

# LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiverson



## The Power of Persuasion by Linda Fiverson

Adolescence has always been a difficult time for teens, their parents and their teachers. In the present time, there is an epidemic of obesity, high suicide rates and rising numbers of kids who are using illegal drugs and drinking alcoholic beverages. These behaviors have aroused the concern of parents, teachers and healthcare providers alike.

Efforts are continually made to educate youth and their families about the importance of proper nutrition and physical activity. When people are informed we expect they will make "informed decisions" yet as most of us know, this is more easily said than done.

Numerous studies link the increase in body size to the increase in portion size. That may seem obvious but in this age of "More is Better", we sometimes focus more on "getting our money's worth" than the detriment it can cause. When we think about weight gain and cutting back, most of us think about food and start analyzing what our kids are eating. There's another very important element to look at – what our teens are drinking... We can certainly attribute many calories to sugar-laden beverages such as soda, juice and sports drinks and naively, that's the first thing that comes to many of us when we hear the word "drink".

How many of you know that the Surgeon General has a call to action to prevent and reduce underage drinking in the United States? Not only are alcoholic beverages detrimental to the minds and bodies of teenagers, they are illegal for anyone under the age of twenty one. Though teens are aware that alcohol is dangerous, unhealthy and illegal, they continue to drink and they're even starting to do so as young as thirteen years old!

I can tell you about the differing amounts of calories in various drinks and how they contribute to excess weight but in light of the adolescent population being addressed, I'd like to focus on the thoughts and behaviors that motivate kids to start and continue drinking.

(continued)

Peer pressure reaches its peak when kids are in middle school and high school making adolescence a very stressful time. The expectations of other kids are diverse; they influence decisions about friendships and popularity, dress styles and clothing brands, places they frequent and activities they partake in. They influence more serious decisions too -- to smoke, take drugs and drink alcohol.

Since tweens and teens are easily persuaded to yield to the "popular choices" of others this is often how they begin drinking. Once they begin, it becomes harder to stop. Whether or not they like the taste of alcoholic beverages doesn't matter, they get *hooked into* drinking and how it makes them feel. Drinking has an emotional basis in much the same way as overeating does. So does taking drugs. The more often teens partake of these substances the greater the potential for becoming "addicted". Addiction means there is a "compulsive physiological and psychological need for a habit-forming substance".

People who overeat often do so to make themselves feel better. They find comfort in food and reach for it to assuage negative and/or bad feelings. Ironically, they feel worse afterwards and knowing this, they still continue to eat. Family members and outsiders may tell them they need to get in control but it's not so easy as any one of us with an "addictive personality" can attest to... We all know someone who has had trouble giving up cigarettes. People (including tweens and teens) that start drinking and/or taking drugs get tangled in this web too!

There's a whole psychology about obsessive/compulsive diseases and disorders and their relationship to addictive behaviors. No matter how the "habit" began it's hard ending it once it's underway. The addiction can be psychological, physical or a combination of the two. A teen may start out with the hope a behavior will make him or her "part of the crowd" but it often ends up with him or her feeling more alone than in the beginning. We can and should continue educating children about the importance of making healthy choices and the consequences of negative ones. Our first goal should be that this will be preventive. When it isn't, however, they still need education and support.

Tweens and teens base how they feel about themselves on the critiques and evaluations of others. They might not ask for our advice or seem to want it but we should not back away or give up. They want and need our encouragement and support even if they're reluctant to ask for it or admit it. They might not even realize there's a need or desire until after it's made a difference in their life.

Adolescence is a critical time in the lives of these young people who are caught between the worlds of childhood and adulthood. It may seem like they are "in control" but more often than not, they are more out of control than anyone can imagine...



APRIL, 2009

Linda Says...



Suggestions are Welcome!

## FAKE MATZOH BREI (FRIED FLAGELS)



### INGREDIENTS:

2 packages flagels (*Fiverson's Fabulous Fakes*)  
4 eggs  
1/2 cup milk  
\*Salt and Pepper to taste  
Small amount of oil or butter for pan  
\*Optional – Substitute Cinnamon and Artificial Sweetener for Salt and Pepper



### DIRECTIONS:

Toast the flagels on medium and let cool. Tear them into small pieces and place in a bowl. Add water and let them soak until they are soft but not soggy. Drain well.

