

# Hypochondriacs are made not born

How did your mother react to your complaints of a scratchy throat when you were a child?

If it was early in the morning, did she kick you out of bed and send you on your way to school with get better as the motherly like. "It will get better as the day goes on," or did she make a fuss and immediately call the doctor?

According to an article on research sponsored by UCLA's Department of Medicine in the August issue of the Bulletin of the American College of Physicians, children tend to follow their mothers' pattern of seeking medical care. The researchers also discovered that if the mother thought her child was healthy (or unhealthy) the child usually thought the same way. The implication is that children who are often taken to the doctor for minor ailments tend to grow up high users of medical care or so called "hypochondriacs."

Charles E. Lewis and his wife, Mary Ann Lewis, a nurse practitioner, do not like the term hypochondriac. The Lewises headed the study at UCLA's University Elementary school which included an attempt to involve the children in the health care process.

This was done by allowing each child to initiate visits to the school nurse practitioner and, subsequently, to help decide about the treatment and disposition of the problem.

"When we attempted to do was encourage self-reliance," explained Lewis a professor of medicine at UCLA. "It was the child's problem, their cut or sore throat. The nurse would explain the alternatives—wash out the injury, drink water, go home, call mother, go back to class—and it was up to the child to decide the course of action. Then we would attempt to simulate or model. 'If this happens again, what do you do?' The child would answer: 'Clean the area to prevent infection, put some stuff on it, and don't play so hard on the playground for a while.'"

It is very difficult to deal with health habits after they have been established for 20 years noted Lewis.

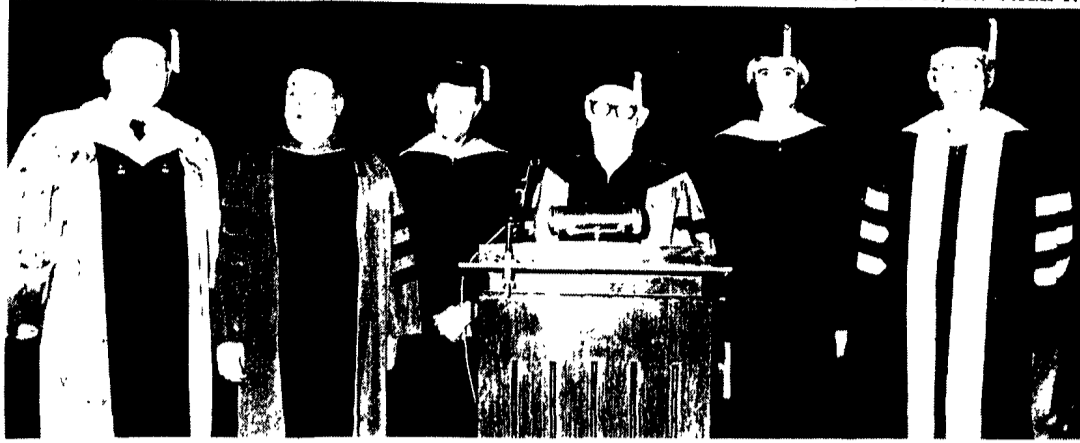
Persuading adults to change their ways is an almost hopeless task, but

tended to use the services more than boys.

Also, 15 percent of the children accounted for more than half of all visits over the two year period while 17 percent did not seek out the nurse even once.

The experience also encouraged some of the children to talk directly to "their doctor," stated Lewis. The pupils also demonstrated considerable ability in caring for their minor injuries.

Lewis sees this as a hopeful sign for the future, noting that we may "reorganize medicine and develop more elaborate and expensive diagnostic and treatment techniques, but until we accept the fact that each future adult must be responsible for his own health and treatment then accordingly, we shall always be looking to others for that which can only come from within."



WELCOMED NEW STUDENTS—State University College at Potsdam initiated a formal academic welcome for new students this year. On the platform to greet entering students were, from left, Dr. George Jeters, dean, School of Education; Dr. Richard Hutcheson, dean, School of Liberal Studies; Dr. Kenneth Gant, acting vice president for academic affairs; Dr. Thomas M. Barrington, president; Dr. Robert Thayer, dean, Crane School of Music; and Dr. John Marshall.

## RADC students can get free lunches

A number of children attending State University College at Potsdam's Research and Demonstration Center may be eligible for free lunches or lunches at a reduced price depending on family size and income, according to Andrew Johnson, Director of Food Service for the College and the Center.

The number of people in a family unit and the maximum annual income they may earn to receive free lunches are as follows: one, \$3,930; two, \$5,160; three, \$6,390; four, \$7,610; five, \$8,740; six, \$9,890; seven, \$10,890; eight, \$11,910; nine, \$12,840; ten, \$13,760; eleven, \$14,680. For each additional person add \$910.

Family sizes and maximum gross annual incomes allowable for receipt of reduced prices for lunches are as follows: one, \$6,120; two, \$8,050; three, \$9,970; four, \$11,880; five, \$13,630; six, \$15,380; seven, \$16,980; eight, \$18,580; nine, \$20,030; ten, \$21,470; eleven, \$22,390. For each additional person add \$1,420.

"Family" means a group of related or non-related individuals who are not residents of an institution or boarding school, but who are living as one economic unit.

"Income" means all sources of earned or unearned monies before deductions which would be available to the "family" to pay the price of a child's meals.

Family income can be reduced by "hardship deductions," or the value of the following expenses which you may have to pay: medical expense payments above \$30 per family member per year; shelter costs or mental condition; and disaster or casualty losses.

A foster child placed in a private residence, where adoption is not involved, would be eligible under the criteria for a family of one, if the income for that child does not exceed the applicable Family Income Scale. This provision is in effect regardless of the gross income of the foster parent.

