

HELPING PEOPLE
TO LIVE WITH *change*

by Ellen S. Willis
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TAKE RUSH OUT OF HOLIDAY SEASON

If too much rush and confusion takes the joy out of your holiday season, these ideas may help.

First, try to focus on the things that are most important to you and your family. Talk with other family members and decide which holiday activities are most meaningful. Eliminate those that seem to time consuming or too expensive for the amount of joy they add to your holiday.

One way to avoid the rush is to plan ahead. Do as many jobs before the holidays as you can -- such as planning menus, shopping and preparing foods that you can freeze.

Simplify your jobs as much as possible. You might cut down on the variety of foods on your holiday menu -- just serve more of each.

Also try to shop when stores aren't so busy -- when they first open in the morning or during the dinner hour.

Limit the number of gifts to each family member. Maybe one or two things they really want or need is enough.

The holidays can be a happy time of year if you manage your time effectively.

Remembering these three points may help you take the rush out of the season -- focus on the important things, plan ahead, and simplify these jobs you choose to do.

CONTROL SWEET TOOTH

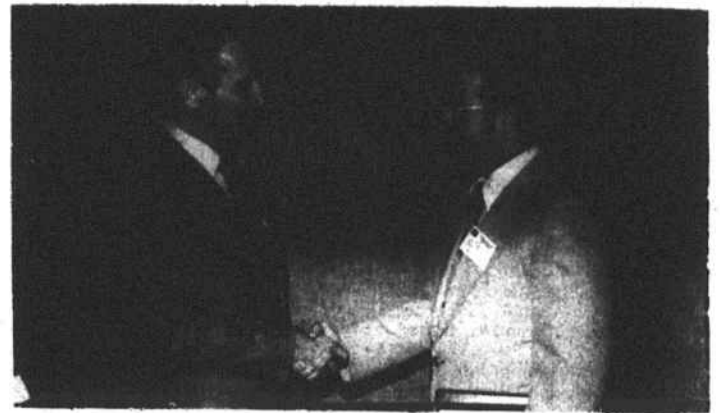
America's sweet tooth has us in trouble. Tooth decay is the number one health problem among grade school children. And 99 percent of the U.S. population suffer some tooth decay in their lifetime. But this is one health problem we can do something about.

The key is to cut down on the sticky, sugary foods in our diet, including candy, cake, cookies, jams, caramel rolls, sugar-coated cereals and carbonated beverages. Here's why.

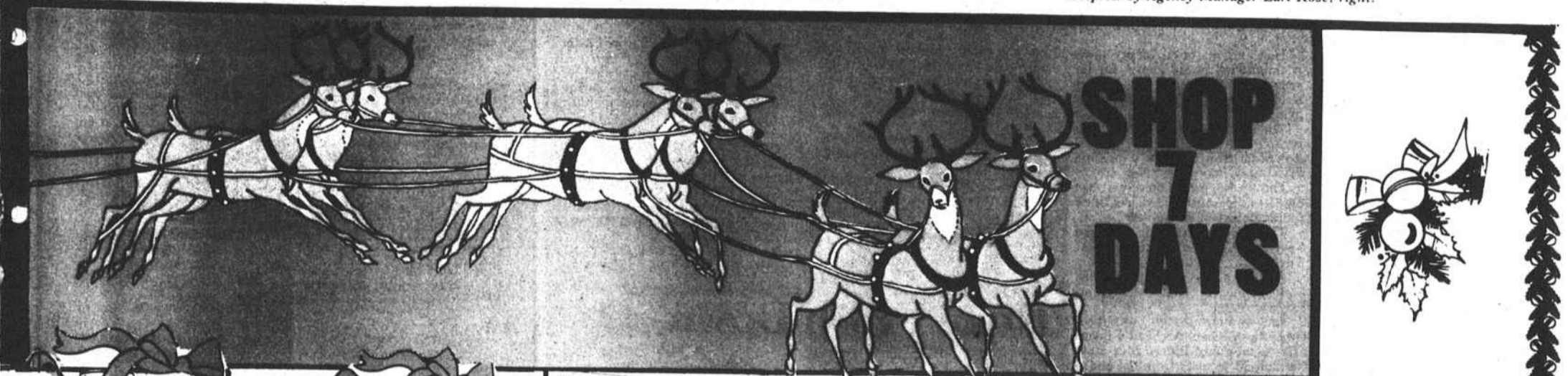
When you eat sugary food, dental plaque -- that sticky substance of saliva and bacteria on our teeth -- changes the sugar to acid. The plaque holds the acid to the tooth surface and the acid attacks your teeth.

Repetition of such attacks breaks down tooth enamel. Then the bacteria can get to the body of the tooth and cause a cavity. The first twenty minutes after eating sweets is prime time for such attacks.

Amount of sugar we eat isn't the only problem. Frequency hurts, too. Every snack of cookie, candy bar, or other sweet allows for another acid attack -- and boosts the chance of cavities. Especially harmful are bubblegum, cough drops and candies that remain in the mouth for a long time. So don't let that sweet tooth get the best of you. Limit those sugary foods -- especially at snack time -- and brush after eating whenever possible.



William R. Boyles, president of Hoke County Farm Bureau, was announced as the winner of a special award by John Sledge, left, president of the North Carolina Farm Bureau Federation at its annual meeting in Raleigh last week. The award is presented in recognition of outstanding production by Farm Bureau insurance agents in the county in a statewide contest in which agents had an opportunity to win this honor for their county presidents who serve on a voluntary basis. Boyles's award was accepted by Agency Manager Earl Rose, right.



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