

Lifestyles



Good service rewarded

During last week's City Council meeting, City Manager Ron Matthews (right), presents Barbara Smith with a plaque of appreciation for her service as a municipal employee for the past five years. "After 20 years of public service, I can say that Bar-

bra has been the best secretary I have had," Matthews said. Smith resigned her position to take a job with the Hoke County School system. Council members Bob Gentry (center) and Vardell Hedgpeth (left) watch.

Insulin Shots Can Cause Problems

By Rebecca Smith
Hoke Health Center

There are basically two types of emergencies or reactions experienced by diabetics who need insulin injections.

Everyone should be aware of the symptoms of insulin shock and diabetic coma. These two situations are opposite reactions and require opposite treatment.

Insulin shock or hypoglycemia occurs when the amount of sugar in the blood is too low. This can be caused by taking too much insulin, skipping meals, or too much exercise.

When this happens the body sends out warning signals such as pale, moist skin; irritability; headache; dizziness; confusion; excessive hunger; drowsiness; blurred vision and/or inability to concentrate.

If these signs are recognized early, insulin shock may be counteracted by giving the diabetic some form of quick-acting sugar.

It is very important that the diabetic on insulin carry something sweet such as sugar packets or candy.

After taking the sugar the diabetic should eat some more slowly digested food such as milk and a sandwich or a piece of fruit.

The doctor should be called and the diabetic should not take any insulin.

Diabetic coma or ketoacidosis is a more serious emergency than insulin shock.

This reaction results from not enough insulin in the system; going off the normal diet and/or emotional stress, fever, or infection.

When there is too little insulin in the body energy is obtained by breaking down fat or protein. Acids from this accumulate in the bloodstream quicker than the kidneys can get rid of them.

The symptoms of diabetic coma appear more slowly than insulin shock.

The signs to watch for include weakness, increased thirst, increas-

ed urination, nausea and/or a fruity odor to the breath.

If left untreated this can progress to coma and death.

When these symptoms appear the doctor should be called.

The diabetic should drink liquids without sugar and go to bed and keep warm.

Diabetic coma can be prevented by careful daily evaluation of insulin needs.

Illness, surgery, or other stressful situations require increased amounts of insulin. It is very important that the diabetic not skip or delay an insulin injection.

The diabetic should be careful to combine the proper amounts of food, insulin, and exercise in order to prevent such reactions to insulin.

Family, friends, and co-workers should be informed about insulin reactions and the correct responses to treat them.

Cocktail Meatballs
makes: 80 meatballs
serving = four tiny balls

1 pound very lean ground beef

1 large egg, beaten

1/4 cup condensed beef broth

1/4 teaspoon nutmeg

1/4 teaspoon allspice

1 teaspoon grated lemon rind

4 teaspoons lemon juice

1 teaspoon salt

1 slice fresh bread, finely crumbled

2 tablespoons finely chopped onion

Preheat oven to 400°F. (205°C).

Prepare a shallow baking pan with vegetable pan coating (spray or solid); set it aside. Combine all ingredients; mix well. Form into tiny balls, measuring 1 level teaspoonful per ball. Place balls 1 inch apart in pan. Bake 10 minutes.

Nutritive values per serving: CHO 2 gm., PRO 5 gm., FAT 3 gm., Calories 54, Sodium 153 mg.

Food Exchange per serving: 1 Lean Meat Exchange

Low-Sodium diets: Omit salt. Substitute water for beef broth.

Cheddar Cheese Dip
makes 1 1/4 cups (10 servings)

1 serving = 2 tablespoons

2 ounces sharp Cheddar cheese, grated (about 1/2 cup)

1 cup (8 ounces) plain, low-fat yogurt

1 tablespoon minced parsley

1/2 teaspoon salt

Combine all ingredients; chill in a covered container 2 to 3 hours before serving.

Nutritive values per serving: CHO 1 gm., PRO 2 gm., FAT 2 gm., Calories 34, Sodium 158 mg.

Food Exchanges per serving: 1/2 Medium-Fat Meat Exchange. One tablespoon may be considered "free."

Low-sodium diets: Omit salt.

Tangy Dill Dip
makes 1 cup (6-8 servings)

1 serving = 3 tablespoons

1 cup (8 ounces) plain, low-fat yogurt

1/4 teaspoon dried dill weed or 1 teaspoon chopped, fresh dill

1/4 teaspoon salt

1/4 teaspoon pepper

Combine all ingredients and chill in covered container 2 to 3 hours before serving.

Nutritive values per serving: CHO 2 gm., PRO 1 gm., FAT 1 gm., Calories 21, Sodium 121 mg.

Food Exchanges per serving: Up to 3 tablespoons may be considered "free."

Low-sodium diets: Omit salt.

Editor's note: Recipes reprinted from *The Art of Cooking for the Diabetic*, c. 1978, by Katherine Middleton and Mary Abbott Hess, with permission of Contemporary Books, Inc., Chicago, IL. Books available to order from Contemporary Books, Inc., 180 N. Michigan Avenue, Chicago, IL 60601.

Rapid weight-loss diets involving severe restrictions of protein or of calories (to less than 800 per day) can cause a temporary hair loss.

On The Front Burner

Ellen S. Willis
Home Economics Extension

Hostess hospitality

Hospitality is a way of living. Your welcoming spirit is what counts. Make your home the place where young folks and neighbors love to come.

Treat your family as cordially as you treat your friends, and watch them hurry home. Someday, if you haven't already, you will have achieved a reputation of a gracious hostess. Here's how:

Easy, friendly, gracious... these are words that every woman longs to have applied to her and her home.

The smart hostess learns all the

tricks of her trade, experiments and adds her own special ideas. She quickly learns that the good times in her home can be fun if she:

-Plans so that last minute or even emergency work is reduced to a minimum.

-Serves foods she knows how to handle and has served successfully.

-Grooms her friends relaxed and not exhausted from a frantic day of housecleaning, cooking and last minute chores.

-Mixes her guests smoothly so that everyone is at ease and no one feels left out.

Inventory list

An inventory of your family's important papers and household goods and possessions is valuable anytime. But it's especially helpful in a crisis.

This inventory should contain a list of the family's important papers and where they're kept -- a list of all your household goods -- and photographs of valuable household goods and jewelry.

Then in case of fire or burglary, the household goods inventory can help you identify and prove ownership for those items that are

(Continued on page 5B)

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<p>Jergens Aloe & Lanoline Lotion</p> <p>8 oz. V-M Reg. \$2.06 BONUS BUY \$1.19</p>	<p>Cigarettes</p> <p>No Limits</p> <p>\$6.19 Per Carton</p> <p>Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous To Your Health</p>	<p>Alka Seltzer Plus Cold Medicine</p> <p>V-M Reg. \$2.36 BONUS BUY \$1.49</p>
<p>Keri-Lotion</p> <p>6.5 oz. Bonus Bottle 38% More In Each Bottle V-M Reg. \$4.19 BONUS BUY \$2.49</p>	<p>Summer's Eve</p> <p>Twin Pack Regular & Herbal V-M Reg. \$1.64 BONUS BUY \$1.19</p>	<p>Visine Eye Drops</p> <p>1/2 oz. V-M Reg. \$1.82 BONUS BUY \$1.33</p>
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