

## Proper diet essential for weight reduction, maintenance

It is that time of year again—when our thoughts turn to what we will look like in our bathing suit come summer. Many of us, not happy with our present condition, begin to think of "drastic" dieting as a means to drop those accumulated pounds. And those people out there to make money off us are only too willing and ready to have this year's "new, magic weight loss diet" ready and waiting for us to buy. "Magic diets" just do not work—if they did, we would all be lean and trim. The fact of the matter is that each of us must eat a prudent diet and exercise regularly if we are to become the lean, trim person we'd really like to become. It is not easy—it takes a commitment, some nutritional and fitness knowledge, and day by day work. By working at it daily—bit by bit, those unwanted pounds will come

off and stay off.

Just as there is a proper balance for fat in the body, so there is a proper balance for the number of calories you should take in each day to maintain your body weight. Here is the formula for figuring exactly how many calories you need each day just to maintain your body weight:

1. Figure your ideal body weight: Men—take your height in inches and multiply by 4, then subtract 128. Women—take your height in inches, multiply by 3.5 and subtract 108. Example: If I am a woman 5'6" tall, I would multiply 66 by 3.5 giving me 231.0. By subtracting 108, I find my ideal body weight should be 123.

2. Multiply your ideal body weight (IBW) by 12 if you are 40 years of age or younger and by 10 if you are over 40 years of age. (Example:

123x12=1476) Therefore, to meet my very basic bodily requirements, I would have to take in 1476 calories per day to maintain my weight. However, for maximum energy, without weight gain, I would need to multiply by 15 if I am a rather sedentary person and by as much as 20 if I am very active. (Example: Sedentary (rather inactive) LBW 123 x 15=1845 calories per day to maintain and have maximum energy without weight gain.

If I reduce my caloric intake by a few hundred per day, I will still be able to maintain my energy level, but will slowly and gradually lose pounds. These pounds will be mainly fat and will stay off.

The problem arises when we decide to take off a lot of weight (or even a little) very fast. When you feel you must fit into that size 8 dress hanging in the closet by next weekend. That is when we fall for the "magic loss diets."

Diets which severely restrict caloric intake are not only dangerous, but do not work in the long run. After near fasting dietary programs (500 calories per day or less), you may gain weight more rapidly even when you eat fewer calories than you did before you started the diet. According to Martin Katahn in his book: The 200 Calorie Solution, he shows that after three weeks on a highly restrictive dietary program, the body readjusts its metabolism so as to maintain its weight at a lower caloric consumption. If this happens, a person would starve to death in a short time. What this means is that if you were able to eat 2000 calories per day to maintain your body weight, then you go on a 300-500 calorie per day diet for three weeks, at the end of three weeks the body will have adjusted its metabolism so it can now maintain your weight on only 1,000 calories per day. Therefore, when you start to eat regularly again, you will gain fat very rapidly. Even if you restricted your eating to 1500 calories per day, you may regain up to 11 pounds per week. The lowered metabolism, which is causing the more rapid weight gain may persist for as long as one year stopping the very low calorie diet.

The second problem with severely restrictive calorie diets is in the amount of muscle tissue loss. According to Covert Bailey, a well known authority on fat loss, when following people on severely restrictive caloric diets, up to 30 percent of the weight lost will be muscle. Muscle is the very tissue we need to burn up the food we eat. This muscle loss has been verified through hydrostatic weighing which measures the body lean and the body fat as two separate measurements. Also, fasting and low caloric dieting stimulate the activity of lipogenic (fat-conserving) enzymes and depresses lipolytic (fat-burning) activity. The result is that with less fat-burning tissue and increased fat storing ability, you are going to gain fat

more easily than before.

Covert Bailey has the following to say about claims that powder, special liquids, etc. will take the weight off without worrying about muscle protein loss because the diet supplies protein required:

1. Fat loss, not weight loss is what matters.

2. The concern about even one pound of lean (protein) lost is that it may include the enzymes which metabolize fat. It may include antibody proteins that protect us from disease.

