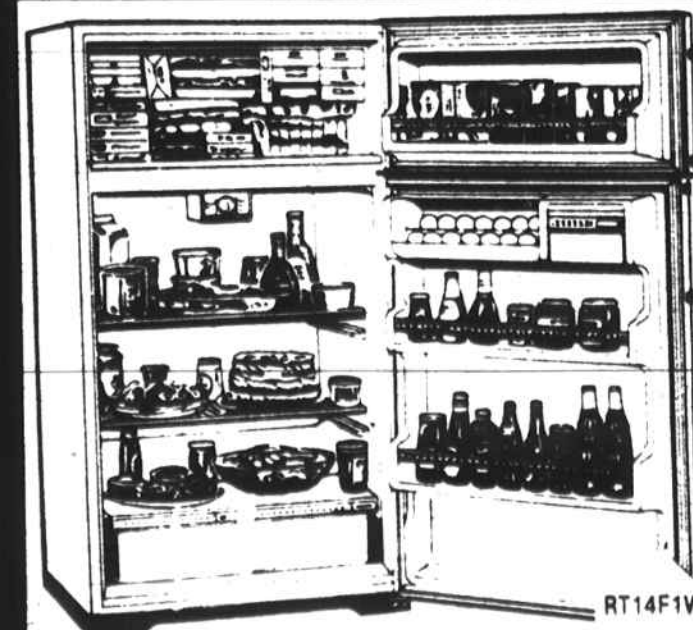
But emergency room treatment is generally more expensive than medical treatment in a doctor's office.

Most hospitals will process insurance forms and many will accept major credit cards.

Gibson



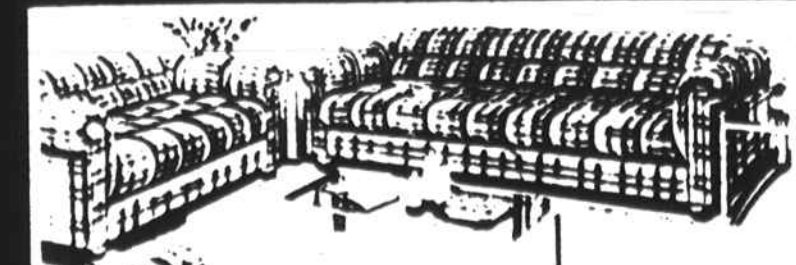
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