

## Medical Meanderings

### Nutrition and Athletics

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You are what you eat, right? Right! Athletes need to build up their muscles which are made of protein, right? Right! Therefore, athletes should eat lots of protein, mineral and vitamin supplements to achieve the greatest muscle mass and increase their strength, agility and endurance, right? Wrong! Protein, mineral and vitamin supplements are useless for athletes who eat a nutritious diet. Muscle mass is increased only from muscle work, not from any food supplement. Likewise, agility and endurance only come with athletic training.

The ideal diet for an athlete, then, is one involving the four basic food groups — meat, fruit and vegetables, breads and cereals and dairy products. Additionally, often expensive food supplements are not necessary if one has twelve servings of the four basic groups in three regular meals a day. Likewise, there is no place in athletics for anabolic steroids (male hormone pills or injections) which can have many harmful effects. Vegetarian diets can be quite nutritious, though they require understanding and planning to get adequate protein in conditioning programs. As mentioned, the athlete should have three full meals a day. Morning and noontime meals are especially important to generate energy for afternoon training sessions. High school and college athletes commonly fail to achieve this.

Family mealtime is less common in our society today. Eating has become a "catch as catch can" thing — fast food chains, ready prepared frozen dinners and canned mishmashes. The busy athlete-student of today often shortchanges eating time, rapidly gobbling such high calorie concoctions at odd hours, or skipping meals altogether. It is very important for meal times to be relaxed and pleasant, enjoyed with other people. Also, the hour or so after meals should be restful, to allow for digestion as blood supply shifts away from muscles to the stomach and intestines. Learning good eating habits will help the athlete throughout the rest of his or her life.

#### Losing Weight

Certain sports, such as gymnastics, distance running, wrestling, swimming, and figure skating demand top conditioning and loss of body fat to a minimum — often as low as 5 percent of body weight in men and 10 percent in women. Percent body fat can easily be calculated by measuring the thickness of the skin fold under the triceps muscle on the back of the upper arm. Those who need to lose weight should do so well in advance of the time of competition. They should not lose more than two or three pounds per week. A good program would be as follows: 1) eating three nutritious meals a day, without between-meal snacks, large portions, second helpings, or high-calorie desserts (about 2,000 calories per day total); 2) daily exercising for one to two hours. This 2,000 calorie per day diet will support muscle growth and provide energy for conditioning, while at the same time will be 1,000 to 1,500 calories short of total calories burned per day. Therefore, since it takes 4,000 calories burned to lose a pound, a two-to-three pound weight loss could be expected per week. If an athlete needed to lose fifteen pounds to achieve ideal competing weight, he could realistically expect to take at least six weeks to arrive at his weight goal on this program. Those people who try to go on strict reducing diets of 1,000 calories or less per day end up losing muscle mass which will cause diminished strength and endurance.

The athlete should check his weight only once a week to monitor progress. Too frequent checking leads to discouragement because water shifts can make weight appear to increase while dieting. A diet record for a few days can also be helpful. Here, the athlete keeps track of everything eaten for several days to see if he really is eating the correct type and amount of food.

#### Weight Gain

Some sports, such as football, weight lifting and weight events in track emphasize weight gain. Again, only by gaining one to two pounds per week while actively working out daily will the weight gain improve performance. Just increasing fat without building up muscle mass and conditioning does no good.

A common problem during the athletic season is failure to consume enough food energy to maintain competing weight. Some very active people burn up 6,000 calories a day with a vigorous training schedule. Although they need a little extra protein, the majority of their extra calories should come from the high energy breads-cereals and fruits-vegetables groups. Failure to eat enough calories causes accidental weight loss and decreased athletic performance as the season progresses. If calorie requirements are high, five or six meals a day may be needed.

#### Body Water And Salt

Body water and salt are essential for numerous cell functions. All the body's transport functions (moving oxygen, nutrients and waste) are dependent upon water. The massive amounts of heat generated by exercising is lost through water by sweating. Although this sweat tastes salty, the actual amount of salt lost is not great. Therefore, salt tablets are not needed and may actually be harmful by raising body salt levels too high. They have no place in athletics. If body water and salt levels are abnormal, serious problems and even death can occur within a short time.

The ideal beverage for an athlete is plain, cold water. Athletes should drink water before they get thirsty in competition, if possible. If they wait until the brain indicates thirst, they will already be mildly dehydrated. The same is true for all of us on a hot day when we perspire. Drink to prevent thirst, instead of waiting for it to occur. Loss of as little as 2 percent to 3 percent of body weight will result in high temperature and heart rate, along with increased fatigue and poor performance. The American Dietetic Association recommends that about two hours before competition, the athlete slowly sip about 21 ounces of cold fluid. Then 10 to 15 minutes before the event, he should drink another 14 to 17 ounces of water.

It is obvious that nutrition plays a key role in the success of the athlete. After all, you are what you eat, right?

If you have questions about this topic, ask your family physician.