3. When muscle tissue loss occurs, glucose storage (glycogen) in the muscles is reduced, augmenting any tendency toward diabetes. This is very important in Warm Springs Community.

4. These diets foster the idea eating a set of chemicals put together in a lab is a healthy approach to life. Most of us are trying to eliminate chemicals—food additives, preservatives, pesticides, etc.

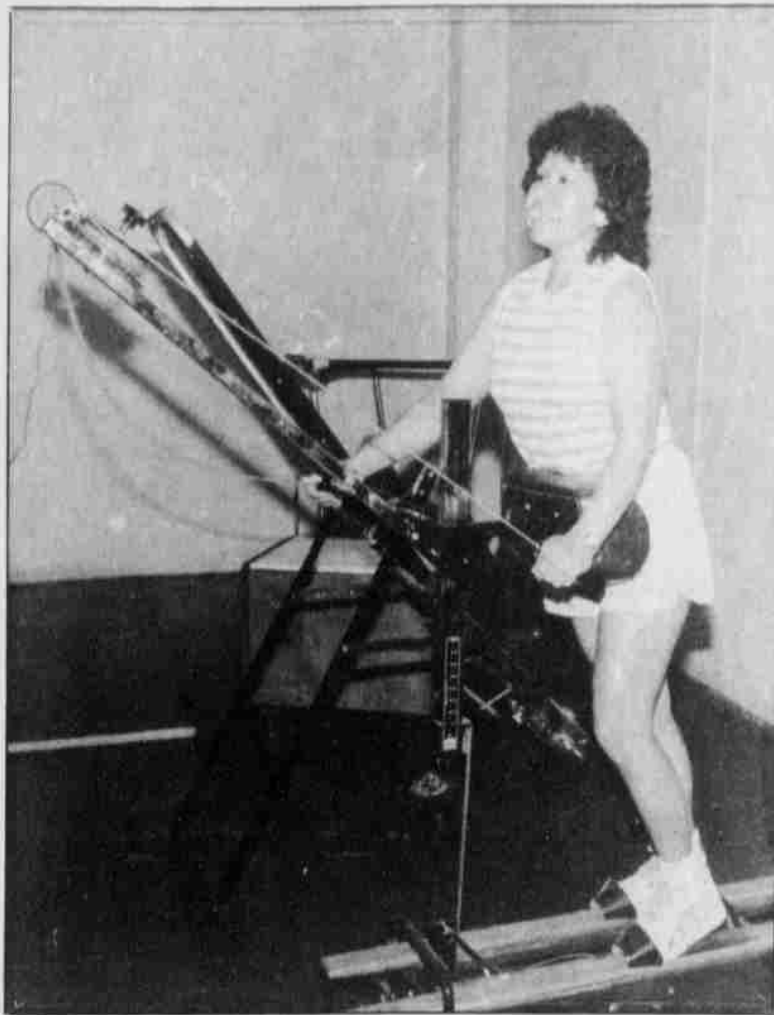
5. These diets are not new. They use the same idea that 300-400 calories per day are o.k. if taken in a "magic formula." This idea has been around for years—yet all the "magic formulas" of the past are no longer around. Why—because they simply did not work and some were downright dangerous.

6. "Magic formula diets" are not balanced diets. Our brain demands blood glucose far in excess of that supplied by such a restrictive diet. The result is the liver converts most of the protein in the diet and possibly the vitamin C as well to glucose. No diet is balanced when the liver wastes the nutrients in that diet by converting them to glucose.

7. The liver normally produced HDL cholesterol (the good guys). However, during a fast or radical low-calories diet, it shifts to the production of LDL cholesterol (the bad guys).

8. 300 to 400 calories per day is drastic treatment which could have long-term effects as yet unknown. The "Last Chance Diet" of a few years ago was widely acclaimed and accepted until a few people died from it.

