

Overeating, Unbalanced Diet Blamed Deaths From Heart Attacks, Strokes

Don't blame just "too many fats" in the diet for the high death rate from heart attacks and strokes, the president of Nutrition Foundation, Inc., emphasized recently at Oregon State university.

Other important factors that have to be considered include: Children, as well as adults, who are overweight, overeating (just plain "stuffing yourself"), lack of exercise, tension and an unbalanced diet, says Dr. C. G. King of New York.

Overeating and diets that are out of balance are the two biggest hazards to health, Dr. King insisted in a paper given at the second biennial Symposium on Foods sponsored by the Oregon State university department of food and dairy technology.

King is an internationally known biochemist who has won the highest honors for nutrition research and who is currently on a six-member United Nations committee studying nutritional problems and programs in various areas of the world.

Fat Conducive to Problems

The old feeling that it "doesn't matter if children and adolescents are too fat because they'll outgrow it" is not true, Dr. King said. Checks of health records have shown that overweight youngsters are much more likely to have heart and related problems when they get to be adults, he said.

"Overweight youngsters tend to be at a social and actually physio-

logical disadvantage," Dr. King noted.

Because they are overweight, they tend to be awkward and less active than others. This, in turn, adds to the problem because excess calories and fat are not burned up in the body.

The longer overeating and overweight continues, the harder it is to correct, Dr. King warned.

Overeating "Signal"
High cholesterol level in the blood is an "indicator" of heart attack potential but it is not very specific, according to the nutrition scientist. High blood fat content is also an indicator but perhaps is more a signal the individual is eating "too much."

"You can get fat without eating much fat," Dr. King explained. "It's a matter of eating more calories than needed."

Workers who do physical labor have a "fringe benefit of health" that isn't fully appreciated, King noted. Men and women who sit at a desk all day or do "pushbutton-type" work can run into trouble unless they get some exercise to tone up the body and use up the high calorie meals that characterize America.

Heart Attacks Appear Earlier

Studies reveal that heart attacks and strokes show up 15 years earlier among people in countries where overeating is prevalent (U.S., England, Western Europe, and cities of many other countries).

Nervous tension plays a part in the heart attack picture, too, the nutritionist said, though it has not yet been fully defined. High excretion of adrenal hormone has been found in the urine of some men working in tension jobs and these individuals have a high incidence of heart attacks even though their diet, weight and family history are in their favor.

There is a "genetic trend" evident, Dr. King continued, with more heart trouble evident in some families than others. Just how far this can be offset with proper diet, exercise, etc., is under study.

AUXILIARY VOTES TO AID VA HOSPITAL GIFT SHOPS

Plans were made to send funds to Veterans' hospitals in Oregon for Christmas gift shops and ciga- rettes when American Legion auxiliary members met Oct. 5 at community hall.

Included on the Thursday evening program was a talk by Mrs. Nellie Powell on government and a report on civil defense by Mrs. C. M. Pounds.

Mrs. Wesley Brown was not present to claim her award when her name was drawn for the pot of gold.

Mrs. Angie Cook received word recently of the birth of her fourth great-granddaughter, born Sept. 13 to Mr. and Mrs. John Davis in Anchorage, Alaska. The new baby, named Laura Lynn, is the first child of the Davis couple. The baby's grandmother is Mrs. Cook's daughter, Dorothy.

Price Named Master At Grange Election: Other Officers Told

Election of officers for the coming year was held Thursday evening when Oregon Trail Grange members met in regular session. Ira Price, Sr., was named grange master. Others chosen were Rommell Moss, overseer; Ellen Gardiner, lecturer; Duane Drydale, steward; Clara Price, chaplain; Tom Drydale, assistant steward; Lucille Runcorn, secretary; Clella Jamieson, treasurer.

Fern Runcorn, gate keeper; Lorene Gressley, Marguerite Moss and Shirley Drydale, graces; Violet Drydale, assistant steward.

Named to the executive committee were Russell Gressley, Frank Sherwood and Loyd Adams. Hall board members are Ellen Gardiner and Iva Adams. Shirley Drydale and Clarence Hart became members of the grange.

Eagles Auxiliary To Honor Official At Tuesday Dinner

Fraternal Order of Eagles auxiliary met Tuesday evening at Eagles hall in Nyssa with 21 members attending the business session.

Marjorie Brewer was winner of the door prize and Darlene Hamilton missed the jackpot prize.

Plans were made for a potluck dinner preceding the next meeting which will be held Oct. 17, honoring the official visitation of Madam State President Mary Chapman of Salem. Members having birthday anniversaries in September and October will also be honored.

Hostesses for the dinner will be Anna Wilson, Faye McGinnis, Ruth Collins and Sharon Jaques.

Ruth Collins, social committee chairman, reminded members to bring their recipes for the auxiliary cook book.

Members voted to postpone the Halloween costume party until Nov. 7.

Payette Conducts Initiation Ceremony For Three FFA Clubs (Miles Flake Reporter)

Nyssa, Vale and Ontario FFA chapter members met in joint session Oct. 3 at Boulevard Grange hall to initiate incoming greenhands and chapter farmers of each group.

Officers selected from each chapter performed opening and closing ceremonies. Conducting the initiation ceremonies for both greenhands and chapter farmers were Payette FFA chapter and Harry Hoch, adviser, who is also vo-ag instructor in Payette high school.

