

Getting 'Smart about Fat' can cut risk of obesity

ALL ABOUT FAMILIES



Are you 40 or 50 pounds overweight? According to a new study, it is possible that if a young child has one or two parents who are quite overweight, the child will also be overweight as an adult.

Dr. Robert Whitaker at the Children's Hospital Medical Center in Cincinnati, who led the study, says "A one or two-year old with an overweight parent is almost three times more likely to be obese as an adult. Having two obese parents puts a young child at very high risk of being overweight."

Furthermore, according to Dr. Whitaker, the older the child grows, the more that child's weight predicts whether he will be fat as an adult. Therefore, an overweight teenager is over 7 times more likely to become an overweight adult than one who had normal weight around ages 16 to 17.

If you and your children are overweight, you may wish to visit your local health department or your doctor to obtain a set of guidelines for healthy eating.

A crucial part of a healthy diet is limiting fat intake. The National Institute for Health recommends that fat make up no more than 30 percent of a daily diet. Many experts believe that 25 percent should be the ceiling. Saturated fats that come mostly from animal sources (fat on steaks, pork chops, and in hamburgers and butter) can contribute to heart disease, stroke, and other diseases. Saturated fats should be limited to 10 percent of the daily diet.

In school health programs, children have a series of lessons on how to stay well by eating a healthy diet. They learn about the food pyramid, food groups, how to read food labels and cardiovascular (heart and vein) disease. Take time this summer after school staff return to check to be sure that your school is teaching your youngster the principles of a healthy diet.

The National Academy of Sciences "Smart About Fat" recommends the following maximum grams of fat per day:

Age 2-3: 43; Age 4-6: 60; Age 7-10: 67; Girls 11-18: 73; Boys 11-14: 83; Boys 15-18: 100.

Recommended maximum grams of "saturated" fat per day: Age 2-3: 14; Age 4-6: 20; Age 7-10: 22; Girls 11-18: 24; Boys 11-14: 28; Boys 15-18: 33.

Source: Recommended Daily Allowances - National Academy of Sciences

The original article from which this brief column was drawn is found in the September 25, 1997 New England Journal of Medicine. Please refer also to the following:

"The Yale Guide to Children's Nutrition" edited by William V. Tamborlane, M.D. (Yale University Press, 1997); "Kidnapages: A Guide to Helping Your Children Control Their Weight" by Laura Walther Nathanson, M.D., FAAP (HarperCollins Publishers, 1995) and "How to Get Your Kid to Eat...But Not Too Much" by Ellyn Satter (Bull Publishing Company, 1987)

WEDDINGS AND ENGAGEMENTS

Watkins-Wilson

Lindy Ann Wilson and Todd Taylor Watkins were married May 22 at Fort Collins Country Club.

The bride is the daughter of Mr. and Mrs. Patrick Wilson of Colorado Springs, Colo. She is attending Colorado State University.

The groom is the son of Mr. and Mrs. George Watkins of Troy. He is a graduate of Colorado State University.

A reception was held at the Fort Collins Country Club in Ft. Collins, Colo. The newlyweds



honeymooned in Estes Park in the Rocky Mountains, and they will visit Hawaii in August. They are making their home in Fort Collins.

McElroy-Myold

Rosemary Myold and Michael P. McElroy were married Feb. 14 at St. Paul's Church in Cambridge, Mass.

The bride is the daughter of Mr. and Mrs. Robert J. Myold of Birmingham.

The groom is the son of Mr. and Mrs. Michael U. McElroy of Watonsville, Calif.

A reception was held at the Harvard Faculty Club. The newlyweds honeymooned in New Zealand, and they are making their home in Boston, Mass.



Decker-Sheeran

Amy Beth Sheeran and Paul Aaron Decker were married Sept. 6 at Orchard Lake St. Mary's Chapel.