Restrictive, fast-method, "magic formula," diets are probably not the way to go. Remember, those added pounds weren't put there overnight and they will not be removed overnight. It will take much effort and commitment on your part to remove the pounds and keep them off—but isn't that much better than going to the trouble of taking them off only to see them accumulate again very rapidly. Weight loss requires lifestyle changes in eating habits and continuous day by day effort. If you would like information about nutrition and weight loss, contact one of the resources in this Community who can help you—the Wellness Program, the I.H.S. Dietitian, the Extension Service, the Community Center.



Evaline Patt—Exerciser of the Month

## Striving for excellence in health

What exactly is it that drives a person to exercise? Is it increased stamina, stress relief or weight loss and control? For Evaline Patt, the need for exercise is based on all the above and more.

As March of Exerciser of the Month, Evaline cites her family's history of heart problems, improved health and general well-being as additional reasons to exercise. "Seeing myself a few years ago, overweight with too many handles" spurred her into action and exercise. "I'm getting up there in age and I didn't want to be obese and unfit. I would like to be physically fit and healthy as I grow old. . . . By working the cardiovascular system and conditioning muscles, I'm improving my heart and lung functions."

Currently, Evaline is exercising with a particular goal in mind, that of participating in the Hood to Coast relay run in August. Each of the 11 team members will be required to run, five-mile legs of the race—no small feat for any runner.

As for stumbling blocks, Evaline finds that noon meetings sometime interfere with her exercise regimen. Noontime is "the best time for me

to exercise." Another stumbling block is her diet. "I need to sit down and plan our meals with all the proper foods." Evaline says there is no secret way of handling her stumbling blocks, but "I wish there were miracles."

Evaline actively participates in co-ed softball and works in her yard as part of her program. Her sons also work in the yard with her. Her eight-year-old son sometimes jogs with her and they go swimming at Kah-Nee-Ta. "We used to ride horses often and we need to get back to that."

If there were no limitations, Evaline says that she would "get back to riding my horse and learning to rope again."

It's been exciting for Evaline to know that she's accomplished something that she's worked so hard for. "Like running a straight six miles miles, at ease, without any problems."

Here words of wisdom to those who are contemplating exercise or just beginning are encouraging. People must remember that "exercising, getting in shape properly, does take time and work."

## Mock search training set

The Warm Springs Search and Rescue volunteer group will hold a mock search training on Sunday, April 26. The teams, which are required to respond within minutes, will apply search patterns as learned in the April 1 class.

On April 26 members of the teams will take their Oregon State Sheriff's Association written test which is the first part of testing for state certification. The second part of the test will be a 24-hour survival practicum. Each member will spend a 24-hour period out in the woods by themselves. They will be required to build a shelter, start a fire, gather native plants for food. They will not be able to take man-made

tools. Testing for the practicum will be held May 9, 10 and 11. Persons interested in joining the Search and Rescue volunteers should contact Harvey Yordy at Fire and Safety, telephone 553-1161, ext. 208 or 553-1634.

## First aid training

People interested in gaining certification in multi-media (first-aid) training should contact the Warm Springs Fire and Safety department to sign up for the training April 28.

The training will be held at the Warm Springs Community Center from 8:30 a.m. to 5 p.m.

## Employment packets available

Currently 22 students have applied!

Summer Youth Employment packets will be available after-school at the Boys Dorm til the end of May. Each student must have an Oregon State Work Permit. If you worked last year we have a copy so you do not need to bring yours in—

if you need a work permit please stop by our office for the application. The Summer Youth Employment program is an opportunity of the High School students to earn money for next years school supplies and gain awareness of reservation careers and what it requires at school to get that career in Biology, Chemistry, Math and English.

## Senior party planned

Graduation is nearing for seniors at Madras High School. And to commemorate the end of their 12 years in school, seniors are encouraged to attend the chemical-free, all-night party at Griffiths Sports Center in Beaverton Saturday, May 30.

Students will leave the high school immediately after graduation, travel to Beaverton for a night of activities and return to Madras at 6:30 a.m. for breakfast at the Madras Elks Lodge, all for \$15 per person. Registration can be paid to Janet Cowden at the school.

Local merchants and parents are donating prizes for a drawing that

will be held. A special drawing will be held for those students who register early. All prizes will be displayed at the high school.

