



SUMMER CAMP—Boys from Douglas County take part in the YMCA's summer camp program at Diamond Lake. Over 100 persons requested participation for their son, but only 64 were able to attend because of limited facilities.

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1956 Activities Of YMCA Outlined In Annual Report

The Roseburg YMCA president's report for 1956 was recently completed by past president William D. Green Jr. The report, which covers activities of the YMCA, will be sent to the National YMCA Council at New York.

A copy of the report will also be sent to the Pacific Northwest Area Council at Seattle, according to Don Naden, executive secretary.

Green said that during the past year 96 different "Y" groups held 1,004 sessions with a total attendance of 20,125 men, women, boys and girls. The local organization sponsors clubs, classes, social and recreational activities and physical education, swimming and camping programs, the report said.

One of the high points in the YMCA work during the past year was a survey made in the Roseburg area to determine what people wanted in the way of a YMCA program. The annual report went on to explain that while the survey was incomplete, the trends will not change when completed.

The survey revealed that 83 per cent of the people questioned thought that the YMCA should have a new building. Swimming ran a close second with 81 per cent of the people wanting a swimming program.

During 1956, the YMCA's gross income was \$15,650.41 and gross expenses amounted to \$15,749.80. Services to youth was not cut by the YMCA, even though their United Fund appropriation was \$1,200, less than in 1955, leaving a deficit of \$535.62. The organization borrowed \$500 on a note from the bank to meet their expenses. The note will be due late in February.

The YMCA sponsors many different clubs and organizations. The clubs are for varied age and interest groups. Some of the activities are weightlifting and body building classes, boxing classes, junior

high basketball, "Y" Indian Guides, Tri and Hi-Y clubs and volleyball for men and women.

The National YMCA was established in America at Boston on Dec. 29, 1851. In seven years the YMCA had spread from coast to coast. Since that time such sports as basketball and volleyball were invented under the YMCA's sponsorship. The Camp Fire Girls was founded by one of its staff members and the Boy Scouts were organized through the guidance of "Y" men.

New gymnasium techniques introduced by the "Y" revolutionized physical education, Green said.

BIRTHS

Douglas Community Hospital
RAY — To Mr. and Mrs. Emmett Ray, Star Rt. Box 68, Winston, Feb. 14, a daughter, Lisa Inez; weight 7 pounds 13 1/2 ounces.

ANGELL — To Mr. and Mrs. Olin Angell, 1513 NW Fairmont, Roseburg, Feb. 14, a daughter, Lisa Ann; weight 7 pounds 2 ounces.

CIAPANNO — To Mr. and Mrs. John Ciapanno, 529 NE Nash, Roseburg, Feb. 14, a son, Jon Louie; weight 6 pounds 7 ounces.

KOHL — To Mr. and Mrs. John Kohl, 901 E. Fourth St., Sutherlin, Feb. 15, a son, John Kevin; weight 8 pounds.

HAVILAND — To Mr. and Mrs. Robert Haviland, Rt. 1 Box 177, Sutherlin, Feb. 15, a son, Frank Robert; weight 6 pounds 4 ounces.

ACKLAND — To Mr. and Mrs. Dale Ackland, Rt. 1, Myrtle Creek, Feb. 15, a son, David Douglas; weight 7 pounds 11 1/2 ounces.

Mercy Hospital
CUMMINGS — To Mr. and Mrs. Ward J. Cummings Jr., 375 W. Berdine, Roseburg, Feb. 10, a daughter, Dorothy Jill; weight 5 pounds 8 1/2 ounces.

BABB — To Mr. and Mrs. John J. Babb, Myrtle Creek, Feb. 14, a daughter, Ida Marie; weight 5 pounds 15 ounces.

STEVENSON — To Mr. and Mrs. Hamilton S. Stevenson, 934 SE Terrace, Roseburg, Feb. 15, a daughter, Shirley Helen; weight 7 pounds 9 ounces.

YATES — To Mr. and Mrs. Dail P. Yates, PO Box 181, Sutherlin, Feb. 17, a daughter, Julie Pauline; weight 6 pounds 9 ounces.

McCUMSEY — To Mr. and Mrs. Frank T. McCumsey, 2733 W. Bradford Drive, Roseburg, Feb. 17, a son, Stephen Lee; weight 8 pounds 10 ounces.

OWSLEY — To Mr. and Mrs. Glen W. Owsley, Box 761, Suther-



PLANNING—Youths from throughout the state gather to plan for the Youth Legislature which is held each spring in Salem. YMCA members from Roseburg take part in the program each year. (Gilman photos).



WOMEN'S HEALTH CLASS—Approximately 50 women take part in a health class, sponsored by the YMCA, every Tuesday at 8 p.m. in Central Junior High School. This is one of many activities offered by the YMCA for residents of the community, Don Naden, executive secretary, said.

