

## Cold Weather Warning Issued

A state official on aging has advised older adults to prepare for the colder weather ahead. Elaine Stoops, assistant secretary of the N.C. Department of Human Resources' Division of Aging, reminds older citizens that their bodies do not regulate temperatures as well as they once did, making them very vulnerable to the cold. There are other cold weather hazards for older adults as well. Stoops added, such as developing dry, cracked skin and falling on icy walkways.

When the body's inner thermostat becomes less able to adjust to extremes in temperature or to hypothermia, a medical condition develops characterized by an abnormally low body temperature. Stoops, a registered nurse, said this condition can cause lasting damage to body organs or death. An estimated 2.5 million Americans are susceptible to this condition, she added.

Hypothermia can come on quickly and quietly and many cases go

undetected because the symptoms are similar to those of a stroke or diabetic coma. Some drugs are known to increase an older person's susceptibility to hypothermia. These include medication used to treat anxiety, high blood pressure and migraine headaches.

The symptoms of hypothermia are a cool or cold skin, usually stiff muscles, particularly in the neck, arms and legs; a puffy or swollen face, poor coordination; and jerky movements. Hypothermia is not easily recognized and the condition is often dismissed as simple disorientation. Shivering in response to cold, is often absent. When hypothermia develops, the person's body must be rewarmed immediately, and quick medical attention is necessary. Stoops advises that no one should attempt to rewarm the victim without medical supervision.

To avoid hypothermia, Stoops said, older persons should dress warmly in loose clothing, wear a

## North Carolina To Present Its Attraction In London

In its first major effort to market pican pie, the Gee Hee Whiffy Diddle folk, top-rated golf courses, and more than 300 miles of beautiful coastline to the international traveler, North Carolina will exhibit before 41,000 European travel agents and tour operators at the eighth annual World Travel Market scheduled next month in London.

North Carolina is one of 10 southern states to participate in the exhibit scheduled Dec. 1-5 in downtown London. Approximately 18 representatives from North Carolina's travel industry will staff the booth.

"North Carolina's travel industry has realized that the Tar Heel State belongs in the international tourism market," Lynne Sizemore, director of the N.C. Division of Travel and Tourism's Welcome Center Program, said.

Sizemore, who is spearheading the international marketing effort for the division, said "North Carolina stands to gain tremendously in both visitors and dollars by participating in the World Travel Market."

This is the first formal step to promote North Carolina as a vacation destination in the international travel arena since the state won government approval last year for non-stop air service to London.

North Carolina is participating in the market under the Travel South USA umbrella. Travel South is a non-profit agency that promotes travel to and within the 11 Southern states of North Carolina, Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, South Carolina, Tennessee, and Virginia.

North Carolina will bring the cartoon character Yogi Berra, who makes his home at Carowinds theme park outside Charlotte - to the show. Two Moravian women from the settlement of Old Salem, a NASCAR race driver, a Confederate general, a Cherokee Indian, and a golfer will also be on hand to talk with travel agents and tour operators from around the world about North Carolina. In addition, a townsman from Old Salem and a basket weaver

from Cherokee will demonstrate their crafts.

To maximize the exposure the World Travel Market offers to participants, the state in cooperation with the Charlotte Convention & Visitors Bureau and Piedmont Airlines, has planned a travel-related mission to London one week before the opening of the World Travel Market. Approximately 56 representatives from across the state will travel to London to sell North Carolina as a top destination for vacations and meetings.

"These travel missions have proved an extremely effective and efficient means of selling our state to thousands of visitors through travel agents and media representatives," North Carolina Commerce Secretary Claude E. Pope said. "North Carolina's natural blessings are so bountiful that our attractions spark very positive responses when we get them out there for travelers to see and read and think about."

"The declining value of the dollar makes this an ideal time for us to develop this untapped market," Pope continued. "In the past 18 months the dollar has lost 38 percent of its purchasing power in Great Britain. Their currency buys much more in North Carolina today than at any time in recent memory."

To boost the state's promotional efforts in London, Tar Heel natives Charles Kuralt and country singer George Hamilton, IV have joined the travel mission team. Kuralt, a CBS commentator and author of "On the Road," will join Charlotte composer Louis McClellan to perform "North Carolina Is My Home."

Hamilton, who is already well known in the United Kingdom with his "Hymns Country Style," which topped all other folk and country albums released in the United Kingdom in 1985, will also perform on behalf of North Carolina.

Both Hamilton and Kuralt will perform during a special "North Carolina Thanksgivings" reception at the American Embassy. The week-long mission will also include sales calls to hundreds of British travel agencies and a media luncheon.

## Be Ready To Combat Extra Holiday Calories

The holidays wouldn't be the same without traditional holiday foods, but between Halloween and New Year's, the calories will get you if you don't watch out.

Registered dietitians at the Duke Diet and Fitness Center have developed a number of strategies to help people stick to their diets during this difficult season.

Abstinence is probably an unrealistic goal, they say. Holiday parties and family gatherings often center around food. But planning will help you deal with temptation.

The diet and fitness center tactics are based on the philosophy that our daily habits dictate much about our weight and health.

The same philosophy is behind the four components of this effective, medically supervised weight-loss program affiliated with Duke University Medical Center. The DFC emphasizes nutrition, exercise, counseling and health education.

Diet and Fitness Center dietitians say it's okay this time of year to shout "Hurray for the pumpkin pie!" But at 250 calories a slice, don't get too carried away.

The trick is to prepare a daily calorie budget and to spend those calories wisely by knowing the calorie content of the food you eat.

The average sugar cookie, for example, has 60 calories. Plum pudding weighs in at 400 calories per half cup. Egg nog is 250 calories a gulp (½ cup). Four ounces of champagne will cost you 65 calories; most cheeses go for 100 calories an ounce, and a small candy cane (2.5 inches) is 100.

One square inch of fudge has 90 calories. A quarter cup of hollandaise has 250. Stuffing has 430 calories a slice.

The following tips are taken from the Duke Diet and Fitness Center's Nutrition Manual, prepared by

registered dietitians Dianne F. Cogburn, M.P.H., Linda S. Janick and Linda Sakiewicz, M.Ed.

If you are on a diet, a temporary increase in calories — say, from 1,200 to 1,600 a day — will allow you to taste or eat the foods that make holidays special. Maintaining your present weight may be more realistic this time of year than trying to lose.

Eat three meals a day, and if you must dine at a party, decide how many calories you will spend. Allow extra calories for the party, but keep within your budget at other meals.

Be generous. Share gifts of food

rather than collecting them. Don't bake gifts for others. It may be too much of a temptation to eat a few cookies before wrapping them.

At parties, indulge in conversation instead of food. Position yourself away from the hors d'oeuvres or buffet table.

Survey all the foods and then choose two or three favorites. Taste, if you must, small samples of the others, but charge these calories to your budget.

Limit or skip the alcohol. Choose non-alcoholic beverages instead. Set aside more time for more exercise to counteract an increase in calories.

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