

Bacon, Eggs . . . Breakfast Anyone?

By TOMI BURKS

Was your first water Breakfast Mals or abba? Well, in reply to an informal survey to promote September Better Breakfast Month, a bunch of Roanoke notables said, "Ahh!"

For example, there's Frank Oliver. He's an egg man. And that might be because he is co-owner-operator of Deansmore Farms, where more than 130,000 birds cackle their way in glory, producing more than 2,000 dozen eggs a week to be sold throughout the area.

Oliver, who has been in the egg business for years, starts his days early, most often getting up with the chickens at around 4:30 a.m.

And he always prepares his own breakfast, "usually some fruit juice, coffee, two and sometimes three soft-baked eggs and toast," he says.

"Early morning is my time of day. I enjoy it and don't need to be bothered any- body, not even my wife," Oliver explains.

Because his business is in eggs, Oliver admits the cholesterol score of recent years is something that really bugs him, something "Ials cholesterol business." He notes, however, that recent studies indicate that cholesterol is not the problem — or at least not as extensive — as popularly reported.

Recently, research (primarily funded by the egg and poultry industry) now concludes that there is not yet enough clear-cut evidence available either as to the role of cholesterol in the body or of the part it plays in heart disease.

As a other breakfast fan is C. M. Murrain, Sr. Taxpayers will be happy to learn that Murrain, while tackling Henneke's problems, be-

gins each day with a full stomach. His usual fare is one egg, two pieces of toast, a small glass of juice and a glass of milk.

And Ann Vaughan, executive director of the Dairy Council of Roanoke, says the morning meal is an absolute must for her.

"Otherwise, I'm an old grooch," the bubbly Mrs. Vaughan admits. During the week, she likes a poached egg or, "if otherwise, I'm an old occasionally soft and always milk. Weekend breakfasts are a bit more elaborate, the favorite being an omelet with cheese, tomatoes, green peppers and onions.

"There's really a lot of truth in the idea that breakfast is the most important meal of the day," the house economist and nutrition specialist says.

"Studies have proven that people who don't eat breakfast get drugged by midmorning, and they're not as efficient on their jobs," Mrs. Vaughan reports. "Night is the longest period the body goes without food, and by morning blood sugar is low and you really need something to get going.

She points out that breakfast skippers are often overweight and rely on a snack — usually a calorie-loaded food such as doughnuts — when hunger sounds strike. Teen-agers who say "yuk" to breakfast are usually in this category, too. "If they don't like conventional breakfast foods, feed them a grilled cheese sandwich, or a ham-burger," Mrs. Vaughan suggests, stressing that anything is better than nothing.

"If I don't eat, and I have to write an hour after I get up, then I'm up for a headache. I'm irritable and miserable to be around for the entire day, a real grooch," she says.

Keeping those descriptive phrases in mind — "old grooch, irritable, miserable to be around" — the unfortunate souls who must appear in Henneke's municipal court probably have more going for them than they realize.

Judge Beverly T. Fitzpatrick eats breakfast every day before commanding the bench.

"I do, indeed, eat breakfast," Fitzpatrick says. "I consider it my most pleasant meal."

He gets up to breakfasts prepared by his wife, and the menu is generally cereal, eggs, bacon, toast, coffee and sometimes juice.

"I've never missed breakfast," the compassionate and forthright judge says, "and I guess I might be greedy if I did." Should his wife be around to put the meal together, Fitzpatrick manages something on his own — "I fix a bowl of oatmeal."

With the popularity of cholesterol, thousands, even millions, of people wake up to panic. But consider, then, the wide-awake fellows whose voices prompt you out of bed.

The idol of Roanoke's young set and the just-under-50s crowd is his kid that "elders" also like his style), Dan Alexander of WROV, says, "As a matter of fact, my favorite meal is breakfast — eggs, ham or bacon or sausage, fried potatoes, milk and coffee."

With a mess like that, fans would surely conclude that this bachelorette is a true south-

"More like south Missouri, a place called Neebo in the heart of the Ozarks," the radio station's director of public affairs relates. He's been in Roanoke since December of

1969 after serving as an information officer with the U.S. Army in Vietnam.

But the popular disc jockey has one problem with breakfast: "I don't get up until 4:45 in the morning and go on the air at 6," he explains. And that doesn't allow much time to prepare a large breakfast.

"I usually have some instant breakfast or a quick bowl of cereal, and then I eat on my days off—that's once every two or three weeks — I fix my favorite breakfast, the best reason I get up," he says.

And if you wake up to Ted Rogers toward the other side of the radio dial, then you'll encounter a rather popular early-morning crooze with a kind of breakfast problem.

Yes, he does have breakfast, but it's not a breakfast morning with a meal ready and on the table by 7 a.m. And Rogers doesn't eat "just coffee, or maybe an apple."

This personality says good morning to the WROV audience at 5 a.m., then goes on-air until 10:30, "takes an unscheduled schedule break a half hour of your time, and then he explains why breakfast is important for him.

His favorite early morning foods include scrambled eggs and bacon "and all that toast and jam. And I like fresh fruit . . . peaches," he says, providing a list of "my favorite, nut," and "blueberries."

Pauline Howell and Polly Holloway are two nutrition-conscious career women and homemakers who also believe "getting something" early in the day is important, particularly to children.

Both are primarily concerned with seeing that school children in the Roanoke Valley have good lunches. Mrs. Howell is supervisor of cafeteria for city schools, and Mrs. Holloway coordinates the lunch program in the county. They cite a diet in which there should be children prefer letter academically, that youngsters who haven't had breakfast "become listless and undernourished and are unable to concentrate on little else than their empty tummies.

"A child needs energy to last until lunch time," Mrs. Howell stresses. "And providing a nourishing breakfast is a parent's responsibility." She believes one reason so many children "turn their nos-

es up at breakfast is that we've gotten away from family life, from sitting down at the table together. Parents have to put forth some effort," she says.

This effort, which may jolt some parents, often means allowing more time in the morning, setting the alarm clock back, "so the child can get up in time to eat before he dashes out. A youngster shouldn't be forced to eat immediately, but he needs a little time to adjust to the morning," Mrs. Howell says.

She also feels that parents must become more conscious of nutrition education, "learn that snacks are mostly a lot of empty calories with little nutritive value."

Hungry children arriving at school in the mornings have long been a problem, particularly in Henneke City's economically depressed neighborhoods. Through Mrs. Howell's efforts, the efforts of community organizations and finally the financial support of a federal program, breakfast was served daily during the last school term to several hundred youngsters in 12 approved schools.

Whether this program will continue depends on the availability of funds plus what effort being will have on the definition of "an economically deprived neighborhood."

However, Mrs. Howell says, "Right now, we're feeding the hungry child and will continue to do so, at least until there

are no longer funds" to supply the cafeteria with food. Approval of the program is expected, fortunately.

County schools didn't had the breakfast program, but Mrs. Holloway stresses the importance of giving a child this good start on the day. And midmorning snacks do not replace an adequate breakfast, she believes.

To encourage proper eating, Mrs. Holloway suggests mothers offer a choice or a variety of foods, "such as cereal, even a peanut butter sandwich if the child wants it."

To the changing of conventional breakfast foods, she says, "Fix a lettuce, bacon and tomato sandwich, a ham-burger or a hotdog, if that's the child's favorite food."

Chase, toast is a rather unappealing idea, and Mrs. Holloway says her own youngsters when they want a breakfast of homemade banana bread served with peanut butter and spread with a glass of milk.

"If a mother could serve chicken noodle soup — anything that's a good protein food, just so an individual has something," she says.

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