

Help Child Adjust To Newest Family Member

By JOAN GOSPER
N. C. State University

If you are contributing to the current baby boom, you may be wondering what to do about sibling rivalry. A child who declares that he hates the new baby may be asking for reassurance, says Dr. Cynthia Johnson, extension human development specialist at North Carolina State University.

"Children do not always fully understand what they are thinking and feeling. They cannot always say exactly what they mean. 'I hate the new baby,' may really mean 'I'm scared that you don't love me anymore,'" Dr. Johnson says.

By listening, parents can help their children to explore and sort out their thoughts and feelings. "Often, just putting their thoughts into words and sharing them with someone helps a child to find the solution to his problem," Dr. Johnson says.

Parents make a mistake when they assume that they have all the teaching to do. Listening to a child is as important as talking to him. "When you open yourself up to what your child has to say, your reward will be a fascinating look into how he thinks and learns. Most important, you will boost your child's self-confidence by showing him that you value what he has to say," Dr. Johnson says.

NEW SHOES

Back to school usually means new shoes. Even if last year's school shoes still look good, "be sure to check the size. Young feet grow rapidly," says Dr. Harriet T. Jennings, extension clothing specialist, NCSU.

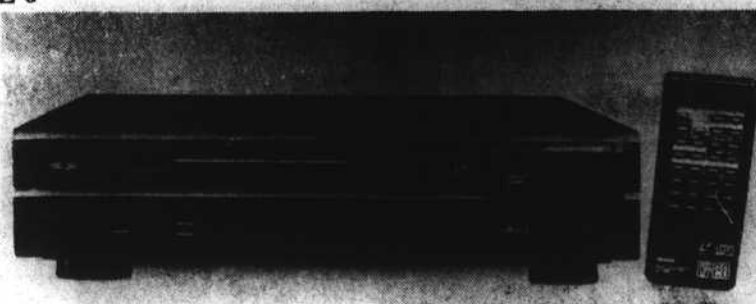
Most children outgrow their shoes before they wear them out, because their feet grow so rapidly. "Your child's feet can grow as much as three sizes in just a few months," the extension specialist points out.

To check the length, have the child stand while you press the end of the shoe with your thumb. There should be 1/2 to 3/4 of an inch between his longest toe and the end of the shoe.

Examine shoes for wear, and look at the child's feet when he first removes his shoes and socks. Pink or red spots may mean his shoes are too narrow, too tight or too short.

TASTES CHANGE

If Grandma has developed a heavy hand with the salt shaker, blame it on a declining sense of smell. A recent Duke University study showed that elderly participants were able to identify only 34 percent of common odors, such as chocolate, cinnamon and coffee. College students correctly identified odors with 86 percent accuracy. This kind of sensory loss causes older people to lose interest in food, to overseason it and to fail to notice spoilage.



THIS MAY NOT LOOK LIKE A BABY PICTURE, but Yamaha's CDV-1000 is the first generation offspring of the marriage of audio and video. The new unit will play compact audio discs, conventional laserdiscs, and the new format CD Video which provides five minutes of audio/video plus 20 minutes of high quality audio-only material.

CD video: Offspring of audio and video

A few years ago we heard about the marriage of audio and video, a union that brought us home entertainment centers filled with state-of-the-art electronic goodies such as large screen TV monitor/receivers, Hi-Fi VCRs, compact disc players and a control center that enabled us to operate all of these at the touch of a remote control keypad.

This fall, the consumer electronics industry introduced the first product which can be called the offspring of that marriage—CD Video.

Even in its title it boasts its heritage. The new format is a shiny disc the same size as a conventional CD, but it delivers five minutes of combined audio and video entertainment plus an additional 20 minutes of high quality audio-only.

At first, the new discs will be aimed at a young audience and will typically contain a music video clip and several song

selections from an album.

The godparents of the new format are the more than 30 manufacturers who have agreed to market either the discs themselves or the new players which are required.

Typical of the innovative new players is Yamaha's CDV-1000, a combination unit which can handle any shiny disc on the market, whether it's a 12-inch laser read video disc, 8-inch video disc, conventional audio-only compact disc or new CD Video.

It is expected that, early next year, a number of manufacturers will offer smaller units which will handle audio CDs and CD Videos only.

