

Health counts

Residents agree with surgeon general

By C.J. RISAK

"Americans are killing themselves needlessly."

So says Surgeon General Julius Richmond. In a report released last week, Richmond maintained that Americans have improved their health significantly in the past two decades, but there are still areas in which much could be done.

Richmond's report centered around preventive methods which could help cut health costs and reduce the number of accidental deaths.

The four areas Richmond's report dealt with were: smoking, drinking poor diet and preventable accidents. Cutting down on the first two and forming better habits concerning the last pair would greatly reduce health costs and improve the American health picture, according to his report.

Despite the trend to quit smoking which began in the early '60s, it remains a hazard. Excess of drinking and poor eating habits also pose threats to Americans' health.

Simple measures such as wearing a seat belt on a regular basis would cut down on traffic deaths and serious injuries.

In a poll conducted in downtown Farmington last Thursday, everyone questioned agreed that there are still indeed impose health problems to many Americans.

"I KNOW THAT dogs and cats get a better diet than we do one-third of the time," said Glenn Grace, who works at Grace Insurance office and is a member of one of the oldest families in Farmington.

"One-third of our (people in American) meals are eaten out," Grace said. "And if you go to some of those fast food places, then you eat worse than



GLEN GRACE



FRAN CHRISTIANSON

dogs and cats do. Their food has better nutrition.

Grace does not smoke or drink and he watches his diet.

"I stay away from sugar and white flour," he said, and explained that he has been racing cars for the past few years, so he's "used to buckling up."

Water loss survey is now under way

Farmington water customers east of Drake might experience periods of low water pressure and slight water discoloration in the next 8 to 10 weeks.

The Department of Public Services (DPS) is in search of large water leak in the city system, according to Earl Billing, DPS director.

Low water pressure and discoloration will happen as crews open and close water valves. The discoloration

will disappear if the homeowner allows the water to run for a short period. Excavations at various locations will be necessary to provide proper access to the water main, according to Billing.

The survey will be conducted between 11:30 p.m. and 6 a.m. Persons experiencing problems with water service should contact the DPS between 8:30 a.m.-5:30 p.m.

"I may not be average," he said. "I guess I lead a pretty boring life."

Chris Burke is a student studying occupational therapy at Eastern Michigan University. While agreeing that these problems do pose a threat to American health, she does not smoke, drinks rarely, but admitted to not wearing a seat belt or getting regular check-ups.

"I put it off more than I should," Burke said when asked about receiving regular physical examinations. Still, she feels Americans are moving in the right direction.

"People are beginning to get more concerned (with health)," she said. "At least the recent trend has been in that direction."

Fran Christianson of Farmington gave up smoking a year ago and watches herself closely in the other areas most often neglected by Americans. She doesn't drink often, gets a physical "once a year," and wears her seatbelt.

"It's (wearing a seatbelt) a habit, Christianson said. "Even if I'm going just a short distance, from here to there."

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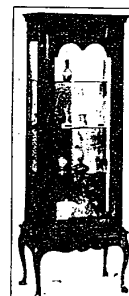
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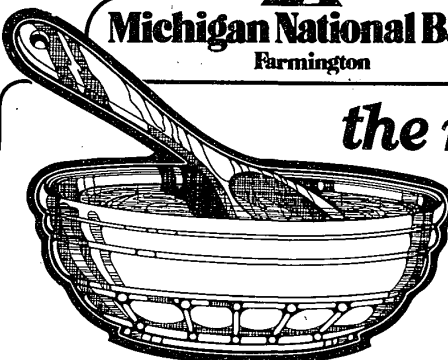
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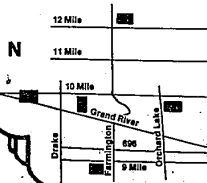


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