

WHY I QUIT EATING FRENCH FRIES

Guy Luther – District 1

I really enjoyed French fries. It wasn't enough that I would order them at fast food restaurants to go with a burger. I also cooked them at home. Peel a few big potatoes, and cut them thin, about half-way between regular French fries and shoestring potatoes. Then deep fry them in shortening or oil, and add too much salt. They were delicious.

When my wife was in the hospital having our youngest daughter, I cooked French fries for our older kids. I remember it well, since the oil got too hot and boiled over, catching the stove on fire. That stopped the French fry cooking for a few months, but then my sister bought us a "fry baby" electric deep fat fryer. French fries were back on the menu.

Then, I think it was sometime in the mid - 1990's, Gene Wahl, who was the District Director for District 1, came to Planning to check with Linda Boyd about some North Coast Railroad Authority (NCRA) business. Gene was a member of the NCRA board, and Linda was assigned to do his staff work for NCRA business.

Linda wasn't in, so I struck up a conversation with Gene. Somehow, the topic turned to his open heart surgery. Gene said: "They cut down the middle of your chest, and split you open like a chicken. Then they take a blood vessel from your leg..." and then he showed me a scar on his leg that started at his sock, and didn't seem to end.

The whole procedure seemed more like medieval torture rather than modern medicine, and I wanted no part of it. It might have been an oversimplification, but fats seemed to be blamed for most cardiovascular health concerns, so I vowed to cut back on them.

I did cut back on most fats, but I couldn't trust myself to cut back on French Fries, so I eliminated them from my diet. My hope is that it will keep me from having the benefit of open heart surgery.

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