Oregon's Birth Rate Drops To 10-Year Low

PORTLAND — Oregon's birth rate dropped to a 10-year low in 1956 while children born to unmarried mothers hit an all-time high, the state Board of Health said Monday.

The board said there were 37,996 Oregon births, a 9 per cent drop from the 38,346 children born in the state during 1955. It was the fourth straight year the rate has declined.

A record 994 illegitimate children were born, but the board said Oregon's rate in this category is still far below the national average.

In Feb. 17, a son, Noel Rodney; weight 9 pounds 4 ounces.

DUCLOS — To Mr. and Mrs. Alexander Duclos, Winston, Feb. 17, a daughter, Diane Mary; weight 6 pounds 1 ounce.

THOMPSON — To Mr. and Mrs. Richard L. Thompson, 2104 SW Calkins Rd., Roseburg, Feb. 17, a daughter, Annie Mae; weight 7 pounds 2 ounces.

Forest Glen Hospital
SPRINGSTEAD — To Mr. and Mrs. Wayne Springstead, Myrtle Creek, Feb. 11, a daughter, Jeanne Sue; weight 8 pounds 10 1/2 ounces.

MARKEL — To Mr. and Mrs. Wayne Markel Jr., Wolf Creek, Feb. 15, a son; weight 7 pounds 10 1/2 ounces.

Mobs Welcome Queen Elizabeth

LISBON, Portugal — Welcoming mobs surged around the royal car of Queen Elizabeth Tuesday as she visited one of Lisbon's new housing developments. Other thousands rushed towards the entrance to Sao Jeronimos Abbey, where guards had to force the public back with the flat of their sabres.

As the advance motor squad roared down the main street, housewives tore off their aprons and rushed to the windows. Schoolchildren waved flags, cheered and showered confetti.

The Queen's visit to the Sao Jeronimos Abbey, where lie the remains of Portugal's great explorers and presidents of the republic, was attended by thousands of women and children who had been waiting all morning. The visit of the Queen appears to have cemented more strongly than ever the 600-year-old alliance between Portugal and Britain.

COLLECTOR
PONTIAC, Mich. — As her mother feared, two-year-old Sylvia MacKinnon had indeed swallowed a two-inch plastic doll. X-rays showed she also had swallowed penny and an open safety pin. Surgery removed them all.

Circuit Court

Complaints Filed
State Director of Veterans Affairs vs. Frank Leon Pack, Elanor J. Pack, James K. Wallerstedt and Theresa Wallerstedt. Seeks: foreclosure on Myrtle Creek property.

Divorce Decree
LEIGHTON — Elmer P. from Frances E. Leighton.
WEST — Edna V. from Earl M. West.

JOELSON — Arthur W. from Bette M. Joelson.

Dismissals
Dunham Motors vs. Billy Mohr.
Donald Rone vs. Henry Lee Lowe and White Bros. Construction Co.

Judgment
Tom F. Sibold vs. Darlene G. and Ernie Rogers. Plaintiff granted repossession of logging truck and trailer of \$1,600.

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CONSTIPATED?

new laxative discovery
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Constipation is caused by what doctors call a "thrifty" colon. A "thrifty" colon is one that, instead of retaining moisture as it should, does the opposite: robs the colon of so much moisture that its contents become dehydrated, so dry that they block the bowel; so shrunken that they fail to excite or stimulate the urge to purge that propels and expels waste from your body.

TO REGAIN NORMAL REGULARITY two things are necessary. First, the dry, shrunken contents of your colon which now block your bowel must be re-moistened. Second, bulk must be brought to your colon to S-T-R-E-T-C-H and stimulate it and so, excite its muscles to action; to a normal urge to purge.

AND, OF ALL LAXATIVES, only COLONAX, the amazing new laxative discovery possesses COLONAX's great moistening capacity plus COLONAX's stretch-stimulating bulk that

activates normal colonic reflexes. So effective that it relieves even chronic constipation overnight, COLONAX is yet so smooth, so gentle it has been proved safe even for women in the most critical stages of pregnancy.

SUPERIOR TO OLD STYLE bulk, salt or drug laxatives, COLONAX neither gags, bloats nor gripes; does not interfere with your absorption of vitamins and other valuable food nutrients; and in clinical tests, did not cause rash or other side reactions.

IT'S A PHYSIOLOGICAL FACT: Exercise tones your body! And COLONAX exercises your colon to tone it against constipation, overnight! Whether occasional, frequent or chronic, whatever your degree of constipation, get COLONAX in easy-to-take tablet form at any drug counter, today! The price, only 99¢ for the economical 60 tablet package, brings you positive relief at less than 2¢ per tablet.

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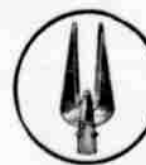
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