

Meal Pattern Easter Seal Drive Dated Is Important

Senior citizens, those 60 years and over, often do not get the foods they need to maintain good health. This is true in Curry county and world-wide, advises Dollie Evenden of the RSVP office in Gold Beach. There are many reasons.

However, if they hope to maintain or improve their health they must eat properly. Often nutritionists point out that "you are what you eat." A way to maintain well balanced meals is to follow a meal pattern.

To follow such a pattern a person should include for each day: 1) having two or more servings of meat or an alternate for meat, such as a dish using dry beans, peas or lentils; also peanut butter. 2) Using two or more cups of milk or the equivalent in a milk alternate such as cottage cheese, cheese, ice cream or ice milk. 3) Choosing four or more servings of fruits or vegetables; one of these being a good source of vitamin C, as orange juice, an orange, half a grapefruit, some tomato or tomato juice, a green or yellow vegetable, or a piece of melon or some strawberries. (About one-half cup is a serving.) 4) Having four or more servings of bread or cereal. Count as a serving one slice of bread, one ounce (one cup) ready-to-eat cereal, one half to three fourths cup cooked cereal or macaroni, noodles, rice or spaghetti.

After the above are included, a person may round out the meals as they wish.

Septic Tank Rule Hearing

The State Health Division will conduct a public hearing on proposed changes in septic tank installation rules from 1 to 3 p.m. Wednesday, Mar. 7, at the Jackson County Court House auditorium in Medford.

It will be a resumption of the hearing on the proposed rules which was held in Medford on Jan. 24. Residents of southern Oregon counties notified the Health Division that there had not been enough opportunity to study the regulations in advance of the January date.

Ray Ruff, of the State Health Division staff, will again be in charge of the hearing.

Log...

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the committee which handles all of Oregon's money to find out how that money is actually being spent.

The Ways and Means is the committee which has to approve all spending of state funds. The agencies, such as welfare, corrections division, state police, mental health, education, attorney general... all agencies supported by the state, presents their budgets to the governor for the next two years of operation.

The governor makes his recommendations, and projects the amount of state spending for the biennium. Then the Ways and Means committee enters the picture.

The Legislature has its own staff of financial experts, called the Legislative Fiscal Committee which goes through these budgets with a fine tooth comb, and points out all the financial impact these budgets will have.

The Ways and Means sub-committees then hold hearings to find out if the agencies are adding more services, and whether their programs are fulfilling the responsibility the legislature expects it to accomplish.

They work from all this background of information to decide where to cut budgets, or where to recommend changes. They are the men who guard your money and try to keep government agencies under control, and keep from overspending.

Their function is the important one of getting the most service from the government agencies without having the expense of government keep going up higher and higher.

Looking back on the inspection trip, Sen. Ripper stated that first hand knowledge of the various installations has added an important dimension in understanding the needs and the programs, and will be great help in making decisions concerning the use of State monies.

Easter Seal Drive Dated

An estimated 800,000 Oregon residents will receive Easter Seals in the mail, beginning March 1, and Paul R. Duden, Portland attorney and president of the Easter Seal Society for Crippled Children and Adults of Oregon urged recipients to "respond as generously as possible."

The annual Easter Seal campaign, which includes a variety of special events throughout the state, will continue through Easter Sunday, April 22.

Duden reported that the Easter Seal organization assisted 2,345 Oregonians during the past year, including 741 children and 1,604 adults. The society's purpose, he explained, is to meet the unmet needs of the physically handicapped without duplicating the services of any other agency.

Every county in Oregon was represented by persons aided during the year, Duden stated. Major projects of the society include Children's Hospital in Eugene; Camp Easter Seal, near Lakeside; mobile therapy clinics which travel the entire state; and equipment pool where persons are able to receive crutches, wheel chairs, hydraulic bed

lifts, walkers and other equipment on loan; a speech and hearing clinic in Grants Pass for pre-school children, and AID, a service that provides advice, information and direction for the physically handicapped and their families.

