

# Lifestyles



**Trying to cool off**  
With temperatures once again soaring into the 100's, a group of children from the Presbyterian Church found a way to keep cool and enjoy the outdoors at the same time. Volleyball with water balloons was the solution they came up with and most stayed wet during the afternoon game.

## Chubby Child Could Have Problems

by Janet Pierce Frye  
Duke University Medical Center

*Editor's note: This is the first part of a two-part series on childhood obesity.*

Is a fat baby a healthy baby? Not necessarily.

Fat children are more likely to have respiratory problems, high blood pressure, diabetes, orthopaedic problems and higher levels of cholesterol and triglycerides in their blood, according to a Duke pediatrician.

A high blood cholesterol level has been linked to increased risk of heart disease later in life.

Overweight children are more likely to grow up to be overweight adults, said Dr. Sue Y.S. Kimm.

But how do you know if your child has a weight problem? Use the "naked eye test," suggests Kimm, director of the Childhood Weight Control Clinic at Duke University Medical Center.

"If your child LOOKS chubby, then he IS chubby.

There is no such thing as baby fat, and a child will not 'outgrow' it. A child might have to grow 10 feet tall to 'outgrow' that baby fat," Dr. Kimm said.

There are many medical and biological problems for obese children, Kimm said. "If a child is overweight, he will have trouble breathing and won't run and play outdoors with other children. Then he becomes more inactive and just gets fatter."

His chest doesn't move very well, she added, and he doesn't breathe in as much oxygen and eliminate as much carbon dioxide.

This poor lung function puts an extra strain on the heart causing it to pump harder and can lead to heart failure.

"Fat children may have high blood pressure, increasing their risk of earlier heart attack and stroke, and higher blood cholesterol, with increased risk of atherosclerosis," she said. "Fat children may have non-insulin-dependent diabetes, usually called

adult-onset diabetes."

What is perhaps worse for the child is the effect obesity has on his social and emotional development, she said. He may be socially isolated and teased at school, leading to absenteeism and poor performance. Fat children generally have a negative self-concept, which often leads to a vicious cycle of overeating, she added.

In general, a child with a weight problem tends to have a close relative who is overweight, Kimm said, but whether this occurs due to heredity or because they share the same kitchen is not certain.

In general, family eating patterns have been shown to be a more important factor in obesity than heredity, Kimm said, and, yes, something can be done about it.

Kimm warns parents not to put a child on a diet designed for an adult. "Some popular liquid diets have only one-third of the protein a child needs," she said.

## Snacks Can Be Nutritious

by Rebecca Smith  
Hoke Health Center

Snack foods can be satisfying and nutritious and still be compatible with the sodium and fat changes you have made in your diet if you select them carefully.

Fruits and raw vegetables are good examples of the kinds of snack foods recommended. They contain no sodium, fat or cholesterol and are low in calories which should please those who are watching their weight.

On the other hand, snack foods such as potato and corn chips, chocolate candy, salty crackers, buttered popcorn and pizza contain salt and saturated fat and should be avoided.

There are many possible choices for appetizing snacks:

- Fruits and juices
  - Raw vegetables served alone or with specially prepared dips.
  - Home-fried tortilla shells broken into chip-size pieces and served with specially prepared dips.
  - Soda crackers without salt sprinkled on top, spread with peanut butter
  - Skim milk, low-fat yogurt, low-fat frozen yogurt, sherbet or ice milk
  - Cereal
  - Bread sticks or unsalted pretzels
  - Unsalted popcorn flavored with margarine
  - Specially prepared homemade cookies and cakes
  - Sandwiches, canapes or tea sandwiches
  - Unsalted nuts or seeds, shelled or unshelled
- Many of the pre-packaged snack foods on your grocer's shelves contain added salt and are fried or prepared with saturated fat. Reading labels on the package is the best way to determine whether or not that particular food product is for you.

- 10-12 dill-size cucumbers
- 1 tablespoon dill seed or 3 heads fresh dill
- 1 tablespoon whole pickling spice
- 2 garlic cloves
- 1/8 teaspoon alum
- 2 grape leaves, optional
- 2 1/4 cups water
- 1 1/2 cups cider vinegar
- 1 tablespoon sugar

Wash cucumbers thoroughly. Soak overnight in cold water. Dry cucumbers and place in a clean, hot quart jar. Add dill, pickling spice, garlic, alum and grape leaves to the jar. Mix water, vinegar and sugar and bring to a boil. Fill jar to within 1/2 inch to the top with boiling liquid. Wipe rim of jar, screw lid on tightly, and place in a Dutch oven or other deep pan. Cover jar completely with water. Bring to a boil and boil for 20 minutes (at higher altitudes longer processing is necessary). Store pickles 2 weeks before using. When cucumbers are plentiful, this recipe may be made in large quantities.

