

No Drastic Changes Required For Heart Diet Watchers

Diet fads come and go. And the people who try to follow them usually slide back to their old eating ways in a few weeks, says Dr. Marvin Schwartz, new president of Oregon Heart Association.

But there is one diet that is not a fad. It is easy to follow since it calls for moderate changes in eating habits to help reduce your risk of heart attack and stroke.

"People who follow a 'heart

Medicare Cost To Rise

Beginning in January, any older person who goes to the hospital under Medicare will be responsible for the first \$68 of his hospital bill -- now running about \$800 for the average stay by a Medicare beneficiary.

The present hospital deductible is \$60 and will remain in effect for all Medicare hospital admissions during the remainder of this year.

In announcing the 1972 deductible, Secretary of Health, Education, and Welfare, Elliot L. Richardson, explained that since hospital costs in calendar year 1970 rose substantially, he is compelled under the law to set a new deductible to become effective next January. The law provides a specific formula for computing the amount of any adjustment in the deductible, he said, and also requires that notice of the upcoming deductible amount be promulgated on or before October 1.

"The action I was required to take today," Secretary Richardson said, "further emphasizes the urgency of action to put a brake on hospital cost escalation." He urges early enactment of H. R. 1, the welfare reform bill now pending before Congress, which includes provisions aimed at controlling health care costs, not for the Medicare and Medicaid programs but for all consumers.

In addition, he urged early action on the Administration's health program, including its National Health Insurance Partnership Act and Health Maintenance Organization Assistance Act, which also aim at controlling health care costs.

"The general problem of the rising costs of health care," Secretary Richardson said, "is of great concern to the Administrations. The rising costs of last year which compelled the action I am taking today illustrates the enormous importance of slowing the rise in health care costs." He added that "policies designed to curb these rising costs are being addressed in connection with the design of Phase II of the Administration's wage-price stabilization effort."

With respect to today's announcement, Secretary Richardson said the hospital deductible amount is intended to make the Medicare beneficiary responsible for expenses equivalent to the average cost of one day of hospital care.

Under the formula in the law, the new hospital deductible is based on the ratio between hospital costs in the previous year (1970) and costs in 1966, the first year of Medicare operation. That ratio is then multiplied by \$40 and the result rounded to the nearest \$4. The result is an increase from \$60 to \$68.

Secretary Richardson said that when the hospital deductible amount changes next year, the law requires that comparable changes be made in the dollar amounts a Medicare beneficiary pays toward a hospital stay of more than 60 days, or a posthospital extended care stay of more than 20 days.

When a Medicare beneficiary has a hospital stay of more than 60 days, he will pay \$17 a day for the 61st through the 90th day, up from the present \$15 per day. If he has a post-hospital stay of over 20 days in an extended care facility, he will pay \$8.50 per day toward the cost of the 21st day through the 100th day, up from the present \$7.50 per day.

If he needs to draw on his "lifetime reserve," the reserve of hospital days a beneficiary can draw upon if he ever needs care in the same benefit period, he will pay \$34 for each day used, instead of the present \$30 per day.

Roof Moss Control Told

Fall rains mean not only green fields, but also "green" roofs where moss is growing.

The return of color also means a return of thoughts of what to do about moss on roofs, points out Walt Schroeder, Curry County extension agent.

There are two main reasons for being concerned. The first is that dry moss is a definite fire hazard that can be touched off by a spark from the chimney. The second is that the greater accumulation of moss, the faster the deterioration of the roofing material.

"Controlling Moss on Roofs" is the title of a one page fact sheet which outlines control me-

asures and reviews the various materials recommended for control.

Published by the Oregon State University Cooperative Extension Service, the fact sheet was prepared by Lain MacSwan, extension plant pathologist; W.E. Matson, extension agricultural engineer, and Joe Capizzi, extension entomologist.

Single copies of "Controlling Moss on Roofs" are available free to Oregon residents through county extension offices or from the Oregon State University Bulletin Clerk, Corvallis 97331.

Halloween parties can give children experience in planning activities for the pleasure of others. It can also provide a link to the past for children if parents share with them some of the reasons behind the celebration, Mrs. Frasier says.

Halloween has its roots in pagan times and is a carry-over from the ancient Druids and Romans, she notes. The Druid autumn festival had two aspects. One honored the sun god and was an expression of gratitude for the harvest. The other celebrated the assembling of the souls assigned to purgatory. The Roman festival honored Pomona, goddess of fruits and gardens. These were the forerunners of today's Halloween activities.

The traditional accoutrements of Halloween are also rooted in history, says Mrs. Frasier. The pumpkin and apples symbolize the harvest. Witches, broomsticks, black cats and skeletons come from the Druid festival that celebrated the assembling of the souls of the dead.