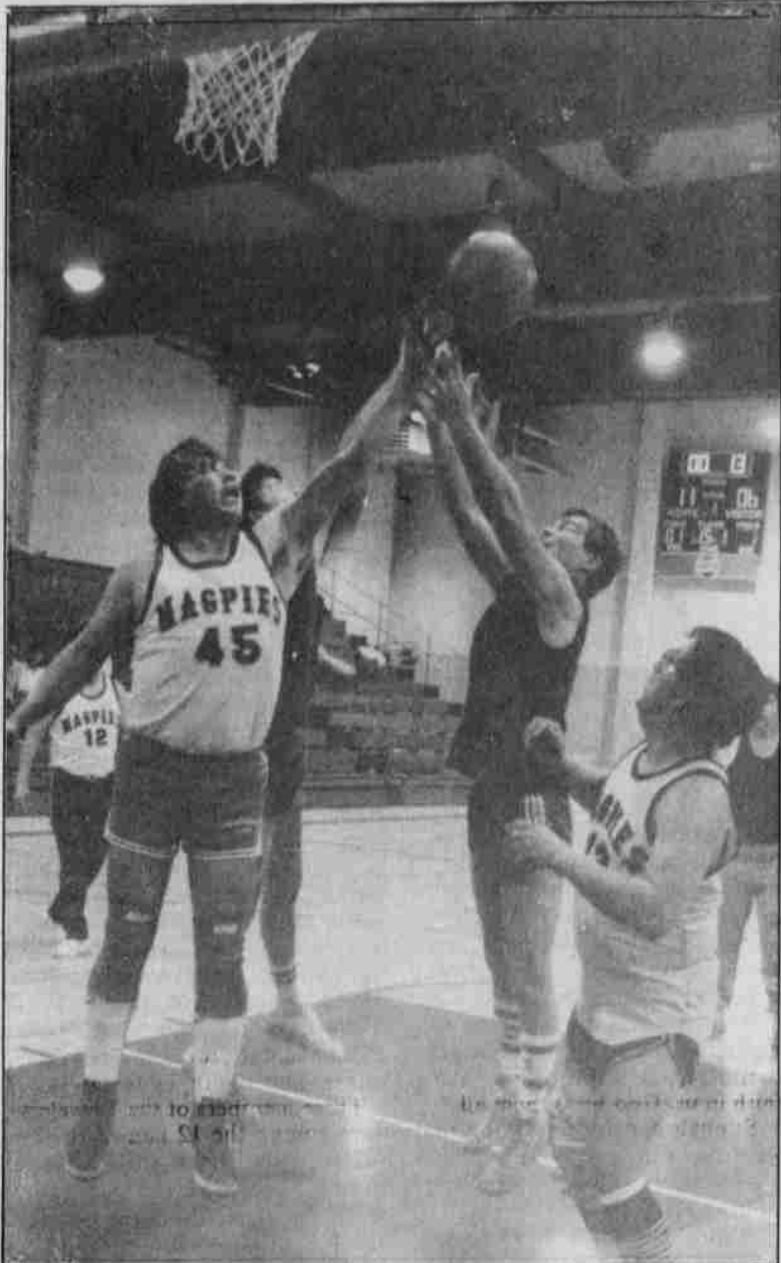
Five committees have been formed and parents and other interested persons are encouraged to participate. The five committees are donations, food, decorations, entertainment and publicity.

If a student is unable to attend because of financial difficulties, they are encouraged to contact either Steve Hillis or Julia Blincoe at the high school so that arrangements can be made for the student.

For further information contact Peggy Boyle at 475-2052.

## Warm Springs Elementary calendar

- April 29 April Birthday Lunch
- April 30 April Awards Assembly 9:00 a.m. "Everyone welcome to attend!"
- May 1 WSE Health and Science Fair
- May 6 WSE Spring Music Program 1:15 p.m.



Spilyay Tymoo photo by Shewczyk

The Old Duffers played the Buff Boosters April 7 in a fund-raising game for Warm Springs Elementary. A total of \$217 was raised toward an \$800 reader board for the gymnasium. The Buff Boosters contributed an additional amount to bring the total to \$650. Warm Springs Elementary student council is planning other fund-raising events in the near future.