In a separate large bowl, beat the eggs with the milk, salt, and pepper.  
Add the flagels. Blend together.

Rub the bottom of a large frying pan with small amount of butter or oil and place over medium heat. Add egg mixture and continue to cook over medium heat. You may stir the mixture to cook it "scrambled style" or leave it to cook as a large omelet. Either way, turn the flagel mixture and brown both sides.

**FOOD TASTES AND TEXTURES**

T H F C X T L W L Z M B W J N S X Y D I X J I Q T  
 Y P C P S P G W X H C I X W T J U L W Y U V V Y O  
 H J O H X N M M S Q M T H A H U O V F E T O H W E  
 H C L Z Q Y Y E U P F T L P M C Q Y H B H F P J B  
 S Y N O R O R M L X K E M U Z D X J C I S C A L Z  
 C O U E R F L R E H E R D E H S A M C M X E E K U  
 J V F T D R J C H U H L U M P Y R Z W D F E U Y G  
 T E S T M X L A N E A C I T N C X R T I Q J E Y Q  
 B J C I B N J P E Q T L R Z I N S P P U B O A V F  
 E C F P U Y N A R G A P V U F B F I C V D X N V P  
 Q D X B K U N T H O W X I F N Z R X Y R L J A M P  
 Y K B X B D A W S K N X O J I C I Y Y S H X C V N  
 N O W H S S P X O X G Q W W C E H K F K L E J Y B  
 C T Q Y T Z K Y U D R V H L C V T Y J Z H M C N C  
 T Q A O R K K T R M C U K Z A Y O J X O G H O F C  
 D U O C J R O T Q M F J H T J I B S W V U W N X L  
 A B N S J D I A B Z G C M T S M P S V K O B D N L  
 S I U P M L Y F T R J S L T I B Z Q O G T W G C I  
 L Z K I C N D J E J N Z N U P V S J U G R N N B C  
 L Y E C W D H A I C P Q D I G D L W Z E G R C O P  
 E P I Y A J S O I L Y F I N O A O Q X N O Y G J G  
 G Y L C W Y T J O E E G Q B A T E E W S K D K I T  
 P R W O I R V A A K I R V Y G L U N B F A M F C T  
 C R U M B L Y J M M A O G M F L B P Y U E G P H R  
 V S Q V D Z Q U U N Q Y E H T O N Z G M S S J K

Find and circle the words below. They are straight across, backwards, up and down and diagonal.

BITTER  
 BLAND  
 CHEWY  
 COLD  
 CRUMBLY  
 CRUNCHY  
 DRY  
 FATTY  
 FRESH  
 GREASY  
 HOT

LUMPY  
 MASHED  
 OILY  
 SOFT  
 SOGGY  
 SOUR  
 SPICY  
 STALE  
 SWEET  
 TOUGH

# Happy Holidays!

## HOLIDAY "HAVES" & "HAVE-NOTS"



For dinner there may be leg of lamb,  
 Turkey roast and candied yams...  
 Choose veggies and salad to eat on the side,  
 Skip sauces and gravies; they'll make you  
 wide...  
 Fresh fruit for dessert is always good-  
 Say NO to jelly beans as you know you  
 should...  
 NO to macaroons and marshmallow chicks,  
You are in charge of all the picks...  
 So, choose wisely and take good care,  
 That way you'll feel good and won't despair!

## FIVESON'S FOOD!

*Tastes absolutely fabulous!*  
**FREE of gluten, sugar, flour and preservatives!**

*Formulated from my "own" personal recipes since 1989*

**CHOOSE FROM:**

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak,  
 chicken, turkey, veal and seafood entrees,  
 various soups, squash fries, turnip latkes, soufflés and other vegetable dishes,  
 mousses, custards, puddings, cakes, cookies, and fruit options...

**Over 100 menu choices! New items  
 added often!**

**OPEN 6 DAYS A WEEK**  
**DELIVERY AVAILABLE - CALL FOR  
 HOURS AND ORDER SHEETS.**



Do you have a question or suggestion?  
 A personal strategy that you use?  
 Please let us know—we'll consider it for a future edition!  
 You may send an email to:

***[lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)***