

What's Your Opinion?



Question: "What do you think about the proposed postal strike?"
 "I don't think too much of it, they should settle down and do something about it," said Leonard Kummerland, Heppner.

Medical Meanderings Obesity — New ideas and treatments

By GLENN W. MORGAN, M.D.,
 Philomath Family Medicine, P.C.

It's true. Overweight people have been telling us for a long time (though no one has believed them) that they don't eat any more than thin people. According to Dr. Jules Hirsch of Rockefeller University in New York, "Obesity may be a result of inadequate exercise or abnormal food processing and storage, but it is rarely a result of hyperphagia (overeating)."

The report in "Family Practice News" of June 1, 1981, stated that "obese people tend to eat later in the day and to eat fewer and larger meals than people of normal weight." Obesity is clearly a very complicated problem, related to genetic, physical and psychological causes. Obese mothers give birth to heavier babies who are more likely to become obese in childhood and adulthood. It is wrong to accuse obese people of being weak-willed for not doing enough push-aways (pushing away from the table).

In a similar vein, the May 1, 1981 "Family Practice News" reported that obese people fall into two categories, "large volume gorgers or nervous nibblers." The difference is important, because there is a new operation being done to help those who are binge eaters, but it is of no help for the nibblers. It is called gastric stapling. In this procedure, a large stomach is stapled so it becomes a small stomach. The procedure is much safer than the older intestinal bypass operation, which causes a lot of later problems. The stomach stapling operation prevents people from eating a lot at one time.

The people who benefit most from the operation are those who have been obese since childhood or adolescence, lack significant psychological problems and can eat enormous quantities of food at one time.

Those who aren't helped tend to snack a lot, eat as a response to stress, and like sugary foods. Therefore, those considering this operation need to have careful screening beforehand to determine who is likely to be helped. Thorough evaluation of eating history and psychological testing can be a big help.

Only people who are considered morbidly obese would be candidates for this type of operation. They need to be at least twice their ideal body weight for at least five years prior to surgery. One way of calculating ideal body weight in men is to count 115 pounds for the first five feet tall and add four pounds for every inch above five feet. For women, it is 110 pounds for the first five feet and 3½ pounds for every additional inch. Then for both you add or subtract up to eight pounds, depending on body frame size. One way of estimating this is to measure wrist size. Very muscular people need to add even more weight to figure their ideal, because muscle is denser than fat.

The benefits of losing weight include lower blood sugar and blood pressure, less strain on the weight-bearing joints (back, hips, knees, ankles, feet), less strain on the heart and improved sense of well-being.

The joint problem can be especially severe in later life. Many long-time obese people develop arthritis in the joints and have a great deal of difficulty just trying to walk. It is logical that this should happen, because these joints have been under much more strain than those of normal weight people for years. Most of the people having joint replacement surgery (hip and knee) have been overweight for 30 years or more.

There is hope, then, that at least the binge-type eaters can be helped to lose a large amount of weight by the gastric stapling operation. It is expected they will develop fewer problems in future years.

It appears that some obese people may be helped more than others to lose weight. One thing we all can do is stop judging obese people and discriminating against them. They don't eat more than the rest of us. Many such people have a low self concept. They don't really like themselves. If they hear from others that they are less worthy because of being fat, this often makes them feel even worse. They are even less able to face the problem. Only by hearing good things about themselves are they able to try to change. If you have questions about this, consult your family doctor.

Senior News

A senior citizen bus trip to Bonneville Dam to see the model of Willow Creek dam is scheduled for Monday, July 27. The bus will leave Heppner at 8 a.m. For more information call 676-9621.

A July 29 birthday meal will be held Wednesday at noon at the Morrow County Fair

Grounds. All July birthdays will be celebrated and a drawing for a birthday gift will be held at this meal.

Senior citizen meals are being served every Wednesday at noon at the Morrow County Fair Grounds in Heppner.

Heppner Senior Mealsite resumes; 90 attend

The first meal held at the new Heppner Senior Mealsite, on July 15 at the Morrow County fairgrounds, saw 90 people present. There were 64 persons representing Heppner, Ione and Lexington and 26 guests from LaGrande, Pendleton, Meacham, Condon, Irrigon and the John Day area.

Those present enjoyed a meal of Salisbury steak with mushroom gravy, mashed potatoes, buttered peas and carrots, vegetable plate, juice, homemade yeast rolls and peach crisp. The new cook is Mrs. Gary (Cherrie) Clark of Heppner.

Entertainment was provided by Doug Marquardt who played the piano and saw. He played before and after the meal and it was enjoyed by all.

The Rev. Shelton of the First Christian Church in Heppner gave the blessing and announcements were given by Mrs. Bob (Babe) Harris. She also conducted the drawing of the five door prizes. Each person whose name was drawn received a complimentary ticket for a free meal. Those whose names were drawn were Daisy Collins, Marvel Jones, Maxine Gray, Gladys Jewel and Marie Steagall.

The tables were decorated with flowers from the yards of Clayton Ayers and Bill Collins.