## Oregon seniors score higher on SAT test

Oregon scores on the Scholastic Aptitude Test have increased, State School Supt. Verne A. Duncan announced recently at a press conference.

Last year's college bound seniors in Oregon scored 431 on the verbal test. That's three points higher than the previous year and seven points above the national average of 424.

On the math test, Oregon seniors scored 469, four points higher than the previous class and three points above the national average.

The national scores on both tests remained the same for the first time in 12 years, while the Oregon scores on both tests increased for the second time since 1972, the first year state scores were compiled.

"Naturally, I'm encouraged by the increase," Duncan said. He said the SAT is seen by the public as the Dow Jones of education performance. "The SAT gives the public

something to hang its hat on, but an increase or decrease of several points should not be overplayed." The scores are on a scale of 200 to 800.

Duncan said Oregon seniors outscored their national counterparts on nine of the 12 achievement tests. The Oregon average on all achievement tests was 573. That's 41 points higher than the national average.

"The SAT measures a student's apparent potential for success in college, while the achievements tests measure what a student has actually learned," Duncan added.

Some 13,033 Oregon seniors took the SAT. That's about 250 more than the previous year.

Oregon boys outscored girls on both the verbal and math tests. Boys scored 436 on the verbal, four points above the previous year, while girls scored 427, three points higher. Boys scored 496 on the math test, one point higher,

## Local 4-H'ers participate in State Fair contests

A number of Morrow County 4-H'ers traveled to Salem to participate in contests at the state 4-H events, as well as two older girls working as student staff there.

Julie Grieb, Lexington, and Joan Doherty, Ione, were among the college-age students employed by 4-H to keep things running smoothly all through the state fair. Julie worked in the 4-H building, and out in the barns with the livestock events. Joan was on duty in the 4-H building where all home ec. exhibits, contests, and related events are housed.

Diann Morter, Ione, repeated her county championship main dish for the state fair crowd, with aromas of the delicious crab casserole enticing the audience to stay around for samples.

Kimberly Hughes, Heppner, and Angie Evans, Irrigon, showed their garments and

style in the second of three big fashion shows in the 4-H auditorium. Each of the more than 100 girls participating in the fashion show had earned top honors and blue ribbons in their home county, which then allowed them to be a part of the state fair revue.

Dawn Timms, Irrigon, traveled to Salem to earn blue ribbons in both western equitation and showmanship, in the 4-H horse show which started even before Morrow County Fair.

The opportunity to participate in 4-H state fair events is earned with blue ribbons at county fair...and gives local 4-H members an opportunity to see the many other things 4-H'ers are doing throughout Oregon. Several others who were eligible to participate in the state event were not able to do so because of school events and activities.

## IUCC women attend Fall Cluster

Ten women from the Ione United Church of Christ joined with women from The Dalles, Enterprise and Condon for the Fall Cluster meeting on Tuesday, September 29. The meeting was held in the Condon Church as one of six fall

cluster meetings throughout the state.

State President, Anne Gordon of Hillsboro conducted the meeting. Rev. Ann Smith of Portland was the inspirational leader on the theme "The Emerging United Church of Christ: The Past, Present & Future."

Plans for hosting a woman from a Third World country during 1982-83 were discussed. The purpose would be to become aware of the role of women in the world and to be linked with women around the world in common tasks.

Katherine Lindstrom, Eastern Oregon representative, was present and will attend the November 16 meeting of the State Board.

**Nancy Brownfield** South Morrow County Area Coordinator  
**BLUE MOUNTAIN COMMUNITY COLLEGE**  
Call **676-5039** for information about college classes & programs  
**NEW HOURS:**  
9 a.m.-4 p.m. Tues. & Thurs.  
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## PUBLIC MEETINGS

Wed., Oct. 21 - Pioneer Memorial Hospital Board, Hospital, 9:30 a.m.; Morrow County Court, Courthouse, Heppner, 10 a.m.

Mon., Oct. 26 - Morrow County Planning Comm., Courthouse, Heppner, 8 p.m.; Heppner Fire Dept., Fire Hall, 7:30 p.m.

Wed., Oct. 28 - Heppner Public Library Board, Library, 8 p.m.; Morrow County Court, County Building, Irrigon, 10 a.m.

**BARGAIN of the MONTH**  
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**MORROW COUNTY WHEAT GROWERS LEAGUE ANNUAL FALL MEETING**  
**FRIDAY, OCT. 16**  
**HEPPNER ELKS LODGE**  
**Dr. Norm Goetze, OSU Extension**  
**will be speaking on Yemen**

**PUBLIC INVITED!**  
**6:30 Buffet Dinner**  
Ham, Turkey, Beef  
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Part of Meal Sponsored by M.C. Wheat Growers Assoc.  
Awards Presentation After Dinner  
**COMMITTEE MEETING**  
**AT 1 p.m.**

**Social Hour 5:30**  
Hosted by MCGG  
Music with the Gene Rietmann Combo

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