

## Sugars misunderstood by consumers

Sugars, a chemical term referring to a group of carbohydrates, may be well-loved but they are much misunderstood by consumers, says Dawn C. Hawkins, county extension agent.

Fructose, high fructose corn syrup, dextrose, lactose, molasses, turbinado and honey are all names of sugars. Sucrose, common table sugar, is chemically composed of equal amounts of glucose and fructose.

"Fructose contains just as many calories as glucose on a weight basis, however, it is a bit sweeter than glucose," Ms. Hawkins notes. "Honey contains more fructose than glu-

ose, but is a rich source of both sugars—as well as calories.

Those who say that sugar use in the U.S. is down are distorting the facts, says Joan B. Weiner, Oregon State University Extension foods and nutrition specialist. Sucrose use is down somewhat, but this is due to the greater use by the food processing industry of high fructose corn sweeteners (H.F.C.S.). During 1980-81, price increases in beet and cane sugar made corn sweeteners more attractive. Food processors built new plants to produce H.F.C.S. Now corn sweeteners command 21 percent of the

market for caloric sweeteners.

H.F.C.S. is roughly one-third to one-half less expensive than sugar (sucrose). Soft drink bottlers have quickly adopted the use of H.F.C.S. The caloric value of soft drinks containing both sugar and H.F.C.S. is about equal to traditional sodas.

"While the per capita use of caloric sweeteners stood at 124.9 pounds, about a half-pound shy of the all-time record set in 1982," Weiner reports.

As with salt, another popular flavoring, most of the sweetening of food occurs outside of the home. Processors add about 62 percent of the sucrose and almost all the corn sweetener to foods and drinks. The average consumer uses about 27 pounds of sugar at home or in restaurants. The 98 pounds of caloric sweeteners are "hidden" in soft drinks, baked goods, breakfast cereals and other foods.

"Although sugar consumption has been linked to numerous types of behavioral abnormalities, scientists have been unable to confirm these relationships," Weiner adds.

## D.A.'s Report

Ernest King, 37, of Irrigon, pleaded guilty to Fourth Degree Assault in Morrow County Circuit Court on July 22, reported Morrow County District Attorney Richard McNeerney. A charge of First Degree Criminal Mistreatment was dismissed.

King was sentenced to receive treatment from Morrow County Mental Health Services until released and was placed on probation for one year.

In other news, McNeerney reported:

— Albert Lee Corey, 31, of Lexington, pleaded guilty to Negotiating a Bad Check, a Class 'C' Felony, in Morrow County Circuit Court on July 22. He was sentenced to three years probation with the Oregon Corrections Division. He must also make restitution to all victims in the amount of \$154.18 and cannot have a checking account for two years without a cosigner.

— James McNeil, 19, of Irrigon, was sentenced in Morrow County Circuit Court on July 22 to three years in the Oregon State Penitentiary for being an ex-convict in possession of a firearm. This sentence is to run concurrent with a two-year sentence he is presently serving for a parole violation.

## Crop Report

The Oregon Crop and Livestock Reporting Service has released the following Crop Report:

### Oregon

Oregon growers intend to harvest 1,055,000 acres of all wheat in 1983, 12 percent less than in 1982. This is the lowest acreage of wheat for harvest since 1973.

The winter wheat harvested acreage, at 970,000 acres, is expected to be 12 percent below last year. Planted acreage at 1,050,000 acres is down 11 percent from 1982. Spring wheat, at 85,000 acres for harvest, is down 15 percent from last year. Planted acreage of spring wheat, at 90,000 acres, is down 18 percent from last year.

The acreage of barley for harvest is estimated at 270,000 acres, 23 percent above 1982. Planted acreage of barley, at 290,000 acres, is 26 percent more than last year. Oats to be harvested for grain is estimated at 65,000 acres, 28 percent less than 1982. Planted acres total 115,000 acres or 18 percent below last year. Corn for grain is estimated at 20,000 acres, 41 percent below last year. Acres of corn planted for all purposes, at 50,000 acres, is 23 percent below 1982. Rye to be harvested for grain is estimated at 4,000 acres, compared with 5,000 acres harvested in 1982. Alfalfa hay for harvest is estimated at 440,000 acres, five percent above 1982. All other hay, at 690, acres, is six percent above last year's harvested acreage. Sugar beet acreage for harvest is up three percent to 10,600 acres.