While today's celebrations vary from community to community and change through the years, most carry remnants of the past. Mrs. Frasier says parents can help their children feel this continuity by sharing with them some of the things they did when they were young.

When making plans for their children this Halloween, the OSU family life specialist advises, parents should consider the ages of the children as well as customs of the community. Young children need some preparation ahead of time so they won't be frightened by masks and bizarre costumes. Planning some experiences at home such as playing with masks takes away some of the frightening elements. Talking about what will happen will also reduce fear.

Before they go "trick or treating," children need some training in how to act and what to say when they ask for treats. Playing pretend "Trick or Treat" ahead of time offers good training -- and can yield

happy times at home.

Older children can be helped to think about possible consequences of their actions and to develop some general ground rules for acceptable behavior.

Halloween can be lots of fun for all as it is carefully planned to fit the needs of the individual child, Mrs. Frasier concludes. However, she adds these warnings:

Parents should be particularly aware of fire hazards from some masks and costumes, and dangers associated with crossing streets and wearing costumes.

Children soliciting treats should be instructed to refrain from eating any of their "loot" until they get home.

Parents should accompany small children on their rounds. Clear-cut guidelines should be established for the older children.

McKenzie Named To Committee

Rod McKenzie, R-Sixes, is among seven state legislators named to the Oregon State Land Board Advisory Committee by Senate President John D. Burns and House Speaker Robert F. Smith. Three state senators and four representatives have been appointed, with two public members still to be named.

The advisory committee was created by the 1969 Legislature and directed to study the regulation, control, usage and ownership of Oregon's navigable waterways as well as submerged and submersible lands.

Others named to the committee are Sens. Gordon McKay, R-Bend; Betty Browne, D-Oakridge; Harl Haas, D-Portland. State representatives include Anthony Meeker, R-Amity; Paul Hanneman, R-Cloverdale; Richard Magruder, D-Clatskanie.

House Acts On Two Proposals

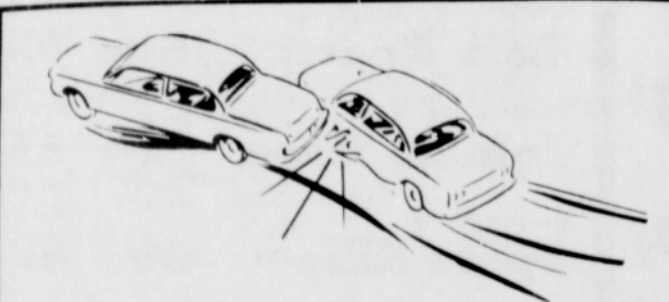
Fourth District Congressman announced that the House legislation passed Thursday included two important provisions which he had joined in sponsoring. These are the Comprehensive Child Development Act and the Legal Services Corporation Act.

"The Comprehensive Child Development Act calls for making the educational, health and nutritional benefits of Head Start available to children of all economic backgrounds with priority to the disadvantaged," Dellenback said. "In both the 91st and 92nd Congresses, I introduced bills to help solve the problem of the lack of preschool child development programs at a reasonable price tag."

"I am equally pleased that an attempt to strike the Legal Services Corporation Act from the bill failed as well. It would have been a disaster had it succeeded," Dellenback added.

"The legal services program has been a great help to the poor and I believe it will be strengthened by a transfer from the Office of Economic Opportunity to an independent corporation.

The OEO bill which included these provisions passed the House on Thursday after an extended floor battle.



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Oregon Motor Vehicles Division

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Guidelines For Stream Protection

A little blue booklet titled "Guidelines for Stream Protection in Logging Operations" published by the Game Commission late this summer received wide acclaim almost as soon as it came off the press. Written by Richard L. Lantz,



Turning out for the Monday drill session of the Port Orford Volunteer Fire Department was chief Vern Sonderman, Harold Robinson, Ed Longton, Bill Huret, Corky Huret, Del Neal, Bob Keeler, Jim Allison, George Gehrke and Alan Mitchell.

The men used the old truck to oversee burning of a large brush pile cut and stacked earlier by the city's public works dept. Later the men enjoyed seeing Bill Hoover's movie taken of the 1971 Jetty Jubilee.

The Department has decided to offer free brushburning service to any city resident who has a large enough cut and stacked pile of brush, if they contact city hall before they cut and pile the brush. This is to insure the brush is stacked in a safe burning place and that the amount involved is enough to warrant the firemen's time and effort.



The monthly business meeting was held at the Grange hall Oct. 9, and the charter was draped for Bro. Arthur Sweet.

Birthday greetings were extended to Bob Billings and Rose and Lester Snyder.

It was announced that election of officers will be held at the November business meeting, and Sunday, Nov. 21, was set for the annual Thanksgiving dinner, Friday is the Chetco Grange's booster night.