While the technology is new, this is not the first time a "baby" has brought entertainment and enjoyment to the rest of us.

Student Attains Goals Through Job Assistance

KINSTON—With assistance through the Job Training Partnership Act, a Lenoir Community College graduate not only realized her goals but found confidence to strive for even higher achievement.

Deleria Arnold graduated with a mental health associate degree from LCC this past June, but her association with the college actually began earlier than that.

Ms. Arnold decided she needed to obtain a high school equivalency certificate for the sake of her two children, who were just beginning school at the time.

"I wanted to be able to give help to my children when they needed it after starting school," said Ms. Arnold. "I also knew that I needed education if I was going to find a good job."

She said she had planned to just complete the GED and had no thoughts of continuing her education.

That changed, however, after she arrived on the LCC campus.

"I really liked the instructors and advisors who worked here," Ms. Arnold said. "So, after I got my GED, I decided to go for a degree at LCC."

Memories of a grade-school friend prompted Ms. Arnold to enroll in the mental health program at LCC. "When I was in sixth grade, I had a friend who had a learning problem," Ms. Arnold said. "I wanted to get into the program at LCC to gain a level of understanding about the mental health field."

Ms. Arnold said she thoroughly enjoyed the MHA program, mainly because of the hands-on experience involved in the course work. "The experience is great because it gives you a chance to work with the groups you want to work with," she said.

While she was attending LCC, Ms. Arnold received assistance through JTPA, which provides funds for tuition and books for qualifying students.

"Deleria has been a real joy to work with," said Myra Dixon, a JTPA advisor at LCC. "We knew from day one that she would be successful. She has proven that JTPA can help people to bring out the best from themselves."

Soon after graduation, Ms. Arnold received a call from Caswell Center about a job opening. She is now employed at the center as a developmental technician.

She is also considering transferring to East Carolina University to complete a four-year degree in psychology.

While at LCC, Ms. Arnold served on the advisory board for the board of trustees and was also included on the Dean's List.

In addition, she received a scholarship from LCC and was nominated for inclusion in the national publication, "Who's Who Among Students in American Junior Colleges."

"I'm glad that the advisors at LCC showed me that it's never too late to follow your dreams," Ms. Arnold said. "Without their help, I would have never come this far."

The percentage of female doctors increased from 10 percent in 1970 to 18 percent in 1986.



A small flat sponge or paper towel kept in your refrigerator vegetable bin can absorb much of the excess moisture collecting there.

Worker in Dead-end Job May Suffer Heart Disease

Heart attacks are not just for corporate managers and other executive types. Research indicates that secretaries and other clerical workers are more prone to heart disease than many other workers, according to Dr. Leo Hawkins, extension human development specialist at North Carolina State University. Women in low-status, dead-end jobs who are working primarily because they need the money are more likely than those with fulfilling careers to experience stress on the job. This stress can lead to health problems.

Lack of upward mobility in clerical fields is one burden for working

women. A woman may be a very dedicated secretary, but she may not see the position as offering her any professional development.

The secretary's boss is, of course, also prone to work-related tension and stress, the specialist points out. These women may become "workaholics," or managers and professionals so involved in their work that there is little else in their lives.

The current research indicates that "workaholics" are about twice as likely to suffer from heart disease than those who can leave their work at the office, Dr. Hawkins says.

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"We're all on the same team against breast cancer."



Kay Yow
NCSU Women's Basketball Coach and Honorary Chair,
1988 U.S. Olympic Head Coach for Women's Basketball

"My personal experience has convinced me that everyone should be involved in the fight against breast cancer. Research is where we're going to find better treatment, prevention, and the eventual cure of this disease. The Lineberger Cancer Research Center needs our support in endowing a Multidisciplinary Breast Cancer Research Program. Please send your gifts today."



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Former Prime Minister Nakasone Says:

Blacks Are Dumb!

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TWO LETTERS CAN SAVE YOUR CHILD'S LIFE

When confronted with drugs, the two most important letters in the alphabet for your children to know are "NO." Children learn the alphabet at an early age, but they are also exposed to drugs early in life. Statistics indicate that 17% of today's youth use alcohol or drugs on a daily basis. Teach your children to know their alphabet when it comes to drugs.

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