

Maintaining weight a matter of calories

Calories do count for millions of Americans who are watching their weight. Maintaining your weight is a matter of caloric balance. To avoid weight gain, calories eaten must balance calories used.

Many people do not know how many calories they're consuming. Nutrition labels list calories per serving, but many packages and containers have more than one serving. For example, some beverage bottles have two 8-ounce servings, which means the calories stated on the label must be multiplied by two. Whether labeling total calories per container would curb excess consumption is unknown.

Americans also may not know how much exertion is needed to work off that extra

cookie or serving of French fries. If you weight 150 pounds, burning the 100 calories in one tablespoon of butter would take about 25 minutes of walking at a medium pace (20 minutes per mile), 24 minutes of vacuuming, 19 minutes of shooting baskets, 17 minutes of digging in the garden, 15 minutes of mowing the lawn with a power mower, 12 minutes of climbing hills, or 11 minutes of jogging (12-minute miles).

Physical activity becomes more important as we age. Our resting metabolic rate (calories burned by our bodies at rest) slows as we lose muscle tissue. For men over age 19, the resting metabolic rate decreases 10 calories per year; for women it decreases 7 calories per year. To maintain his

weight, a 40 year-old man would have to eat 200 calories less each day or burn that amount through physical activity.

Having more muscle increases your resting metabolic rate. You can increase muscle through physical activity. Adults are advised to get 30 minutes of moderate physical activity five days per week. All types of activity accumulate toward the total, including pushing a stroller and playing with kids.

About 40 percent of adults don't engage in any leisure-time activity. We're becoming more sedentary as we spend hours in front of computer or TV screens. "Get moving" is good advice.

(Source: Carolyn Raab, OSU Extension Food & Nutrition Specialist)

Oregonians pay less for car insurance

Oregonians spend less than the national average for personal automobile insurance, according to a recent report comparing premiums nationwide.

The estimated average expenditure per insured vehicle for personal auto insurance in Oregon was \$682 in 2002, compared with the national average of \$774.

The report is prepared annually by the National Association of Insurance Commissioners (NAIC), which is comprised of state insurance regulators.

"Oregonians benefit from having a stable, competitive

marketplace," said state Insurance Administrator Joel Ario. "Many companies sell auto insurance, and consumers may be able to save money by shopping around."

Tips to help consumers save money on auto insurance are available on the division's web site <insurance.oregon.gov> under Publications.

According to the NAIC report, New Jersey drivers paid the most for auto insurance in 2002, with an estimated average of \$1,113, more than twice the cost in North Dakota, which had the lowest average expenditure at \$533.

Oregon auto insurance costs in 2002 were less than California (\$778) and Washington (\$788), but higher than Idaho (\$560).

Art Open House at Pacific Univ. on November 19

The community is invited to attend the fifth annual Art Open House at Pacific University on Friday, November 19 from 3-5 p.m. in Brown and Warner Hall on the Forest Grove campus.

The event includes tours of the Pacific art studios, demonstrations by students, and an exhibit of current student work. In addition, student works will be for sale in a wide range of mediums, including photography, jewelry, painting, ceramics, print making, drawing, and more.

The event is free and open to the public. For more information, contact Professor Jim Flory at <floryjb@pacificu.edu> or 503-352-2746.

Tips offered for getting the most out of your next health care provider visit

How can you get the most from a visit with your doctor or other health care provider? Providers face increasing pressure to see as many patients as possible. People can come in, see their provider, get a handful of prescriptions and instructions and be sent out the door, wondering, "What just happened in there?"

Dr. David Nardone has some ideas about how to get the most out of your visit. Nardone, a physician and member of one of the Washington County Disabilities, Aging and Veteran Services Advisory Councils, points out that when visiting your health care provider, there are three important things to remember.

The first is to Take Control – become an active partner with your provider. "You'll get the best help when you are a partner with your health care provider," he said.

Secondly, "come prepared. Bring a short list of your most important health concerns with you," Nardone explained. "Your provider will likely have a full schedule. By sharing your list of concerns, you'll make your time together as beneficial as possible." Patients give their providers important clues to make a good diagnosis and recommendations for treatment by being prepared to tell the provider what they think is going on.

Part of that preparedness, Nardone says, is for people to bring with them a list of all the medications, including herbal remedies and over-the-counter drugs, they are taking. If they have high blood pressure, it's most helpful for the health care provider to know the *average* blood pressure for mornings and evenings for each week preceding the visit. Random measurements aren't as telling. The same goes for people who

have diabetes: average results of morning and evening blood sugars for the preceding weeks give the best perspective.

During the visit, patients should be sure to ask their provider three questions:

- What is my *main* problem?
- What do I need to do as a patient?
- Why is it important for me to do this?

Nardone adds, "If your provider recommends a particular treatment, it's important to know why and how it will help. Always ask 'What are the benefits to me?' and 'What are the risks?'"

The third important point Nardone makes is, "Take a family member or friend with you to your visit. This person can help you ask your questions and make sure that your questions are answered. This person can be an advocate for you and even 'negotiate' with your provider, if need be. After your visit, they can help you recall what went on during the visit."

On your next visit, remember to:

- Take control – Help your provider help you, work as a team.
- Come prepared – Bring your lists of "must do" concerns, medications and questions.
- Include a family member or friend – This person can help clarify your treatment and help formulate a plan.

WELCOME ADDITIONS

Olivia Emira Lloyd

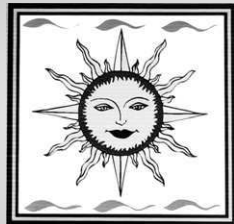
Olivia Emira Lloyd was born July 29, 2004, to Shawna Mulvey and Adam Lloyd of Vernonia. She weighed 7 pounds, 2 ounces and was 19 inches long.



She joined her sister Melissa and brother, Christopher, at the family home.

Grandparents are Brenda and Mike Kelly of Los Angeles, Calif., and Vicky and Larry Lloyd of Vernonia.

Great-grandparents include Betty Vaughn of Vernonia.



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