**California Onion Dip**  
10 calories per tablespoon makes 1 1/4 cups

- 1/4 cup skim milk
- 2 unsalted beef bouillon cubes
- 1 cup (8 ounces) unsalted dry cottage cheese
- 2 teaspoons lemon juice
- 2 teaspoons vermouth or dry white table wine
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons onion flakes or 1/4 cup chopped green onion

Mix milk and bouillon cubes in blender until bouillon dissolves. Add remaining ingredients except onion and blend at high speed until smooth. Stir in onion. Use as a dip for raw vegetables, toast strips or specially prepared tortilla shells, broken into pieces.

**Fudge**  
45 calories per piece makes 4 dozen pieces

- 1 cup packed brown sugar
- 1 cup sugar

- 1/3 cup cocoa
- 2/3 cup skim milk
- 3 tablespoons margarine, unsalted
- 1 teaspoon vanilla

Mix brown sugar, sugar and cocoa in a 3-quart saucepan. Add milk and mix. Cook over medium heat until fudge reaches 236 F. on a candy thermometer or until a small amount of syrup dropped in cold water forms a soft ball. Remove from heat. Add margarine but do not stir. Cool until bottom of pan is lukewarm. Add vanilla and beat with an electric mixer 5-10 minutes or until fudge is thick and no longer glossy. Spread in lightly-oiled 8-inch square baking pan. Cool until firm and cut into squares. *Cooking Without Your Salt Shaker* may be purchased from the American Heart Association, P.O. Box 2636, Chapel Hill, N.C. 27514 for \$4.50.

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## Cobb Completes Armor Course

Army National Guard Pvt. Samuel Cobb, son of Shirley A. and Wilbert L. Cobb of Rural Route 2, Red Springs, has graduated as an armor crewman at the U.S. Army Armor School, Fort Knox, Kentucky.

The training was conducted under the one station unit training (OSUT) program, which combines basic combat training and advanced individual training into one 13-week period.

During the course, students received training in the duties of a tank crewman, including firing the tank's armament and small weapons. Instruction was also given in field radio operations, map reading, and tank maintenance and repair.

## On The Front Burner

Ellen S. Willis  
Home Economics Extension

### WHEN CHILDREN LIE

When your child lies, you may not know what to do. Should you discuss it, ignore it or punish the child? Perhaps the first thing to do is try to find out why the child told a lie.

Children are tellers of tall tales. They often don't distinguish between fact and fantasy. In fact, most children don't understand the meaning of telling the truth until they're about eight years old.

A child might lie to avoid punishment. If this is a possibility, you might want to take another look at the type of punishment that is given.

You can help your children learn the importance of telling the truth by good example. Here's what I mean. If you send a child to answer the door and tell a visitor that you're not at home, the child may become confused about

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# CUSTOMER UPDATE

## choices & changes

### How is telephone industry change affecting you?

Change We've been talking about it for a long time. About decisions by the Federal Communications Commission. About growing competition in the telephone industry. About less government regulation of telephone companies. About amazing new technology. About how these changes will affect you.

Many of the changes are well underway. If you haven't already felt their effects, you will. And soon. Our changing business means more choices for you. In products. In services. In suppliers. In how much you pay and how you pay for your communications needs.

We've been talking about change for a long time. And here are a few of the things we've been saying:

#### Competition in the telephone industry.

The Federal Communications Commission has decided that competition in the telephone industry is good. We think so, too. Competition gives you choices.



United Telephone System

Carolina Telephone

#### Buying your telephones.

Because of competition, you no longer have to rent your telephones from us. You can buy your telephones from anyone you choose and eliminate monthly rental charges. You can even buy the telephones you now rent from us.

#### More than one long distance company.

A variety of companies can now compete for your long distance business. If they do now (or when they do), you can choose the type and price of service to meet your needs.

#### Local rates pushed higher.

In the past, we have used money from long distance calls to help pay for local service. Because of decisions by the federal government, beginning January 1, 1984, telephone companies can no longer use long distance monies to subsidize local access lines. Local service must begin paying for itself. As a result, local rates must go up.

#### New ways to pay.

With rates for local service going up, you need ways to control your monthly communications costs. Instead of the same monthly rate for everyone, why not



charges based on the amount of local service you use? Use less, pay less. It's called Local Measured Service. Local Measured Service is optional. And it gives you choices. We'll tell you more about Optional Local Measured Service when it's introduced in your area.

#### Meeting your needs.

Competition means providing the best product at the best price. And we intend to continue being your primary source for communications services. We're working harder to keep your business.

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