

## Dear Abby:

### Former fatty says hippos are dishonest

DEAR ABBY: This is for the woman who admits to being 65 pounds (29 kilograms) overweight but insists that she is "happy, popular, good-looking, well-dressed and couldn't care less what other people think." If she really believed this, she is not being honest with herself, so how can she be honest with others?

I have yet to meet an obese person who was totally honest. Generally speaking, they cheat on diets, lie about how much they eat and what they weigh. They even lie about having a thyroid condition.

Men prefer feminine women, and there's nothing feminine about hippos. They can't walk ladylike, they can't sit ladylike and God forbid they should have to run. And if they were to see a moving picture of themselves walking away from the camera, they would never wear tight pants in public again.

In case you think I'm a skinny person with no understanding of the fat person's pain, let me assure you that I am a former fatty who is constantly fighting the battle of the bulge.

BEEN THERE

DEAR BEEN THERE: Not all fat people fit your stereotype. Some are honest, self-confident and able to accept themselves as they are. Witness "The National Association to Aid Fat People," a newly formed organization dedicated to fighting discrimination against obese people, assuring them that fat is fine and nothing to be ashamed of.

DEAR ABBY: A reader complained, "Although my boyfriend is very affectionate, I wonder why he never says, 'I love you.'" You replied, "Perhaps he isn't ready to make a commitment yet." Abby, I am definitely ready to make a commitment to my girlfriend, but I, too, find it very difficult to say, "I love you."

In college, I had a Japanese roommate who said, "If a Japanese boy were to tell a girl he loved her, she would become very uncomfortable and wonder what he expected of her in return. Oriental men express their affection in more subtle ways such as doing nice things for a girl or giving her small gifts."



Abigail Van Buren

He also said that when American couples kiss in public in Japan, it causes a great deal of embarrassment and curiosity among the Japanese, who are unaccustomed to such a display of emotion in public. I think we Westerners would do well to adopt the Oriental custom of keeping one's emotions under control.

Z.A.R.

DEAR Z.A.R.: It's true that controlling one's emotions certainly would reduce the incidence of accidents among the Occidents as it does among the Orientals. But it will never play in Peoria, Paris, Palm Springs or Passaic.

DEAR ABBY: I am a grandmother, and as one might expect, I am placed in competition

with the other grandmother. I don't believe in buying my grandchildren's love by bringing them presents every time I go to see them. However, the other grandmother does, which is her privilege. We all live in the same city.

The grandchildren have been conditioned by the other grandma to expect a gift every time a grandparent visits. I really love them, but I want them to be glad to see me for myself—not for what I bring them.

I become slightly irritated when the little ones invariably come running to greet me with, "What did you bring me?" I refuse to submit to this subtle form of blackmail. Any suggestions?

NO GIFT GRANNY

DEAR GRANNY: Your grandchildren will soon be conditioned to expect no gifts from you. Hang in there and concentrate on cultivating their love in other ways until their values mature—as they will in time.

Do you have questions about sex, love, drugs and the pain of growing up? Get Abby's new booklet: "What Every Teen-ager Ought To Know." Send \$2 and a long, stamped (28 cents), self-addressed envelope to: Abby, Teen Booklet, 132 Lasky Drive, Beverly Hills, Calif. 90212.



### Extra wheels save

Buy an extra pair of wheels for your car and have your snow tires mounted on them permanently. What you save on the twice-yearly cost of remounting and wheel balancing can pay for the wheels in a few years.

Buy quality brand-name auto parts. Though they cost more than "bargain" parts, they're a better buy because their mark-up from wholesale price is often smaller and the parts themselves wear and perform better.

Save on tire wear by taking it easy around curves. The faster and sharper the turn, the more stress you put on tire edges.

How are you fighting inflation? Share your tips with Columbia Missourian readers. Send them to: Inflation Fighters, People Section, Columbia Missourian, P.O. Box 917, Columbia, MO 65265.

## Up and Coming

The Columbia Missourian wants to publish notices about your club's upcoming events. In order to appear in Sunday's Up and Coming Column, the notices must be received in the People department no later than 10:30 Wednesday morning. Please address your notices to: Up and Coming, People section, Columbia Missourian, P.O. Box 917, Columbia, MO 65265.

### Fortnightly

Fortnightly has scheduled the following activities for the week: Culture: Noon Monday at the home of Joyce Pickett, 608 Westmount Ave. Gourmet Study Group: 8 p.m. Monday at the home of Kitty Harris, 801 Cowan Drive. Gourmands: 9:15 a.m. Tuesday at the home of Carol Froelke, 2211 Ridgefield Road. Intermediate Bridge: Noon Tuesday. For more information call 445-6190. Feastive Feasters: 7:30 p.m. Wednesday at the home of Jan Patterson, 4105 Wappel Drive. Bess Schooling Antiques: 9:30 a.m. Thursday at the home of Sally Stephenson, 5 Danforth Circle.