Rate Is Down

More than 15 billion miles (15,242) were traveled in Oregon during 1972, according to estimates of the Motor Vehicles Division. The figure represents a seven per cent increase in travel over 1971.

The estimate is based on gasoline gallonage sold in the state and reported to the agency.

The state's mileage death rate last year, based on the number of people killed in each 100 million miles traveled, was 4.81 -- the lowest ever recorded in the state even though a traffic death record was established with 733 deaths.

The safest month of the year on a mile for mile basis was March with a death rate of 3.7. February and July had the highest death rates with 5.6 persons killed in each 100 million miles.

Dunn.

BIRTHDAY DINNER

A birthday dinner celebration was held at the Pizza Parlor Sunday night to honor Mario Amatisto's 9th birthday. The Warren Jewell family were guests.

SPECIAL SPEAKER

Glen Libby was the special speaker at the Wednesday night service at the Assembly of God Church, where he showed slides and told about the mission field of Suriname, in So. America, where he plans to be going in July of this year. He is associated with the International Missions and will be working with the Javanese people.

FROM COOS BAY

Visiting Sunday at the Mike Arnett home was her son and family, the Dave Sharps of Coos

Bay.

They attended church with the Arnetts Sunday night.

FRIENDS VISIT

Visiting Saturday night at the Joe Blanchard home were old friends from Redmond, Mr. and Mrs. Stanley Quigley and Clyde. Clyde's wife is visiting her mother, Mrs. Mavis Platt in Bandon, and has their two sons with her. Clyde also went to Brookings to visit his grandmother, Mrs. Jessie Welch. The family were on a vacation from their Coast-To-Coast store.

IN COMPETITION

Tim Sparks attended a Typing and Accounting contest in Ashland over the weekend held for junior college students. He placed third in Executive Typing.

ATTENDS SHOW

Vernon Jamieson attended an

equipment show held at the fairgrounds in Eugene last Thursday and Friday.

HOSTS DINNER

Marge Reese hosted a birthday dinner for her husband, Pat, Saturday night. Attending the event were the Kent Wagners, the Bill Cobbs, the Leroy and Steve Geroux families of Gold Beach, Gloria Crook of Smith River, Betty Hall and Patty Reese. Mrs. Cobb prepared the birthday cake.

OUT OF HOSPITAL

Mrs. Ethan Clarke returned Monday night from spending a week in Keizer Hospital. She is having back trouble.

NEWKIRK GUESTS

Overnight guests at the Delbert Newkirk home last Wednesday night were Mr. and Mrs. Henry Abderhalden of

Aloha. They are former residents of Port Orford.

WMC GIVE SERVICE

The Womens Missionary Council was in charge of the Sunday night service at the Assembly of God Church. Mrs. Erma McDaniel, president, introduced members, who spoke on the theme Anticipate. Taking part were Mrs. Jo Frost, Mrs. Gladys Ponting, Mrs. Dorothy Frost, Mrs. Waneta Colson, Mrs. Carol Arnett and Mrs. Marge Reese.

HAS SURGERY

Mr. and Mrs. Bill Krick, Sr., took their daughter, Kathy Benz, to Medford where she had back surgery. She is in Providence where she would enjoy hearing from friends. The Kricks spent six days in Medford, until their daughter was feeling better.

FRIENDS VISIT

The weather couldn't have been more beautiful for California company who visited the Charles and Clyde Watsons last week. Mr. and Mrs. Randolph Watson and girls were here from Concord, where they reported it has been raining for the past three months. They enjoyed walking the beaches, hunting for agates and driftwood, clamming, a drive to Coos Bay and the Charleston boat basin, up Sixes River and a tour of Western States Plywood. Friday night the Charles Watsons hosted a ham dinner. They left for home Saturday morning... just as the rain started.

AMBULANCE NEWS

Steve Hoffess was taken from the Port Orford Clinic by Port Orford Ambulance to the Kelzer Hospital in North Bend.

