

How to act on television?

TOM MCINTYRE



"I saw you and your wife on television?" Dot and I have heard that comment several times in the past couple of weeks. And it is true.

My better half and I were among the guests invited to help WBTB celebrate its 30th anniversary a couple of weeks ago. The party was held in the Wilder Building, where it all began for channel three in 1949. The televised party was a duke's mixture of live, pre-recorded and instant replay. When we arrived in Charlotte (during a driving rain storm) I became instant yokel in the big city. I couldn't find my way around. But after traveling over the same stretch of street half a dozen times you become oriented.

We parked in one of those high-rise garages like the ones James Garner is always roaring out of on "The Rockford Files" and made our way to the Wilder Building. There were a couple of cameramen standing in the middle of the street taking light readings and Clyde McLean stood patiently on the sidewalk, his microphone held at the ready.

Dot and I went inside and were promptly escorted outside.

Everyone was herded outside. They wanted to show us entering the building as the program began. This was taped. Later, inside, we watched ourselves enter the building on the large TV screen, then a cameraman wound his way through the crowd to pick up where the entrance left off. This was live. The camera ended up on Clyde McLean again and I thought how many viewers were wondering how the dickens he got inside so fast.

Then, for the rest of the hour, the program shown was pre-recorded. Had to be. They showed the early days (and my how some folks had changed) and the early programming. The second part of the celebration was a repeat of WBTB's first telecast movie - "A Star Is Born" with Frederick March and Janet Gaynor.

While the movie ran, the cameraman - Jim Tringas - moved about taping various people at the party having fun. These bits were sandwiched in during the breaks in the film.

It was during these bits that a lot of our friends saw Dot and I chatting with Jim Patterson. We weren't aware the camera was pointed to us at the time -- and that's the reason I was being as demonstrative as a

Turkish merchant trying to sell a rug. Otherwise I would have looked at the camera and said something brilliant like - "Hi, mom!"

But I still have a chance to do that. Patterson was inviting me to come chat with him on his early morning TV show. We are scheduled to tape (there's that word again) this Friday for later broadcast.

To a lot of people this would be terrifying, but with a host such as Jim Patterson guiding you, it's like having conversation in the kitchen.

What's scary is what happened to me in Atlanta a couple of weeks ago. It was Sunday afternoon, the last CBS-TV star interview. I was summoned to the WBTB Suite, where they had been taping their interviews. It was all very quiet. I immediately thought the worse. "There's been a phone call from home. Something terrible's happened."

In the suite I was suddenly escorted over to Ty Boyd where a microphone was clipped to my collar. "We're going to interview you for 'Top 'O The Day'," Ty announced. I have no idea what we talked about during the two interviews we did, but I'm sure my relatives, if they see them, will think I have gone completely bananas. You have weird thoughts in unexpected situations -- "Is my fly open?" - "My, God! This is all going on video tape!" - "Where do I look? At Ty or at the camera?" - "What do I do with my hands?"

Well, I sat on my hands and talked to the carpet - I think.

Of course, the stuff they taped at the 30th birthday party was different. I didn't have to talk and there was a roomful of people to take your mind off of it.

And, too, I got a chance to see a lot of old friends from Channel three and catch up on what's been happening in their lives.



ALIVE AND WELL

We've been told that God is dead
In this enlightened age,
But I've not seen His name
On the obituary page.
And it did not worry me
When I heard the news
To believe that it is true,
I simply refuse.
Makes no difference what they say
The time will never be
That we should send the angels
A card of sympathy
You and I can be so sure
Till time shall be no more
There'll never be a wreath that's made
To hang on Heaven's door.
If you'll only look around
Surely you can tell
But what you see in nature
God is alive and well.
Someday we shall see Him
His face we shall adore
Since He is alive and well
He'll live forever more.

CALVIN WRIGHT
Kings Mountain, N.C.

CAUGHT BETWEEN SHOWERS

Suddenly a shower is upon us
We find shelter under a tin roof,
We know the raindrops are falling
distinctly we hear the proof
Then the sun comes beaming out
to light sparklers on the roses,
And give the white lily a sun bath
before the day closes.

