

Reassure children

A tornado, flood or fire-damaged house may mean hours of work. Often working themselves to exhaustion, worried about the future and upset over the loss of personal items, parents may overlook their children's need for extra attention and reassurance.

Children often regress when faced with an overwhelming experience, extension human development specialists at North Carolina State University. A child of 5 or 6 may want to cuddle more than usual, want to sit on an adult's lap and be comforted.

This is a normal reaction. Try to have extra patience with your children during this difficult time.

The adult has lost many valuable items, but the child has too. When familiar playthings are suddenly gone, children may become upset and feel insecure.

Try to salvage the most treasured items. A special blanket or stuffed animal which looks hopeless may respond to dry cleaning. In fact, it may be more comforting to the child to replace lost toys with used items. Well-worn toys are often more attractive in times of crisis.

Too much sugar?

'Control your sugar intake' has been preached by dietitians and nutritionists for years. Why don't more people follow it?

"People look at a dietary rule like this one and say to themselves, 'I can't do this. How could I never eat any more sugar ever again?'"

"They probably couldn't. The rule says 'control,' not 'eliminate.' A reasonably healthy person may eat some sugar. It only becomes a problem when you eat so much that you become overweight, your teeth decay and you become malnourished because it is crowding out other nutritional foods," says Sarah Hinton, extension nutrition specialist, North Carolina State University.

People haven't always eaten as much sugar as they do today. In 1909, people got twice as many calories from complex carbohydrates (68.3 percent) as they did from sugar (31.7 percent). Today, sugar takes up 52.9 percent of the share, while starch has dropped to 47.1 percent.

The average North Carolinian now eats about 125 pounds of refined sugar, corn sweeteners, molasses and honey each year.

"Sugar provides calories and very little other nutritional value. That is why calories from sugar are often called empty calories," says Mrs. Hinton. A little won't hurt, but "if sugary foods replace more nutritious foods in the diet, serious nutrient deficiencies could begin to occur," along with obesity.

Protect woollens

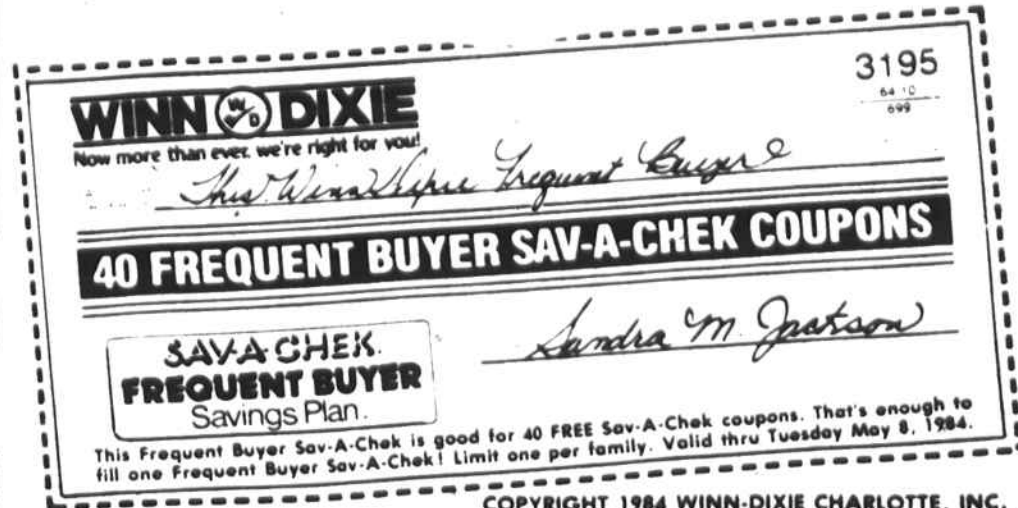
Pack winter clothing away carefully to protect it from insect damage, says Dr. Harriet Tutterow Jennings, clothing specialist, North Carolina State University.

Make sure the clothing is clean; any invisible food stains may attract pests and may also show up as stains in the fall.

Keep the storage area clean and use mothballs or a specially-formulated insecticide.



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