

# Holiday Pounds: Easy Come...Not-So-Easy Go

The average person puts on an extra 5 to 11 pounds between Thanksgiving and New Year's, according to several sources. That's enough to make even Santa blush! It's no wonder the first thing we want to do on January 2nd is rid ourselves of the excess fat and the guilt. But instead of dealing with holiday weight gain after New Year's, the smarter, less frustrating time to handle those extra pounds is before they even appear.

Losing weight during the holiday season is unrealistic for most people and often just sets them up for failure. It's usually wiser to focus on maintaining your weight or limiting weight gain to just one or two pounds during these palate-tempting weeks. The American Institute for Cancer Research has some helpful hints for avoiding the notorious "Winter waistline."

One important tip that many people ignore is not to skip meals before cocktail parties and large family dinners. All too often we overhear someone say, "I'm starving. I haven't eaten anything all day," as they head to the buffet table. Over-hunger often leads to over-eating, and over-eating, well, we all know what that leads to. In-

stead, snack on Lowfat foods before the party, like pretzels, fruits, raw veggies or even half of a turkey sandwich. This way, when you hit the buffet table, you'll be more likely to eat only the things you really want to try, instead of everything in sight.

Something else to remember during those holiday gatherings is to focus on the color and aroma of holiday buffets and feasts, and less on filling up your plate. Instead of relishing what you plan to load on your plate next, enjoy what you're eating at the time, and enjoy it slowly. Remember, it takes some time for the body to tell the brain that it's full, so mingle with other party guests after your first helping. Then, if you're still craving something, go back for it.

The familiar phrase, "everything in moderation," is especially true when it comes to holiday eating. Denying ourselves the holiday goodies may leave us feeling deprived, resulting in over-indulgence and weight gain. As long as we stick to average-size portions and don't go back for seconds or thirds, eating some of our favorite foods of the season should remain enjoyable and guilt-free.

Day after day in 1997, the long-simmering tobacco debate erupted onto the front pages of the nation's newspapers. But when the tale of this unpredictable and dramatic year is told, it may only be a prologue to the historic tobacco story that is set to be written in 1998.

The potential now exists, according to many public health leaders, to enact legislation that fundamentally changes how tobacco is manufactured, sold, ad-

*"What occurred in 1997 has given our nation a unique opportunity to reduce the number of Americans who die from tobacco."*

*--Bill Novelli, Campaign For Tobacco-Free Kids*

vertised and perceived, shattering the decades-old myth that says the tobacco marketing machine is too powerful to be derailed.

"Tobacco's threat to our kids is still as strong as ever," said Cass Wheeler, chief executive officer of the American Heart Association, "but now an historic opportunity exists to turn the tide on this epidemic. Just a year ago, we couldn't have imagined that meaningful congressional action on tobacco would be a possibility in 1998."

The past year began quietly and rather inauspiciously for tobacco. In February, the initial phase of the Food and Drug Administration's tobacco rule



Each day, 3,000 children in the United States become regular smokers. That's more than one million kids a year. One-third of them will die prematurely from their addiction.

into effect, requiring anyone appearing to be under 27 years old to provide photo identification when purchasing tobacco.

The calm, however, would quickly become a tempest, beginning with a press conference in March. In a packed Washington hotel room, a group of Attorneys General announced that the Liggett Group tobacco company had agreed to essentially turn states' evidence against the to-

acco industry. The company admitted what many had suspected for years, and then sent the evidence -- hundreds of previously secret tobacco documents -- to legal authorities around the nation.

"It was a stunning event, not because of the financial settlement, but for the first time, a tobacco company admitted that smoking causes cancer, is addictive, and that the industry targets kids in its marketing," said Matthew Myers, executive vice president of the Campaign for Tobacco-Free Kids, who helped negotiate the agreement. Around the same time, tobacco took center stage in a federal courtroom in North Carolina, where the FDA's new tobacco regulations were being challenged. In a precedent-setting decision, the court ruled that the FDA did have authority over tobacco.

On April 3, the chairmen of the RJ Reynolds and Philip Morris tobacco companies sat down across the table from state Attorneys General, lawyers for tobacco plaintiffs and public health advocates at an Arlington, Virginia hotel.

The tobacco chiefs announced that the industry was prepared to make unprecedented changes in how it did business in order to negotiate a possible solution to the state suits against the industry. In the tense hours that followed, little was accomplished - but in the following months, progress would accelerate beyond all expectations.

# Oregon shapes health policy

## Volunteers needed to lead Health Decisions '98 community meetings

Believing that every Oregonian has a vital interest in health care and how health policy in Oregon will be shaped in the future, Oregon Health Decisions is presenting a series of statewide community meetings that began this month and end in March.

The meetings will take a "for, with and by the community" approach with citizens in cities and towns across the state leading and participating in the health care discussions.

Volunteer leaders are being recruited to facilitate the Health Decisions '98 meetings. "We are seeking interested Oregonians to lead the meetings," says Garland, OHD board member and project leader. "They will be trained and given the tools to facilitate meetings in their communities. With their help, we will be able to bring together a broad cross section of Oregonians to participate in the dialogue. We want everyone to have a voice in shaping the future of health care policy in Oregon. Our slogan,

"Speak Out, Oregon," says it all." Garland emphasizes, "as Oregon health reform broadens in scope, citizen involvement will be vital to the health policy decisions that must be made. Only Oregonians," he adds, "can tell us what they think is fair."