A blue Jay lights on the birdbath
to take a look at his reflection,
A shower bath was truly
his latest recollection.
A butterfly picks up the courage
to rest on a tiger lily,
tasting the fresh nectar
fluttering the wings maddly.

A snail in his little shell
pops out a pretty head,
Before the showers begin again
in silver sheets that spread.
Thinking the shower is over
We venture out to bask in the sun,
Suddenly dark clouds billow up again
and here comes another one.

VIVIAN S. BILTCLIFFE

EDITORIALS & OPINIONS

Presidential brickbats

The pace of life and events is at breakneck speed and we seem to be swept along in the slipstream without really asking questions.

Obviously, America has problems. It always has an always will because of the freedoms we enjoy. That freedom is costly to maintain. It causes one to get involved. But involvement is something Americans don't seem to want any part of. For that reason we elect the guy with the best speech to handle things for us.

Americans also tend to cater to mob thinking at times. That is we allow someone with a loud mouth to point a finger at one particular person, then we fall in and point our fingers at the same person.

Mainly, we point our fingers at The President and make clucking sounds.

But, let's ease out of the fast and furious slipstream for a moment and question the validity of those accusations. Sure, The President has been built up as the single most important man in our lives. So, naturally, he is the one who catches it when something goes wrong.

But, it occurs to us there are umpteen other guys sitting around Washington collecting increasing pay and piling up fantastic benefits. They are called Congressmen and Senators. They have the power to take the proposals of

America's "single most important man" and make confetti out of them by asking the questions: Is this part good for the Democratic Party? Is this part good for the Republican Party?"

And, usually, what becomes law benefits the majority of the people in this country about as much as a cinder in the eye.

No, we take the easy way out. We blame one person. We include the national press, which appears too busy continuing to make a martyr of Henry Kissinger and an idol of Bianca Jagger.

So, just before we step back into the slipstream you might give some thought to heaving some of those Presidential brickbats at Congress.

Of course you'll have to wait until September when they come back from a month long vacation.

TM

County labor force increasing, data shows

How are Cleveland Countians faring in the civilian job market?

According to Franklin Ware, manager of the Employment Security Commission, the work force numbered 40,820 in mid-May, a gain of 170 over mid-March. Since May the civilian labor force, in the Shelby area, has increased by 1,120.

Logically, the unemployment figures decreased during this time. Out of job citizens number an estimated 1,720 in mid-May, which was down by 310 from the 2,030 estimate of mid-March - and 460 below the May 1978 total.

Ware reports that non-manufacturing employment rose 360 between mid-March and mid-May, with gains reported in five out of seven non-manufacturing groups. The largest increase was reported in construction, up 7.3 percent. Trade was up 3.5 percent, reflecting the 190 citizens who were employed.

Service and government increased employment rolls by 80 and 40, respectively. Manufacturing employed, however, shows a drop of 80 workers during the tabulation period. All of the losses occurred in nondurable goods industries. Textile employment was down 60 and other nondurables, down 40. Employment figures in durable goods manufacturing reflected no change during the two month period.

Ware reports that the total industry employment by place of work showed a net gain of 1,320 over totals one year ago. Manufacturing employment was up by 610 and non-manufacturing employe rolls increased by 710.

Ware said that since May 1978, total joblessness in Cleveland County has declined by 460. The unemployment rate dropped to 4.2 percent in May, down from the 5.0 percent rate in March and the 5.5 percent from May 1978.

Your diet can make you an emotional yo-yo

By WES LEFLER
Special to the Herald

CHAPEL HILL - Johnny can't read. He hates school.

His dad is a heavy drinker. Johnny's mother smokes like a fiend. Drinks a dozen cups of coffee a day.

Tom, Johnny's older brother, always has been a problem child. He's been in jail and wrecked several cars.

Everyone in the family is tense, tired and irritable because of poor diet.

They mostly eat pastries, snacks, quick foods, soft drinks, caffeine, alcohol and nicotine.