### Neo-Fight

Neo-Fight will meet at 7:30 p.m. Tuesday at St. Andrews Lutheran Church, 914 West Boulevard S. The program will include a Christmas bazaar and officer election. Neo-Fight will sponsor a garage sale from 8 a.m. to 3 p.m. Saturday at 2208 Iris Drive to raise money to buy life-saving equipment for newborns.

### Retired Employees

The Columbia chapter of the Association of Retired Missouri State Employees will meet at 11:30 a.m. Friday at Wyatt's Cafeteria in the Biscayne Mall.

### Safety Council

The Columbia Safety Council will hold an awards banquet at 6:30 p.m. Tuesday at the Heritage House Restaurant, 1010 I-70 Drive SW. Jerry Nichols, Ashland, will receive an award for saving an employee's life. Nanette Laughrey, Columbia Municipal Court judge, will speak on a driver-improvement program. Winners of the May Allen Memorial Poster Contest also will be announced.

### Garden Club

Heimweg Garden Club will meet at 12:30 p.m. Thursday at the home of Deva McGill, 104 Gipson St. The

program will be on flower arranging.

### DAR

The Daughters of the American Revolution will meet at 2 p.m. Saturday at the Community United Methodist Church, 1600 W. Broadway, to elect officers. University biology professor Clair L. Kucera will discuss tall-grass prairies.

### Singletarians

The Singletarians will meet at 7:30 p.m. Tuesday at the Ecumenical Center, 813 Maryland Ave., to plan summer and fall activities. For more information call 882-0622.

### Pi Lambda Theta

The Central Missouri chapter of Pi Lambda Theta will install new officers at 3:45 p.m. Thursday at the home of Ella Lambert, 4112 Faurot Drive. For more information call 445-5233.

### Retired Persons

The American Association of Retired Persons will hold a workshop from 9:30 a.m. to 3:30 p.m. Thursday at Wyatt's Cafeteria in Biscayne Mall.

### PEO

Chapter JJ of the PEO will meet at 7:45 p.m. Tuesday at the home of Martha Underwood, 1608 Princeton Drive. Chapter HK of the PEO will meet at 8 p.m. Monday at the home of Mrs. J.M. Poehlman, 1819 Ridgemart St.

### Strawn-of-Lite

The Strawn-of-Lite Extension Club will meet at 1 p.m. Thursday at the home of Mary Alice Brown, Route 5. The program will be "Selecting Color for the Home," followed by a white elephant and plant sale.

### National Secretaries

The National Secretaries Association International will meet at 6:30 p.m. Wednesday at Haden House Restaurant, 4515 Highway 63 N. Officers for 1980-81 will be elected. For more information and reservations call 874-4597.

### Adoption Meeting

The Missouri Division of Family Services will hold a meeting at 7 p.m. Monday in the conference room of the Eastgate Building, 2100 E. Broadway. Anyone interested in adoption should attend. For more information call 442-6191.

## Refrigerated vial a lifesaving device

By Russ Maki  
Missourian staff writer

The whoop of an ambulance siren shatters the peace of a residential neighborhood in Columbia. A handful of curious homemakers emerge from nearby houses, and the flashing lights stop in front of a single-family dwelling.

Boone County paramedics leap from the emergency vehicle and rush into the house to aid the stricken person inside. As one paramedic applies emergency lifesaving techniques, the other dashes for the refrigerator.

County residents don't need to worry about ambulances full of cold-beer raiders, however. The trip to the refrigerator is in response to a decal on the icebox door notifying the paramedics that valuable medical information, encapsulated in a small plastic bottle, is inside.

The bottle, known as the "vial of life," is a lifesaving aid provided by the Boone County Council on Aging for the county's senior citizens. Taped to the inside of a refrigerator door, the



vial contains a thumbnail medical history that includes blood type, allergies, a list of medications that the vial's owner is taking and other vital information.

The County Council on Aging began distributing the vials about 11 months ago, according to outreach volunteer worker Karen Neely. "We've given out about 2,500 vials in the county so far in conjunction with the 19 other counties in central Missouri," she says. Re-

usually suggest that people mark in red, is the list of drugs that the person is taking," says Gene Oborn, another council outreach worker. "Mixtures of certain drugs can often spell disaster."

