

All about weight

By Vince & Yolanda
Special to Sentinel-Voice
Eating out and gaining weight

"I have to eat out a lot and I'm beginning to gain weight. How can I avoid getting fat from eating out almost every day?"

Jimmy
Ardmore, PA

If you find yourself eating out more than you eat at home and gaining pounds because of it, here are some tips that can help. Many restaurants will take special request from their customers. You can request that your food be cooked without butter or not sautéed in heavy sauces. Most good restaurants use herbs instead of salt to season foods. If vegetables are not available, have a salad with your meal. Also, eat as much baked foods as possible. This doesn't include deserts. You should also avoid fried foods. If you eat French fries everyday, they will end up on your hips or waistline eventually. One of the best tips you should observe when eating out is eating small, simple meals.

Ideal Weight

"What is my ideal weight? The charts have me overweight and I workout four or five times a week. I eat wholesome meals and I think I look good. Help!"

Barbara
Los Angeles, CA

Body weight charts weren't designed to give you an ideal weight and they never seem to help. The most scientific way to determine your ideal weight is to determine your body's composition of fat to lean muscle ratio. The percentages vary with sex and age. Here are some basic guidelines. Women age 16 to 29 should have 14 to 24 percent body fat. For men 16 to 29, it should be around nine to 15 percent. To get a rough idea of your body fat percentage, pinch the loose skin on the back of your upper arm or the side of your waist between two fingers. If you pinch more than an inch you probably need to reduce your body fat.

If you think you have too much body fat do some aerobic exercise for at least 30 to 45 minutes, three times a week. This includes brisk walking, cycling, swimming or aerobic dance.

Overweight Child

"I was overweight as a child and I've noticed that my 14-year-old daughter is putting on weight. It's not much weight, but I don't want my daughter to experience the cruelty I went through as a child because I was overweight. How can I safeguard my daughter?"

Robert
Columbia, SC

You should be concerned about your daughter's weight. Children can inherit the tendency to be overweight from their parents. You're also correct when you say other children can be cruel to overweight children. The psychological effects can last into adulthood. Here are some tips to help you and your daughter. Eat the same foods you serve your children. Ban junk food from your house. Serve water instead of sodas. Serve chicken, fish or beans instead of high fat proteins. Serve more fruits, vegetables and complex carbohydrates. Get her involved in a non-competitive fitness program. Bike riding, jumping rope, jogging, swimming, walking in a pool and roller skating are good non-competitive fitness programs. Make sure she eats enough food. Too little food will cause the body to store fat.

A Little Fat Around the Midsection

"As I've gotten older I've put on a little fat around my midsection. What can I do to get rid of this problem?"

John
Houston, TX

Men will collect most of their body fat around the midsection. Excess body fat concentrated around the midsection poses a tremendous risk of heart disease. To eliminate this problem you should design a diet that includes 60 to 70 percent complex carbohydrates, 20 to 30 percent protein and no more than 10 percent fat. You don't have to try to get fat in, it'll find it's way in. Divide your eating into six small meals. Start your day with fruit, eat as much as you like. By mid-morning you may want some whole wheat toast, oatmeal or corn grits. For lunch have a protein such as beans, chicken, fish or turkey with a non-starchy vegetable such as string beans or broccoli. For the remainder of the day alternate vegetable meals with either a protein-based or a starchy food like pasta or potatoes.

Eating & Emotions

Do you eat when you're angry, happy or sad? If you're an emotional eater, losing weight and maintaining the loss can be more difficult for you than others, according to a study by Dr. Booth of the University of Birmingham in England.

If you are eating because of emotional concerns, all is not lost. The study gives the following tips to help you redirect your misplaced emotions. Become more aware of the events and thoughts that prompt emotional eating. Keep a log to help you analyze what's (See Weight, Page 12)

POSITIVELY BLACK

Getting better by dealing with failure

By Junious Ricardo Stanton
Special to Sentinel-Voice

"Failure is not a fatal disease." Earl G. Graves, magazine publisher.

I am a volunteer teacher in an adult GED program. On the first day of class I tell the students that our classroom is a "safe house," a place where we come to learn, where we can feel good about ourselves and comfortable about making mistakes. I explain to them that we learn, grow and get better by making mistakes. I tell them they must trust me and their fellow students and we are to support one another in our goals.

So many of the students have a negative self-image, viewing themselves as failures, that it takes a while for them to let go and relax. Many carry the excess baggage of past disappointments, things that didn't work out or circumstances that they are currently attempting to improve.

Humans are creatures of habit. We do things over and over again not realizing that if we want change in our lives, we have to think and act differently. One thing we have to do is change how we view success and failure. Failure is not fatal nor does it have to be final! Failure is part and parcel of the success process. We just have to learn to embrace our mistakes, errors and failures and glean the lessons from them that will enable us to do better in the future.

Everyone makes mistakes. I tell students the reason erasers are put on the end of pencils and delete keys are installed on keyboards is because people make mistakes. When we make a mistake, an error or do something inappropriate, we should acknowledge it to ourselves or if someone brings it to our attention, we should take note of it. Failure, mistakes, setbacks and errors are how we learn. We either learn from our own or from those made by others.

The thing we have to understand about failure is that success is virtually impossible without some degree of failure at some point.

Failure is an integral part of the success process. You cannot succeed in the long haul without failing, making mistakes or miscalculations. When you make a mistake (I say when, as opposed to if because the only people who don't make mistakes are those that are already dead or those that never attempt anything), learn from it and do better next

time. If you are in a situation that didn't turn out the way you planned, review what happened, reexamine your role in it and the role of others. Don't cast blame, simply look for the lessons in it. Look for ways you can resolve what went awry. Be prepared and willing to do things differently, alter your plans or abandon that particular strategy. Don't keep repeating the same mistakes over and over again. Don't be afraid to admit you made a mistake. Don't worry about what other people may think of you. Work to get it right.

There is an old saying, "the best laid plans of mice and men often go astray." This is so true. Even when we plan and work diligently to anticipate various possible outcomes, make contingency plans and select the best options, things happen over which we have no control. New technology may be made available that makes what we do obsolete, there may be a

change in the market, a competitor may offer our client a better deal or we may not be able to overcome racism and the good ol' boy network. Things happen. You have to be open-minded, flexible and resilient. Of course, it goes without saying that you always do your best. If you do your best and move on the best available sources of information you've done all you can do.

I've "failed" at a lot of things for a variety of reasons. The one thing I've learned about life is that when one door closes another one always opens.

Wallowing in self-pity is not the solution, neither is being gun shy and faint-hearted. When you fail, get back up and try it again. You did it when you were a child and were trying to learn to roller skate or ride a bike.

Do this as an adult. Keep working, the law of averages is in your favor. Sooner or later things will work out for you. Keep on keepin' on until you accomplish your goals. You can't succeed without failing. If you want to be a success you have to be willing to experience failure. Trust me, failure isn't fatal.

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