They all are suffering from low blood sugar-hypoglycemia.

Family diets like Johnny's are on the increase across the nation, according to Dr. Emanuel Cheraskin, the famed Alabama nutritionist.

Americans are eating more and more of the things they should avoid completely—foods loaded with sugar and white flour. To this they often add a generous supply of alcohol, caffeine and nicotine, he said.

Dr. Cheraskin spoke to some 300 dentists, their families and friends about the poor diet epidemic in America and explained how it can be brought under control.

Dr. Cheraskin was the principal scientific speaker at the University of North Carolina School of Dentistry's 25th Anniversary Day.

A physician-dentist-nutritionist, Dr. Cheraskin is author of a dozen health and nutrition books; the latest in the best-seller "Psychodietetics." Dr. Cheraskin is also professor and chairman of the University of Alabama's Department of Oral Medicine.

It is a scientific fact that school grades go up as nutrition among students is improved, he said. Improved diets also have made winning football teams of losers.

Crime and misbehavior in juvenile delinquents have been traced to low blood sugar-poor diet, he said. One study in-

dicates as many as 90 percent of juvenile delinquents were suffering from low blood sugar when tested.

Other studies have shown that airline pilots and automobile drivers with low blood sugar are accident prone and demonstrate bad judgment, he said.

Alcoholics are notorious for their poor diets. He described an alcoholic as anyone who can't face his family at night without a "fix." And a fix doesn't have to be alcohol. One can have a caffeine or nicotine fix.

Marital problems, according to scientific studies, often are related to poor diet and low blood sugar. These same studies have demonstrated that problems can be resolved and harmony restored by switching to a healthful and nutritious diet, Dr. Cheraskin said.

Don't worry about calories and cholesterol, he said. Help yourself to eggs, cheese, milk, meat, seafood, poultry, fresh fruits and vegetables, whole-grain bread and cereal, nuts, and seeds.

Go easy on fats, salt, tea and coffee.

Avoid sugar and white flour products, hydrogenated fats, food preservatives such as nitrates and nitrites and many artificial flavoring and coloring agents.

Dr. Cheraskin explained that low blood sugar (hypoglycemia) is the exact opposite of diabetes. In diabetes, too little usable insulin circulates in the blood stream. In hypoglycemia, there is too much insulin in the blood.

An excess of this sugar-regulating hormone (insulin), released by the pancreas in response to a rapidly rising blood sugar, drives blood sugar levels below normal, triggering a craving for sweets along with a variety of physical or mental symptoms.

An abnormal plunge in blood sugar levels

is perilous, Dr. Cheraskin said, sending shock waves through every cell in the body and affecting the nervous system and brain most of all. An erratic mental state results with a list of symptoms a mile long. Just a few common symptoms are: dizziness, drowsiness, headaches, inability to concentrate, poor memory, shortness of breath, blurred vision and loss of sexual drive.

A typical hypoglycemia victim is in fact, an emotional yo-yo, strung out on a chemical reaction he cannot control, with reactions so severe they frequently resemble insanity, Dr. Cheraskin said.

Food preparation is vital to a sound diet, he said. Many otherwise nutritious meals have been rendered almost totally useless by unwise cooking methods.

Heat is the greatest single wrecker of food value. Even the best foods can be ruined by a combination of freezing, canning, cooking and warming over.

Eating out is the ultimate hazard, Dr. Cheraskin said. After food is allowed to warm and warm on a steam table, the pots they were cooked in have just about as much food value as the foods. The same goes for fast-food and quick serve dining places.

"Ice cream," he said, is nothing more than a clever chemical feast masquerading as ice cream. But there are some healthful "natural" brands on the market.

Bread, even when enriched, is nearly worthless. Once the staff of life, plain white bread was fed to rats for 90 days and the rats died. "Enriched bread and flour" fools most people, Dr. Cheraskin said. Some 20 different nutrients are removed in manufacturing, and only four are put back in their place. Most commercially baked goods are loaded with white sugar, white flour and hydrogenated fat...all of which should be avoided.

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