The bride is the daughter of Mr. and Mrs. Thomas M. Sheeran of Bloomfield Hills. She is a graduate of Marian High School, the University of Michigan and the Indiana University School of Medicine. She is a genetic counselor at Henry Ford Hospital in Detroit.

The groom is the son of Mrs. Elizabeth Decker of Grosse Pointe and Mr. Paul Decker of Ft. Collins, Colo. He is a graduate of Ithaca High School in Ithaca, N.Y., and the University of Michigan School of Engineering. He is a materials engineer at the Department of Defense (TACOM) in Warren.

A reception was held at the



Links at Pinewood. The newlyweds honeymooned on Mackinac Island, and they are making their home in Birmingham.

ANNIVERSARIES

Stahl 50th

Harold and Betty Stahl of Bloomfield Township celebrated their 50th wedding anniversary March 24 at Martin Downs Country Club in Palm City, Fla. The official anniversary is June 18.

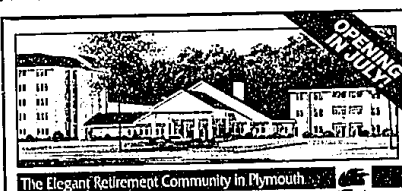
They have two daughters, Cynthia Games of Brentwood, Tenn., and Debbie White of Cincinnati, Ohio.



If you suffer from DEPRESSION you may be eligible for a FREE RESEARCH PROGRAM at the UNIVERSITY PSYCHIATRIC CENTER - Jefferson

Depression is a debilitating condition affecting millions of Americans. Symptoms include feelings of worthlessness or helplessness, significant weight loss or gain, an abnormal amount of time spent alone, sadness or crying spells, irritability, guilt, worry and a sense of hopelessness. Wayne State University researchers are looking for volunteers for a medication treatment program. If you qualify, you will receive free treatment and medication. You must be between the ages of 18 and 65.

Wayne State University is an equal opportunity affirmative action employer. Wayne State University - People working together to provide quality services. UNIVERSITY PSYCHIATRIC CENTER - JEFFERSON 313-993-1243 8:30 am - 4:00 pm Monday-Friday



The Elegant Retirement Community in Plymouth

We're New In the Neighborhood...

located on Northville Road, south of Five Mile, we offer elegant luxury apartments & the services to provide you an exciting retirement lifestyle. Consider our two rental programs:

Independent Living
• 30 meals monthly
• Bi-weekly housekeeping
• Weekly flat linen service
• Electricity, heat and water
• 24-hour staffing
• Scheduled van transportation
• Planned activities

Independence Plus
• 3 meals daily
• Daily housekeeping
• Weekly personal laundry
• Electricity, heat and water
• 24-hour staffing
• Assistance with bathing
• Bedding and towels
• Weekly linen change

Models Open Daily

Space Is Limited

Call Linda or Karen for more information and your free Color Brochure.
734-453-2600 or 800-803-5811

Marketing by P.M. One Ltd.

Submitting announcements

Local engagement, wedding, anniversary and birth announcements run in Thursday and Sunday editions of The Observer & Eccentric.

Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield areas should send their engagement, wedding, anniversary or birth information, with or without photograph, to: Attn: Brides, The Eccentric, 805 E. Maple, Birmingham 48009. Residents of the Troy and Rochester areas should send information to The Eccentric,

1814 S. Rochester Road, Rochester Hills 48307.

Preprinted forms outlining the information needed for engagement or wedding announcements are available at Observer & Eccentric offices.

If you have questions regarding your announcement, call Sue Wills in Birmingham at (248) 901-2560; Debbie Douglas in Rochester at (248) 651-7575, or Katie McManus in Farmington at (248) 477-5450.

Tips can help prevent accidental poisonings

"I just turned my back for a second..."

"It has an awful odor, I never thought he would drink it..."

Children are always getting into something; it only takes a minute. Every year thousands of children are accidentally poisoned. Although most of these kids will have no long-term problems, some will develop severe medical conditions and others will die. The tragedy is that almost all of these incidents could have been prevented.