Garland sees Health Decisions '98 as "an opportunity for all Oregonians to talk about what's working and what isn't, and discuss their values about sharing the cost of health care coverage. We'll be asking everyone to tell us where they think we should go from there."

The organizers hope to cover all demographic groups in each community including business people, the elderly, low income families, racial and ethnic minorities. After the meetings, leaders will report back on issues and values pinpointed at their meetings and help coordinate an interim report to present to the Oregon Health Council. All the interim findings will be included in a final report.

# Sober Is Smarter This Holiday Season

There's another reason not to drink and drive this holiday season. Yes, you certainly already know that driving after drinking alcohol dramatically increases your risk for accidents. In fact, driving while under the influence of alcohol is still this nation's leading cause of auto fatalities.

Our reason for not drinking and driving is a little more long term, but certainly one you want to add to your list of reasons to practice moderation during holiday celebrations. It has to do with cutting cancer risk.

Well, O.K. -- maybe the driving part has nothing to do with cancer risk, but there's no question that drinking alcohol does. Alcohol increases the risk for liver cancer and cancers of the head and neck, and probably increases the risk for breast and

colon cancer. The new guidelines from the American Institute for Cancer Research say that if you drink at all, you should limit alcohol consumption to one drink per day for women and two drinks per day for men.

Beyond practicing moderation in your own consumption of holiday drinks, you may also want to do your guests a favor if you're hosting a party this holiday season. Consider these suggestions:

\* Offer a wide choice of non-alcoholic beverages, including fruit punches, juices, bottled water, soft drinks and flavored seltzer.

\* Always serve food when serving liquor.

\* Don't feel that the perfect host or hostess must always be "freshening up" guests' drinks.

\* Never serve "one for the road." Never allow a guest who

is intoxicated to drive.

### Sober is Smarter This Holiday Season

Your holiday guests may be more likely to skip the alcohol if they're offered a creative and appealing non-alcoholic drink, aside from the typical soda or seltzer. Try serving these easy-to-make, non-alcoholic drinks at your next holiday party:

#### Sparkling Mock Red Wine

Choose stemmed wine glasses or tall slender glasses. Pour each glass half full of very cold diet lemon-lime carbonated beverage or similar beverage. Fill the glass with very cold cranapple juice. Serve at once while the bubbles are still rising.

#### Smart Champagne

Choose stemmed champagne glasses. Pour each glass half full with very cold diet ginger ale.

Fill the glass with very cold apple cider. Serve at once while the bubbles are still rising.

#### Holiday Punch

Combine unsweetened apple, pineapple, and cranberry juices, orange slices, and seltzer or ginger ale; to serve hot, omit the seltzer or ginger ale and add a dash of cinnamon, nutmeg and cloves.

By keeping your alcohol intake to a minimum this holiday season and all year round, you and your loved ones can toast to good health this year with a better chance at having it.

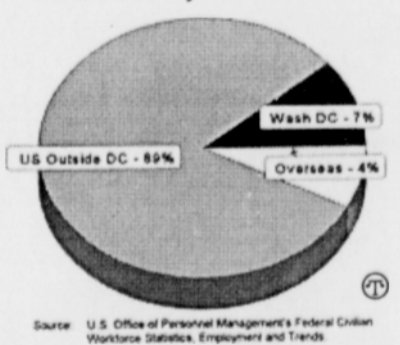
For a free brochure with more information about alcohol and cancer risk, send a self-addressed, stamped business-sized envelope (55 cent postage) to the American Institute for Cancer Research, Dept. AC, P.O. Box 97167, Washington, DC 20069-7167.

## The Feds are Hiring

(NAPS)—With all the news of federal downsizing it's no wonder hopeful job hunters think landing a job with Uncle Sam is impossible! Not true! According to the U.S. Office of Personnel Management, Federal hiring has risen steadily during the first five months of 1997. New hires averaged almost 17,000 monthly for a whopping total of 84,461.

And you don't have to move to Washington DC to become a federal employee! Of the new hires, approximately 89 percent are stationed in U.S. cities across the nation, with 4 percent venturing overseas and only about 7 percent working in the Nation's Capitol.

### New Hires By Job Location



Thousands of savvy federal job hunters have landed their jobs through the help of a small, woman-owned business in the DC suburbs. With more than 23 years in the business, Federal Research Service, Inc. meticulously maintains a consolidated database providing accurate federal job listings.

For as little as \$13 per month you can have a biweekly Federal Career Opportunities report mailed to your home. To learn more, visit the Federal Jobs Central web site at <http://www.fedjobs.com>, call 1-800-423-7438 or write to: FRS, 243 Church St. NW, Suite 200, Vienna, VA 22180-4434.



# HAPPY NEW YEAR!



**Beef Chuck Roast**  
Blade or 7-Bone.  
SAVE up to \$1.01 lb.

**98¢** lb.



**Safeway Orange Juice**  
12-oz. Frozen.  
SAVE up to \$1.38 on two

**2 for 98¢**



**Del Monte Bananas**  
SAVE up to \$2.47 on 5-lbs.

**5 lbs. 98¢**

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