

Long Weight-Losing Struggle Finally Pays Off For Billie Jean

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The happiest day of Billie Jean Hoyle Green's life was a few months ago when she purchased a size 12 dress in a local shop.

Clerks in the store didn't recognize the woman who walked into the dress shop.

Billie, an attractive blonde, had lost approximately 112 pounds, from a size 24½.

She weighed 262 pounds at one time, now tips the scales at 150.

Billie's struggle with obesity began when she was five years old

and continued until about three years ago when she became determined to "Lose my ugly fat." It was hard work.

Continuing her story, Billie said she tried to lose 10 pounds at a time simply by cutting down on her food intake. She ate a good breakfast, a light lunch and the evening meal. Then, she joined Weight Watchers and brought home with her their "Weight Watchers Program Handbook" and recipes. It worked successfully.

"I took it one day at a time and slowly I began to see some results," she said.

"Fat people are really handicapped," said Billie, who recalled that her first grade classmates "made fun of me" as a child. "I was the overweight one in the family, since my sister and the rest of the family were slim. But, I liked to eat and couldn't stop myself."

As she grew older, Billie's weight remained a problem. She finished beauty school training, and got married. But, she continued to gain weight.

"It's a different world for a fat person," Billie will tell you quite frankly, recalling how more than one person has commented to an overweight person, "my, doesn't she have a pretty face, if only she could lose weight."

Only a person who has had a problem with obesity knows the true heartache.

"Large people want stylish clothes, too, not just something with a jacket and a little bow. Billie said the day a sales clerk told her not to look in the "small sizes" but to go to the rear of the store where the large sizes were," made her realize that she should diet and really "mean business."

"Why, a size 16 dress to me three years ago would have been small," said Billie, who owns and operates Signature Beauty Shop on Waco Road. Billie has been a Kings Mountain beautician for 13 years, and her shop is unlike most beauty shops in the area. There are no vending machines for crackers and soft drinks.

Billie, who recalls that she must have consumed a thousand cans of tuna, said that a person contemplating dieting must learn to "diet for yourself. Unless you make up your own mind, it's no good."

It's also a good idea to "eat at the table," rather than carrying your food to the television set. Billie affirms that we eat more food while watching television. Never eat between meals and include lots of walking and exercising in your diet program.

"The less weight you want to take off, the harder is the job," said Billie, who declared that the last 30 pounds she lost was rough.

Billie Green has become a more confident woman in her new "life" as a slim woman. She said she used to be quite shy, didn't like family reunions or big get-togethers. She wasn't happy because she was grossly overweight. Now, she enjoys herself, has bought a new wardrobe to fit her five-foot-six slender figure, and sticks to her regular diet.

Never, never skip a meal, contends Billie, but eat a good breakfast.

The Weight Watchers Program encourages dieters to eat only the

foods listed on their menu plans, in the quantities and weights specified. Weight Watchers strongly advise students to consult their physician while participating on the Program and encourage a periodic program of medical checkups without indulging in self-medication. A person under a doctor's care must have his written permission to follow the Program.

Billie said one of the recommended meals for women: morning meal, fruit, one serving; choice of one egg or cheese, soft, one third cup or 2½ ounces of cheese, semisoft or hard, one ounce, or cereal, one ounce with ¼ milk serving or fish, cooked, two ounces, or poultry or meat, cooked, one ounce; bread, one ounce, bread, one serving, beverage, if desired.

The midday meal would include: choice of poultry, meat or fish, cooked, 3-4 ounces or eggs, two, or cheese, soft two-thirds cup or five ounces, or cheese, semisoft or hard, two ounces, legumes, cooked, six ounces, vegetables, bread, one serving, if desired, and beverage, if desired.

The evening meal would include choice of poultry, meat, or fish, cooked 4-6 ounces, or legumes, cooked, eight ounces, vegetables, bread, one serving (if not eaten at midday meal) and beverage, if desired. Daily servings of milk, two servings at any time, fats, three servings at mealtime, and fruits, three servings, one at morning meal, two at any time.

Billie Green said her goal now is to lose about five more pounds and maintain her dress size at 10 to 12.

Ms. Green's advice to those who want to lose weight: follow a recommended diet, such as Weight Watchers or from your doctor, and don't give up. Determination is a key word in being successful. And, it won't be easy.

The results, however, are worth all the temptations of being gluttonous.

Accompanying pictures made of Ms. Green in her shop are worth a thousand words!



HAPPINESS IS A NEW FIGURE—Billie Hoyle Green has lost from 262 pounds to 150 pounds—a size 12 dress, in three years. It was hard work for the young beautician, who has always had a problem with obesity. The happiest day of her life was the day she entered a dress shop and purchased a size 12.



HAIR STYLIST—Billie Green has been a KM beautician for 13 years and enjoys her work. A pretty blonde, she completed her diet "one day at a time."



IT'S A DIFFERENT WORLD—Billie Green contends that overweight people are not happy, using herself as an example of the heartaches she endured during her growing up years. She made up her mind to lose weight and succeeded.

Judy Directs Military Choir

Judy Ramsey's story of the "ins and outs" of life with a choir in the military is extraordinary.

Fort Benning, Ga. singers may come and go, but the 26-year-old former Kings Mountain woman has a standing appointment on Wednesdays as director of the Protestant Choir at the Infantry Center Chapel.

She spends those evenings with hymnals, inspirational melodies and a 15-or-so member choir.

"One thing about working with a chapel choir," she says, "is that people are being transferred here all the time. People go on leave and on training experiences." "You have to adjust."

Mrs. Ramsey, a secretary-typist at West Central Georgia Regional Hospital, got drafted into the choir-directing business. After a summer's experience at her home church in Kings Mountain, Judy moved with her husband, Captain Leroy S. Ramsey, to the tiny post at Crailsheim, West Germany. There she showed some interest in establishing a chapel choir and the next day the chaplain announced to the congregation, "She doesn't know it yet, but she's going to be our choir director."

A pianist since the age of 8, Judy had never considered a career in music.

But in her second year at Meredith College, she switched her major from English to music.

"I don't know if the Lord had this in mind or not—I was put in a suite with two music majors."

Wedding oells and a transfer to Germany took her out of school and put her in the choir director's chair.

And since most of the people in the choir did not read music it was a learning experience for all.

Together they planned ambitious programs but inevitably the men would be called to the field for training exercises in the middle of rehearsals for the Christmas cantata. So Mrs. Ramsey learned to

rehearse the music before their departure and then brush them up in the couple of days before the holidays that they were back.

Another time Judy obtained the services of a pianist for the Easter cantata only to lose him to a personal emergency two weeks before the holiday. By then the regular chapel's organist had obligated himself elsewhere and the only one left was a retired minister in town.

"He didn't speak any English and I didn't speak any German," said Mrs. Ramsey. But with the help of a choir member or two who could speak German a little better than read music, the performance was a success.

Mrs. Ramsey hasn't had any trials to test her patience during the past three months she has served in Fort Benning. She selects music for the choir and directs rehearsal each week. She sings solo numbers and plays the organ for weddings. She plans to start a junior choir soon.

"I always come home all charged up from choir rehearsal because I feel good about what I'm doing," she will tell you quite frankly.

Lib
Stewart