### United States

Feed grain planted acreage (corn, sorghum, oats, and barley) totals 103 million acres, down 16 percent from 1982. Acreage intended for grain, placed at 81.6 million acres, is 24 percent below last year.

All wheat acreage seeded is estimated to be 76.6 million acres, down 12 percent from 1982. Other spring wheat, at 11.6 million acres seeded, is 30 percent below 1982. Winter wheat acreage for harvest, at 47.7 million acres, is 18 percent below last year.

Food grain seeded acreage (wheat, rice and rye), at 81.7 million acres, is 12 percent below 1982. Acreage harvested and to be harvested for grain is placed at 64.5 million acres, down 22 percent from 1982.



Four states have active volcanoes: Washington, California, Alaska and Hawaii.

## Sheriff's Report

The Morrow County Sheriff's Department at the Morrow County Courthouse in Heppner handled the following calls, cases and reports during the past week:

On July 20, Charles Andrew Vandetta, 38, of Heppner, was arrested by Heppner City Police for alleged hit and run.

On July 22, the Heppner Fire Department responded to a grass fire at the John Ledbetter ranch.

On July 23, Joseph Wimberly Scott, 68, no address available, was arrested for allegedly being in violation of a restraining order. He was released pending a court hearing.

In a second July 23 incident, Neira Maria Gutierrez, 24, of Irrigon, was arrested on a Umatilla Police Department warrant for alleged failure to appear. She posted bail and was released.

In another July 23 incident, a Boardman ambulance responded to a call at the Nugget Motel in Boardman. Two females were transported to Consolidated Good Shepherd Hospital in Hermiston.

In yet another July 23 incident, the Boardman Fire Department responded to a brush fire on Tower Road near the freeway.

On July 24, the Heppner Police Department arrested Dean Michael Rottini, 22, Salt Lake City, Utah, for alleged possession of stolen property. He was lodged at the Umatilla County Jail.



The earth's surface holds 324 million cubic miles of water.

## Recreation Report

The Umatilla National Forest office in Pendleton has released the following Recreation Report:

Heppner Ranger District  
All roads are open, although travelers may encounter occasional mud holes or downed trees. Travelers may want to carry axes and shovels. Please watch out for extensive logging traffic district wide. Penland lake is open for fishing and the conditions are good. Bull Prairie Lake is also open and the conditions are fair. Bull Prairie and Fairview campgrounds are open and water is available. The Heppner District Office is open on Saturday and Sunday, 7:30 a.m. to 2:30 p.m., for further information.

Ukiah Ranger District  
Frazier, Lane Creek and Bear Willow campgrounds are open for public use on the Ukiah District. Restrooms and picnic tables are presently being refinished. There will be no water or garbage services provided at any of these campgrounds. Forest Service Roads 5412 and 5425 are drivable though not recommended for travel by vehicles with low clearance as these roads are under construction and conditions are rough. Road 54 (Pearson Cr.) is under construction from Road 5412 to Highway 244. Road 53 (Western Route) is open for travel, numerous potholes have been reported and the road is now being patched. Road 52 (Ukiah - Granite) is open to travel and the conditions are good. All trails on the Ukiah Ranger District are open and in good condition. Fire danger is low - Class A, rivers and streams are normal and there is no snow remaining.

## Local couple wins \$200 in 7Up game



Rusty and Angie Estes of Heppner fill their grocery cart with free groceries at Central Market. The couple won \$200 in groceries from the store in 7Up's "Count Up Cash - Not Caffeine" game.

"I was really surprised, Rusty said, "I didn't think they really had winners."

## Annual Morrow Co. Picnic in Laurelhurst Park, Portland

Sunday, August 7

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## Local news bits

Mrs. Burl Coxen of Salem, formerly of Heppner, visited her brother, Clayton Ayers, and his wife, over the weekend. One of the highlights of her visit was attending the dedication ceremony for the Willow Creek Dam.

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