Families falling within these scales, which provide for adjustment for uncontrollable financial hardship, are urged to apply for free or reduced price lunches for their child. They may do so by completing the application form available from the RADC Health Office.

The form itself is simple to complete and requests information needed to determine economic need based on the income and number of persons in the family and any uncontrollable financial hardship which affect the family's ability to pay for school lunches. Provision is included for foster children.

The information provided on the application will be confidential and will be used for the purpose of determining eligibility.

Children whose parents or guardians become unemployed or whose family size changes are eligible for free or reduced price lunch and free milk provided that the loss of income causes the family income during the period of unemployment to fall within the eligibility criteria of the school food authority. Under these circumstances, the family should contact the school to file a new application.

Under the provisions of the policy, the RADC Director, Roger Spugnardi, will review applications and determine eligibility. If a parent is dissatisfied with a ruling he may make a request either orally or in writing for a hearing to appeal a decision. Andrew Johnson has been designated as the hearing official.

Hearing procedures are outlined in the policy. However, prior to initiating the hearing procedures, the parents or school food authority may request a conference to provide an opportunity for the parent and the school official to discuss the situation, present information and obtain explanation of the data submitted in the application or the decisions rendered. The request for a conference shall not in any way prejudice or diminish the right to fair hearing.

The policy also provides that there will be no identification of or discrimination against any student unable to pay the full cost of a lunch.

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<p><b>Arm Steak (for Swiss)</b> \$1.19 lb.</p>	<p><b>Super Tru Steaks</b> 99¢ lb. (Breaded Veal Steaks, Breaded Italian Veal Steaks, Chuckwagon Steaks)</p>	<p><b>Chuck STEAK</b> 58¢ lb. (Blade cut)</p>
<p><b>Quarter Cut Legs or Breasts Chicken</b> 57¢ lb.</p>	<p><b>Boneless Rolled Shoulder Beef Roast</b> \$1.29 lb. (With Pop Up Temp. Gauge)</p>	<p><b>Lean Beef Chuck Cube Steak</b> \$1.59 lb.</p>
<p><b>Pilgrim or Hillshire Polish Sausage</b> \$1.39 lb.</p>	<p><b>Ground Beef Chuck</b> 85¢ lb.</p>	<p><b>Semi Boneless Chuck Steak</b> 68¢ lb.</p>
<p><b>California Cantaloupes</b> 49¢ Each</p>	<p><b>Golden Yellow Bananas</b> 17¢ lb.</p>	<p><b>New York State Pascal Celery</b> 29¢ Bch.</p>
<p><b>California Seedless Grapes</b> 59¢ lb.</p>	<p><b>U.S. No. 1 - 2 1/4" &amp; Up Early McIntosh Apples</b> 3 Lbs. 79¢</p>	<p><b>New York State Acorn or Butternut Squash</b> 2 Lbs. 29¢</p>
<p><b>Jeans POTATO CHIPS</b> 49¢ 1lb. Box (With Coupon &amp; \$10.00 Purchase)</p>	<p><b>Red &amp; White Mix or Match Sale</b></p> <p>★ Whole ★ Sliced ★ White ★ Crm. ★ Whl. ★ Garden Sweet</p> <p><b>Potatoes</b> 49¢ 1lb. cans</p> <p><b>Corn Peas</b> 49¢ 1lb. cans</p>	<p><b>Swift Sizzlean</b> 12 Oz. \$1.39 Pkg.</p>
<p><b>Red &amp; White Asst. Flavors Soda</b> 57¢ 1/2 Gal.</p>	<p><b>Viva Italian Dressing 7 Seas</b> 69¢ Pint</p>	<p><b>Pepsi Cola</b> 99¢ 16oz. NRG 6pk.</p>
<p><b>Marcal Towels</b> 39¢ Jumbo roll</p>	<p><b>Marcal Fluff-Out Facial Tissues</b> 39¢ Box of 200</p>	<p><b>LaRosa Elbow Macaroni</b> 69¢ 3lb. Pkg.</p>
<p><b>MORTON FRIED Chicken</b> \$1.69 2lb.</p>	<p><b>Kellogg Corn Flakes Cereal</b> 39¢ 12oz. Pkg.</p>	<p><b>Miracle White Dry Bleach</b> 89¢ 1lb. 100z.</p>
<p><b>Birds Eye COOL WHIP</b> 49¢ 9oz.</p>	<p><b>Grandma Brown's Baked Beans</b> 39¢ 1lb. 6oz. can</p>	<p><b>Red &amp; White Stems &amp; Pcs. Mushrooms</b> 39¢ 4oz. can</p>
<p><b>Ice Cream Novelties Fudgesicles or Popsicles</b> \$1.39 24pk.</p>	<p><b>One Ida Steak House Cut Dinner Fries</b> 1/2 lb. 59¢</p>	<p><b>Mercer's Skim Milk</b> 59¢ plastic gallons 1/2 gal</p>
<p><b>Ocean Crest I.Q.F. Shrimp</b> \$3.49 1lb.</p>	<p><b>Chef's Delight Cheese Spread</b> \$1.29 2lb. pkg. (With Coupon &amp; \$10.00 Purchase)</p>	<p><b>Hood Cottage Cheese</b> 59¢ 116 cup</p>
<p><b>Chiffon Soft Margarine</b> 2 8oz. tubs 69¢</p>	<p><b>Yogurt</b> 4 8oz. cntns. \$1</p>	<p><b>Mercer's Fruit Drinks</b> 69¢ 16oz. NRG 6pk.</p>

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