Clarence Brooks gave the legal committee report and George McDonald the insurance report. The new grange cookbooks were displayed and Sis. Rice gave the quarterly report.

ERWIN GUESTS

Recent guests at the R. K. Erwin home was their daughter Pearl, from Jacksonville, the Delbert Jameses from Laurel Grove, and Robert Floyd of North Bend. On Friday, Mrs. George Schafer and children were luncheon guests.

fishery scientist for the Game Commission, the contents include findings of long-term investigations by the Research Division which began in 1958 of the effects of logging on aquatic resources and outlines a practical basis for the management of watersheds for the continued production of timber, fish, and high quality water. The Commission's Research Division, under the direction of Dr. John Rayner, continues to investigate this problem in several watersheds to learn new facts and to refine existing knowledge.

Lantz prefaces his remarks with the reminder that timber and fish have flourished in the Pacific Northwest since pioneer days. Legends grew up around the colorful individuals who made up the backbone of each

VISIT IN EUREKA

Mr. and Mrs. George McDonald took a weekend trip to Eureka recently, with side trips to Hoopa, and to Samoa via the new bay bridges and highway.

HOST DINNER

Mr. and Mrs. Bob Tope hosted the George McDonalds to a dinner out on Oct. 13, in honor of their 36th wedding anniversary.

SHOP HOME TOWN STORES FIRST

trade. Today the timber industry and the commercial and sport fisheries are still vitally important to the economy of the state. Conflicts between trees and fish arise because the two resources share the same watersheds.

The main thrust of the bulletin is that forestry and fishery management need not conflict. By protecting streamside vegetation and minimizing sources of sedimentation through careful planning, these resources can be produced at the same time in the same watersheds for the benefit of man.

Lantz outlines the requirements of salmon, steelhead, and trout and points out the vital importance of small streams and creeks, many of which may be intermittent or dry in summer, in the production of salmonids. In many cases these small tributaries provide most of the spawning gravel for migratory fish runs.

The research scientist emphasizes -- as has been pointed out many times in the past -- that most salmon, steelhead, and trout production comes from nature. Since the spawning gravel for an entire watershed often occurs in extremely small headwater streams or in a few restricted areas, such gravel possesses a high dollar value in terms of fish produced.

He cites two examples. The first relates to fall chinook in Battle Creek, California, which spawn in only a 4.5-mile section of stream. Chinooks produced here have a value to the sport and commercial fisheries

of \$350,000 annually per acre of spawning gravel. The second relates to the sockeye runs in the Fraser River, British Columbia, where most of the spawning occurs in about 300 acres of spawning gravel. With the commercial catch valued at as high as 50 million dollars annually, each acre of gravel is capable of producing salmon valued at more than \$160,000. Such dollar value points out the fact that few, if any, land uses produce as high a per-acre yield as that produced by the limited acres of spawning gravel in Oregon as well as other salmon, steelhead, and trout rivers of the Pacific Coast.

Hatcheries, Lantz advises, supplement natural production and play an important role in fishery management. However, hatcheries have not replaced natural production. Furthermore, maintaining hatcheries involves high costs that are not present when these fish spawn and rear under natural conditions. What Lantz is saying is that nature provides the bulk of our fish resources for free, the same as she provides most other natural resources. He concludes that the future of Oregon's salmon, steelhead, and trout resources depends on how our streams are protected.

Lantz discusses the effects of logging operations on fish and water quality in the Douglas fir regions of the state. He points out that physical changes in streams caused by logging can be avoided by keeping streamside vegetation intact and taking precautions to minimize soil disturbances and erosion. He discusses surface dissolved

oxygen levels in relation to logging debris; subgravel dissolved oxygen in relation to yarding and falling; streamside vegetation in relation to water temperatures; stream sedimentation in relation to fish, their habitat, and food; and logging road location, design, construction, and maintenance.

Lantz recommends four main points to protect fish habitat and water quality in logging operations and elaborates on each. These include stream clearance requirements and enforcement; the protection of streamside vegetation in all logging operations where fish, wildlife, and water quality are involved or can be affected in downstream areas; harmful effects of falling trees into or across streams; and the detrimental effects of yarding through streams.

Can our forest watersheds be managed to provide wood products as well as fish for commercial fishermen and a growing number of sport fishermen, Lantz asks? He then answers his own question by saying -- yes. Yes, if both resources are considered in planning and the plans are fully implemented on the ground.

Lantz describes how specific water quality changes are related to specific logging practices. Once these relationships are understood, he advises, information can be applied during the planning stages of any logging show so that detrimental changes to streams can be avoided. And in the planning, emphasis must be placed on prevention of physical changes to streams rather than on rehabilitation after the damage is done.

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