## MJH News

Observing teachers teaching is important to the improvement of instruction in any school. At Madras Junior High, and throughout our district, teachers are observed and monitored by administrators on a continual basis. Basically, there are two types of observations, the informal (drop-in) observation and the formal observation (pre-planned).

During the fall of the year, Mrs. Barr and I try to drop in, unannounced, on every teacher's classroom. After these visits are made, we plan our observation schedule for the year. In addition, we meet with every teacher to discuss his/her goals for the year. Every teacher is required to have at least one goal in each of the following areas: instruction (what each teacher wants to improve about the teaching and/or learning process in his/her classroom), professional development (what each teacher plans to do in increase their knowledge of their profession), the common building goal (what each teacher will do to help us meet the goal that we, as a staff, have established for the year).

About the end of September to the first of October, Mrs. Barr and I begin the formal "clinical" observation/evaluation cycle. What this means is that every probationary teacher (less than three full years with the district) and every permanent teacher who is to be evaluated (permanent teachers are on a two-year cycle—they are formally evaluated every other year, unless they're having problems) is observed several times. These formal/clinical observations include: a pre-observation conference in which the teacher explains what the objective of the lesson will be and any special strategies that will be used; the actual observation itself wherein Mrs. Barr or I visit the class and take notes on what the teacher and students are doing; a post-observation conference in which

the teacher and administrator discuss what actually happened in the class and whether or not the teacher met his/her objective.

On occasion, an individual teacher may be having problems in the classroom. When this occurs, Mrs. Barr and I increase our observations and conferences with this teacher in an attempt to help him/her solve the problem(s). If, after several observations and conferences it becomes obvious to us that the teacher needs a good deal more help, we may place that person on a "Plan of Assistance." The Plan of Assistance is an intensive program of observations, conferences and monitoring and assistance. Most plans of assistance last from one to two months. If the teacher fails to satisfactorily meet the conditions of the plan, we may recommend that his/her contract not be renewed for the following year.

After we have completed the formal observation cycle, we continue our drop in visits throughout the remainder of the year. Many, many times we are able to positively reinforce and congratulate our teachers for the good, sound teaching techniques that they use. We often ask individual teachers to share their ideas and new techniques with other teachers. In some cases, we have been able to arrange for teachers to observe each other. This year, we even made our videotape which showed several of our

teachers demonstrating their effective skills in their classrooms.

Towards the end of the school year, Mrs. Barr and I hold final evaluation conferences with all of our teachers who have been formally observed. During these conferences we refer back to our notes and reports that we made on their teaching throughout the year. We also discuss how they progressed towards meeting those goals that they set up for themselves at the beginning of the year. This is often a good time to help teachers to begin to establish what their goals might be for the next school year. Mrs. Barr and I then write our final evaluation reports on each teacher's performance. The teachers received copies of these reports as well as the district office.

As you can see, the observation and evaluation of teachers is a complex and time-consuming process. However, it is through this process that we can recognize the fine performances of teachers as well as help some teachers with problems that they may be having. We firmly believe that we should all be striving to be at our best whether we are students, teachers, administrators, or parents.

If I have left any questions about this process unanswered for you, please feel free to call me at 475-7253.

Sincerely,  
Richard L. Junge

## Industrial arts contest held

Students at Madras High School competed against other central Oregon students in the high school industrial arts competition held April 16 at Central Oregon Community College in Bend.

Eight area high schools competed with two students from each school allowed to participate in the fields of drafting, small engine repair, automotive machines shop, welding, sheet metal work and photogra-

phy. Students from Madras High School placed in five different divisions. J.B. Palmer placed second in beginning drafting. Jason Smith took third in beginning acetylene welding. Oliver Cates placed third in beginning arc welding. Wyatt Woods placed third in advanced acetylene welding. Will Irwin took third in gas engines.



Nicole Yaw

Spilyay Tymoo photo by Shewczyk