Members participating from the three chapters were President Hal Huffaker of Vale, Vice President Bob Burris of Ontario, Secretary Gary Buxton of Vale, Treasurer Dean Peterson of Nyssa and Reporter Andrew Child, also of Nyssa.

Pete DeVore of the grange welcomed the boys and granted them use of the hall at anytime. Carl Devin, district adviser, spoke to the group on "Letting Parents Know What the FFA Is and Does for Their Sons." He also expressed appreciation to DeVore for use of the building.

During a candlelight service, Payette chapter officers and their adviser directed and performed the ceremonies. Candidates were from all three chapters.

Installed for the Nyssa chapter were Dennis Ashby, Jay Garner, Roy Gibson, John Glascock, Steven Jensen, Dick McEwen, Larry Page, Robert Palmer, Leonard Phillips, Michael Peterson, Jack Price, Van and Vaughn Schulties, Mark Stephen, Dick and Jim Tracy as greenhands.

Installed as chapter farmers were John Lytle, Clayton Hiatt, Douglas Patterson, Mark Morton, Mark Poulsen, Joe Rodriguez and Gregg Duff.

District Chapters To Meet Locally

FFA Snake river district leadership conference will convene Oct. 26-27. Six state FFA officers—president, vice president, secretary, treasurer, sentinel and reporter—will be present.

Purpose of the conference is to train and strengthen local chapter officers, which include Nyssa, Vale, Adrian, Ontario, Baker and Halfway chapters. The confab will commence at 1 p.m. Thursday, Oct. 26 in Nyssa.

State officers will work with each chapter individually. They will iron out problems about leading their own FFA groups. Among other activities will be a five-minute impromptu speaking contest. New district officers will be elected.

In the evening the FFA will hold a luncheon. After the luncheon the different chapters will break up into separate groups, taking a state officer with them. Each group, with the aid of the state officer, will hold a leadership session the next day.

Interesting Reading Offered in Books Added Recently to Malheur Library

New books going into circulation Saturday, Oct. 14, at Malheur county library include the following:

"Kidnap: The Story of the Lindbergh Case" by George Waller. The complete retelling of one of the most famous U.S. crime stories.

"You Can't Count on Dying" by Natalie Harris Cabot. A non-medical study of the aging process, drawn from research findings of the Age Center of New England, headed by the author.

"Leisure—Time for Living and Retirement" by Margaret E. Mulac. A professional recreation worker here considers leisure time in terms of the retired person, emphasizing that old age should ideally mark the culmination rather than the beginning of interesting leisure time pursuits.

"Man and Leisure" by Charles K. Brightbill. A philosophy of recreation that shows how a satisfying recreative use of leisure time gives spark and meaning to human life and growth.

"A History of the Cold War" by John Lukacs. A history of the struggle between the United States and Russia during the last 15 years.

"The Old Man's Boy Grows Older" by Robert Ruark. In this sequel to "The Old Man and the Boy," the old man, his grandfather, is dead and the boy, Ruark himself, is middle-aged. The experiences they shared live on in Ruark's memory, however, as new sporting adventures in Spain, Africa and India remind him of the philosophical outdoorsman who taught him so many things.

"Mr. Laurel and Mr. Hardy" by John McCabe. Stan Laurel and Oliver Hardy are recalled with affection and respect in this well-written account.

"Secrets of Chinese Cooking" by Tsuifeng Lin. Lin Yutang contributes an introductory essay on the art of Chinese cooking and dining to a cookbook written by his wife and daughter.

"How to Keep House" by Mary Davis Gillies. A complete guide to an efficient household.

"Hear Us, O Lord, From Heaven Thy Dwelling Place" by Malcolm Lowry. A posthumous collection of original and compelling stories by a widely traveled Englishman who in the two longest pieces writes memorably of an almost fatal sea voyage and a young married couple's idyllic life on the British Columbia coast.

"Play Activities for the Retarded Child" by Bernice Wells Carlson. A sensible, matter-of-fact guide intended primarily for parents but also useful for recreation leaders and teachers of retarded children.

"Not to the Swift" by Tristram

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Community Group Begins Rehearsals For Yuletide Program

Valley orchestra and chorus members have started preparing an inter-community Christmas program, according to Director Charles Clauser.

The program will be presented in three parts—orchestra alone, orchestra and chorus, and chorus alone. Members of the orchestra have already started practicing.

First rehearsal for the chorus will be held Oct. 17 from 8 to 10 p.m. in the Ontario high school. Practice will be held every Tuesday night thereafter. Anyone desiring to sing with the chorus is welcome, the director said. More information may be obtained by calling Mrs. John Briehl in Nyssa or Director Clauser.

The program will first be presented Dec. 10 in the Ontario high school and again Dec. 11, either in Payette or Vale.

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VALE TRACTOR OPERATOR ADMITTED TO HOSPITAL

Eston "Dick" Wilson, route 2, Vale, was admitted Oct. 9 to Malheur Memorial hospital for observation. He was found unconscious between the cab and track of a tractor he had been operating while at work on the Owyhee road project.

Hospital authorities report that he is resting comfortably but it is still unknown what had happened to him. Co-workers who found him were unable to give any information as to how he was injured.

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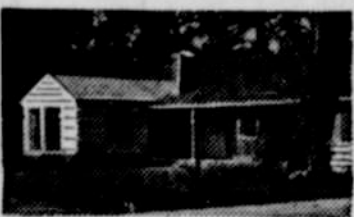
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