Social Happenings

AT SIXES, ELK RIVER and PORT ORFORD

Rachel Watson Phone 332-2833

DATES TO REMEMBER

Birthday wishes go to Bud Shaffer, Scott Hensley, Karen Piper, Lori Piper, Charles Hines, Tony Sypher, Jo Fuller, Delores Montgomery, Gary Koch, Scott Nelson, Ricky Green, Janis Petok and Doyle Green.

Anniversary wishes go to Mr. and Mrs. Clinton Fuller.

COMING EVENTS

Thursday
Back Acres, 8:00

Friday
BB at Illinois Valley, 6:15

Saturday
A.F. & A.M., 8:00

Beachcombers, 8:30

Monday
Fire Department, 7:00

Jobs Daughters, 7:30

School Board, 8:00

Tuesday
B.P.W. Club, 7:00

Wednesday
Port Orford Lions

ATTEND FUNERAL

Mr. and Mrs. Bob Thomas spent from Monday through Wednesday of last week in Cottage Grove where they attended the funeral of a friend, Mr. Eugene Remington. They also visited Bob's sisters and their families. They went on to Roseburg to visit Ed Seelie, who is a patient in the Veterans Hospital. They report that he would sure like to hear from old friends.

RETURNS HOME

Emma Reitz has returned from a two-week vacation in Yellowstone National Park. She stayed in the Old Fithful Snow Lodge and enjoyed hiking and snowmobiling around the park. She reports that it wasn't very cold and that she really enjoyed it. She entered through the west Yellowstone entrance and left through the north entrance at Gardiner. Visiting her after she re-

turned were Mr. and Mrs. W. D. Spensor of Auburn, Calif., who were on their way to Eugene on business.

IN HOSPITAL

Mrs. Vera Huret is a patient in Curry General Hospital where she underwent surgery last week. Her husband, Bill, reports that she is feeling much improved (and hopes she will be home soon because he doesn't care for the lunch she packs).

DAUGHTER HERE

Visiting at the Roy Haft home recently was their daughter, June Lefler of Stayton; their grandson's wife, Mrs. Linda McClelland; and their great-granddaughter, Lacey McClelland of Lyons.

DEATH LEARNED

Mrs. Alta Jamieson has received word that her sister Laura's husband, Waldo Mann, passed away. She will be attending the funeral in Hillsboro.

HAS TESTS

Mrs. Orville Preston spent a few days in Keizer Hospital recently where she had some tests taken. She is now home awaiting the results.

GOHEENS LEAVE

The Jim Goheen family has been transferred by the Oregon Fish Commission to Marion Forks near Salem. They left for their new home bag and baggage Monday afternoon.

HAS ACCIDENT

Kenny Forty was in an accident Friday night and is now a patient at Keizer Hospital.

FATHER DIES

Mr. and Mrs. C.H. Dunn spent last week in Chehalis, Wash., where they attended the funeral of his father, John M.

PERSONAL PROPERTY

and

Timber Severance Reports Due March 3, 1973

OREGON LAW: O.R.S. 308.290

requires that taxpayers report personal property ownership by March 3. Report shall include inventories, machinery, livestock and equipment in industrial or commercial use.

Penalty - \$1 for each \$1,000 or fraction of true cash value of property with a \$10 minimum.

Assistance may be obtained at the Assessor's office.

Thank You

CHARLES FITZNUGH

Curry County Assessor

IT'S THE GRAND OPENING OF SCHEURICH'S SENTRY LONGVIEW, WASH.

AND ALL SENTRY STORES ARE JOINING IN THE CELEBRATION BY OFFERING THESE EXTRA BIG VALUES TO YOU!