"One of our big problems is that people sometimes mix over-the-counter and prescription drugs, not realizing that such combinations can be dangerous," adds Ms. Neely. "Situations like that can create an emergency in themselves." Because of their concern over possible drug reactions, outreach workers and other vial distributors hand out a pamphlet on the dangers of mixing medications in order to underline the danger of such practices.

Participation in the Vial of Life program is free, compliments of the Boone County Council on Aging. Interested members of the county's elderly community can obtain more information on the Vial of Life by contacting Karen Neely at the Columbia Public Library, the Visiting Nurses and Health Nurses associations, the Columbia Fire Department, Meals on Wheels or by calling the Boone County Council on Aging at 443-1111.

## Healthy Baby Week stresses education programs

Olympics will be held in Columbia this year, but the events will be a little different.

Contestants will give their all in such events as smiling, rolling over, the 2-yard (1.8-meter) crawl and the 8-yard (7.3-meter) toddle, and these are just some of the events in the Baby Olympics to be held May 17.

The Olympics are sponsored by the Booneslick Chapter of the March of Dimes and Neo-Fight, a non-profit organization that purchases lifesaving equipment for critically-ill newborns.

Neo-Fight will present a layette to the first baby born in Columbia during the week.

Mayor Clyde Wilson will sign a proclamation Thursday declaring May 11-

17 Healthy Baby Week. The week is designed to focus public attention on prenatal and infant care through health-education programs.

The Baby Olympics are part of the Healthy Baby Fair Saturday at the Parkade Plaza and highlight the close of Healthy Baby Week. The fair will feature information booths and films.

Groups participating in the fair include the Le Leche League, the Daniel Boone Regional Library, the Missouri Division of Family Services, the City-County Health Department and the Women Infants and Children Program.

Appropriate prenatal care and counseling are necessary for women of all ages, but the high incidence of adolescent pregnancy deserves special atten-

tion, says Mary Quain, executive director of the Booneslick March of Dimes.

Mothers under 17 deliver a disproportionate number of dead and damaged babies, she said. Little or late prenatal care and lack of nutritional guidance are contributing factors, she added.

"Studies from around the country show that if a woman goes for prenatal care early in pregnancy and continues

regular visits, her chances of having a healthy baby weighing more than 5½ pounds (2.5 kilograms) are greatly improved," Ms. Quain said.

"Five and one-half pounds (2.5 kilograms) is the dividing line between low and normal birthweight, a distinction that can have adverse, long-term impact on the infant's development," she said.

For more information about Healthy Baby Week or the Healthy Baby Fair, call 449-0575.

### The Quilt Cottage Classes — Enroll Now

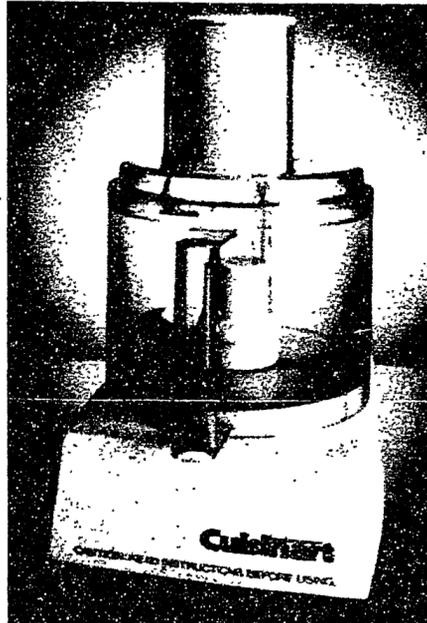
- Basic Beginning — 1:00 p.m. Thursdays for 7 weeks beginning May 8 (but there's still time!)
- Basic Beginning — 7:30 to 9:30 p.m. Wednesdays for 7 weeks beginning May 21.
- Applique Wall Hanging — 10:00 to noon Saturdays for 4 weeks beginning May 17.

Call for information or enrollment

1004 West Worley  
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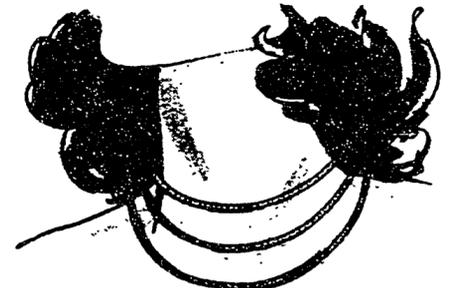
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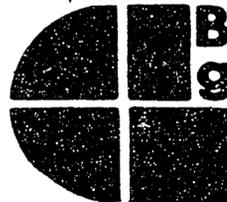
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