**Study: Low-fat is OK for children**

By Lyle Muller

Grown-up people don't\* know what they're doing, and children who\* not: fat can be a healthy and nutrient-rich food source without harming their long-term growth, a University of Iowa\* study says.

The finding is important because it is a controversial question among parents, and it shows that children, even those who eat a "low-fat" diet, can develop nutritional problems, Winnie says.

The study was published in this week's issue of the American Medical Association. The goal of the study was to determine whether children who eat a low-fat diet are at risk for nutritional deficiencies.

The researchers studied the nutritional status of 125 children, aged 6 to 12 years, in a low-fat diet group and a regular diet group. The children were followed for 12 months.

The results showed that children on the low-fat diet had a modest reduction in the levels of dietary fiber, vitamin A, and calcium, but they did not develop any nutritional deficiencies. The children in the regular diet group also maintained a healthy nutritional status.

The researchers concluded that children on a low-fat diet can have a healthy nutritional status, provided they maintain a balanced and varied diet.

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**Kenwood fire station plan OK'd**

By Lonnie Zingula

Plan to build a fire station in Kenwood has been approved by the city council, with the Planning Commission expressing no opposition.

But it was hardly a ringing endorsement.

On a 6-3 vote, the commission voiced strong approval of the Fire Department project, saying it would provide a conditional use permit to build a community center and fire hall.

"We will undoubtedly see that there may be communication problems out there," said Zingula. "But they are not as improved or worsened by this project."