ICE CREAM

SHUR-FLAVOR
• VANILLA
• CHOCOLATE
• STRAWBERRY
• NEAPOLITAN 1/2 GAL. **69¢**

POTATO GEMS 5 LB. **\$1**

FROZEN FRUIT PIES 26 OZ. **49¢**

COFFEE CREAMER 16 OZ. **19¢**

SOFT MARGARINE

GOLD N' SOFT 1 LB. TUB **27¢**

CRISCO SHORTENING

3 LB. TIN **79¢**

FACIAL TISSUE

FACELLE ROYALE 3 PLY 80 CT. **10¢**

PUREX BLEACH

THE SUPER BLEACH GAL. **57¢**

IRISH SPRING

DEODORANT SOAP 5 OZ. BARS **\$1**

AVOCADOS

EXCEDRIN TABLETS

REG. 100 CT. **\$1.19**

U.S. Choice Beef STEAK SALE

U.S. CHOICE BONELESS TOP ROUND STEAKS 1 LB. **\$1.59**

U.S. CHOICE BONELESS BOTTOM ROUND STEAKS 1 LB. **\$1.49**

U.S. CHOICE PORTERHOUSE STEAKS 1 LB. **\$1.98**

U.S. CHOICE T-BONE STEAKS 1 LB. **\$1.89**

U.S. CHOICE BONELESS TOP SIRLOIN STEAKS 1 LB. **\$1.98**

U.S. CHOICE BONE-IN RUMP ROAST 1 LB. **\$1.19**

U.S. CHOICE BONELESS BEEF GYEN ROAST 1 LB. **\$1.49**

HILLS BROS. GROUND COFFEE 3 LB. **\$2.69**

SAFFOLA SAFFLOWER MARGARINE 1 LB. **47¢**

PILLSBURY CRESCENT DINNER ROLLS 3 8 OZ. **89¢**

ROYAL RED SOKETE SALMON 7 1/2 OZ. **88¢**

CHEF BOY AR DEE LASAGNE 2 15 OZ. **79¢**

CRESCENT GROUND BLACK PEPPER 1 OZ. **49¢**

For family use 24 packets

Free with the purchase of one King Size Cheer

Plastic-washable KING SIZE 5-LB., 4-OZ. \$1.48

MAISON HONEY MAID GRAHAM CRACKERS 2 1/2 LB. **69¢**

MALEY'S (1 000 ISL. 39) SALAD DRESSING FRENCH 8 OZ. **29¢**

CHEF BOY AR DEE MSHRM. SCE SPAGHETTI 1/2 MT. OZ. 19 1/2 OZ. **65¢**

LIQUID CLEANER PINE-SOL 28 OZ. **99¢**

AIR WICK SOLID ASTO AIR FRESHENER 3 OZ. **69¢**

BLUE MOUNT BEEF CHUNKS, BURGERS, GRIND, HORSEMEAT, CHUNKS 3 1/2 OZ. **79¢**

DOG & CAT FOOD 12 1/2 OZ. **\$1**

FRUIT COCKTAIL 3 17 OZ. **\$1**

COTTAGE CREAM OR WHOLE KERNEL CANNED CORN 6 16 OZ. **\$1**

COTTAGE SHORT CUT GREEN BEANS 8 15 1/2 OZ. **\$1**

WESTERN FAMILY EVAPORATED CANNED MILK 6 13 OZ. **\$1**

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ASPARAGUS LB. **49¢**

CELERY BUNCH **29¢**

5 \$1 FOR 1

EXCEDRIN P.M.

REG. 30 CT. **98¢**

Round Steak LB. **\$1.19**

Bacon 89¢ LB.

NORBEST HINDQUARTER TURKEY ROAST GRADE A' LB. **33¢**

Springtime Canned Foods Dollar Days Sale!

Prices Effective Mar. 1-2-3

BUCK'S SENTRY Markets

NO. 1 BANDON NO. 2 PORT ORFORD

BROCCOLI EACH **49¢**

APPLES EXTRA FANCY 3 LB. BAG **69¢**

POND'S COLD CREAM

REG. 3 1/2 OZ. **98¢**