Children's Hospital of Michigan's Regional Poison Control Center is trying to get a simple message across — accidents do happen.

While there is no way to prevent every accident, parents can make their child's environment safe. "There is no such thing as a 'child-proof home,'" says Dr. Suzanne White, medical director of the regional poison control center. "However, making parents aware of certain dangers can prevent many accidental poisonings."

A common mistake many parents make is assuming a bad odor or taste will deter a child from swallowing or tasting a certain chemical or product. Not true. "Just because something smells or tastes bad to us doesn't mean a child won't try it," says White.

So, what do you do if your child gets into that bottle under the sink? Do you call 911, wait to see what happens or get in your car and drive to nearest emergency room? "It is always better to be safe than sorry," says White. "When in doubt call the

poison control center."

Because no parent can be everywhere at all times, White suggests the following tips to prevent accidental poisonings:

• Lock up all medicines and keep them in child-resistant containers.

• Be sure all drugs, even over-the-counter pills, are not within reach or sight of a child.

• Purses and bags of the week pill containers are often the cause of accidental poisonings.

• Know the signs of accidental poisonings.

• Stains or smears around the mouth, nose or teeth.

• Burns around the lips or mouth.

• A strange smell on the breath.

• Drowsiness, sluggishness, or unusual sleeping.

• Difficulty breathing.

• Read and follow directions and caution labels.

• Avoid bringing unnecessary toxic substances into your home.

• Dispose of old medicines regularly; flush them down the toilet.

• Do not store medicines, cleaning agents or pesticides near food.

• Keep all products in their original containers.

• Rinse out containers thoroughly before disposing of them.

If your child has been poisoned:

• Call the Poison Control Center at 1-800-POISON-1; tell them as much as you can.

• What did the child ingest?

• How much was ingested?

• How long ago was the poison ingested?

Jewish Family Service programs benefit from United Way Torch Drive

Jewish Family Service, with offices in Southfield and West Bloomfield, has received \$776,995 from United Way Community Services to provide vital agency services to the community's most vulnerable for the 1998/99 year.

The funds were raised during the United Way Torch Drive, which provides money to some 130 health and human service agencies helping more than 1.7 million people throughout Oakland, Wayne and Macomb counties.

United Way funding to JFS is earmarked for Children and Youth in Crisis; Abuse and Neglect; Family and Individual Counseling; Emergency Hunger and Homelessness; Health Care; Housing; Older Adults; and the Unemployed/Underemployed.

Jewish Family Service provides social and mental health services to people of all ages.

For Cooling Service You Can Trust

Rheem

The Rheem Team For your every air conditioning and heating need, make us your service force. We promise to arrive on time and give you the best service at a fair price. Always.

Get a level of air conditioning service you'd never expect. The comfort's coming when you make that call.

HONEY, CALL THE RHEEM TEAM

Michael Kelly West Side United Temperature 313-525-1930

Rheem Team

WE WILL IMPRESS YOU

1-888-RHEEMTEAM

FREE CALL • DALLAS • NATIONWIDE



THE ALZHEIMER'S/DEMENTIA CARE SPECIALISTS

Sutton Homes provides for every aspect of a resident's life...

- ♦ customized behavioral, recreational and social services
- ♦ 24 hour Alzheimer's Care Specialist
- ♦ staffing ratio 2 to 6
- ♦ nutritious meals and snacks planned by a registered dietitian, prepared in a warm country kitchen.
- ♦ family visits and social interaction
- ♦ private room in a beautifully decorated residential home
- ♦ professional and family involved plan of care
- ♦ personal caregiving in caring for incontinence
- ♦ scheduled transportation
- ♦ no entrance fee - no hidden costs
- ♦ incontinence supplies included

For additional information and a FREE comprehensive package call:

Bloomfield Healthcare LLC
(248) 258-8282