Those who ride the bus from Ione and Lexington to the mealsite ride free of charge. For reservations from Ione call Doris Gollyhorn, 422-7512, and from Lexington call Truman and Leta Messenger, 989-8518. Heppner seniors desiring a ride to the fairgrounds may call Mary Nikander, 676-5571, or Bill and Daisy Collins, 676-9947.

Following the meal at 1:30 p.m. the bi-monthly meeting of the Morrow County Advisory Committee was held in the board room at Columbia Basin Electric.

Staff personnel from AAA (Area Agency on Aging)

Heppner golfers attend Kinzua visitation

Thirteen Heppner golfers took part in an interclub visitation held at Kinzua July 19.

Results for that meet were as follows:

WOMEN
 Gross: 1st - Pat Edmundson; 2nd - Bev Wilson; 3rd - Muriel Palmer. Long drive went to Pat Edmundson.

MEN
 Gross: 1st - John Edmundson; 2nd - Ray Massey; 3rd - Chuck Starks; 1st - Don Lott; 2nd - Rick Johnston; 3rd - Elmer Palmer. Ray Massey took long drive and Bob Jepsen, K.P.

Farm safety week proclaimed July 25-31

By BOB COSTA,
 Morrow County Ext. Agent

President Reagan has proclaimed July 25 - 31 as National Farm Safety Week. "We must not take the miracle of American agricultural abundance for granted. An unacceptable number of farm accidents cripples people and threatens production," says the President.

Now that harvest is getting into full swing, make sure there are adequately stocked first aid kits in your combines, trucks, and shops. Fire extinguishers should be checked for proper contents and pressure. With the abundant straw in most fields this year, be sure to keep straw and chaff away from exhaust systems. Let's make it a safe, as well as successful harvest.

WHEAT EXHIBITS FOR FAIR

Morrow County wheat growers are reminded to save some wheat for exhibit at county and state fairs. One peck (2 gallons) is required, but a small amount should be included for cleaning losses.

Morrow County Fair Grain Superintendent Bill Rawlins will clean exhibits that are brought in by Sunday, August 23, or before. It will be to the exhibitors advantage to have

their exhibits cleaned this year.

To be eligible for state fair, grain, grass, and hay sheaves must be three inches or larger in diameter at the butts, cut near ground level, and tied tightly with string. Smaller sheaves will be accepted at the Morrow County Fair.

For more information, see the 1981 Morrow County Fair Premium Book and the Oregon State Fair Premium list.

FLOUR BEETLE

It's quite a shock to find your bag of flour or grains on the kitchen shelf infested with insects, but it's not uncommon. The small red-brown flour beetle and the medium size, gray flour moths are sometimes found in the best of homes.

If you have these insects in your kitchen, a thorough cleaning of the storage area is usually the only control necessary. If you feel and insecticide is required, use one of the pressurized sprays designed for household use. Remove all food and dishes before treating all the cracks and corners of your shelves.

To prevent attack, store all flour, grains, dried cereals, nuts, and dried fruit in containers with tightly sealed

Heppner News

The weeks from early June through late August are popular times for pre-school and school-age grandchildren to come to Heppner to visit grandparents. Rachel and Ed Dick have had all four of their children -- Stuart, Ladd, Erin and Kevin -- home during the last three weeks along with a fine assortment of grandchildren. A special event the family enjoyed was a birthday party and picnic celebration of Grandpa Ed's birthday.

Ida Farra's three grandchildren and their dad Jim have departed now. Bebe and Riley Munkers have had visiting grandchildren from Portland.

The Munker's next-door neighbors, Avon and Arnold Melby, have returned from their eastern vacation trip where they joined Arnold's family. They were with

food items that are infrequently used.

daughter, Sue, and her family over July 4 in Pocatello. Now their daughter, Kathy, is here from Ohio with her two sons.

Heppner visitors Tuesday and Wednesday of last week were Elaine (Hilton) and Dale Hamlin and their sons, Gary and Craig, from Darrington, Wash. The Hamlins were visiting David and April (Hilton) Sykes and Christopher and Andrew on their way back from a vacation in Montana.

Elaine and April are cousins, but had never met, so they really enjoyed visiting and tracing Hilton family history. While in Heppner the Hamlins cooled off in the Heppner pool and Elaine and Craig toured the museum and courthouse while Dale and Gary helped put out the Gazette-Times.



It wasn't until the first century A.D. that cats were mentioned by European writers. There is no record of them in India until after the second century B.C.

WE'RE THERE WHEN YOU NEED US

TRUCK
TIRES



COMBINE
TIRES

HARVEST IS HERE AND WE HAVE IN STOCK COMBINE AND TRUCK TIRES FOR YOUR EVERY NEED!!

DAY OR NIGHT

Call These Numbers For

24-HOUR SERVICE

989-8221

989-8546

(After Hours)



"You can count on us"

CENEX

Morrow County
Grain Growers INC.

989-8221

LEXINGTON

OSTOMY SUPPLIES
 Orchard Pharmacy

945 W. Orchard Ave. Hermiston, OR 97838

HOLLISTER 567-3511 SQUIBB