

Park Plaza

Wemme, Ore.

S & H Green Stamp Awards

- 1st Prize 10,000 S&H Green Stamps
- 2nd Prize 4,000 S&H Green Stamps
- 3rd Prize 3,000 S&H Green Stamps
- 4th prize 2,000 S&H Green Stamps
- 5th Prize 1,000 S&H Green Stamps

Mountain Players ready another production

The Mountain Players will present another of the popular "Suds and Sing" funfests at the Lions Pavilion (Wemme) Friday and Saturday Jan. 21 and 22 at 8 p.m.

Tickets are available at mountain establishments or from Mt. Player members. Also a limited number will be available at the door on a first-come-first-serve basis.

Current "Meller Drammer" is "Egad, What A Cad!" or "Virtue Triumphs over Villany". Its a half hour of hissing the villain, cheering the hero and applauding the virtuous heroine!

The "All-Star" cast includes the following "All-Star" mountain characters: Tekla and Don Budd, Sandy and Charlie Sperr, Jr., Ann Shaw, Anita Chambers and Pete Carlson as the most villainous villain ever!

Olio's (also known as specialty acts) are performed by the following mountain talent: Elaine Moore, Dana Thornberg, Pattie, Elynn and Linda Ligatich, Jo Thornberg, Lex Secomb, Leslie Thompson, Chris Aeppli, Riki Sperr, Marilyn Rowell, Mary Kuchs, Ray Novotny and Nova Waits.

The production is directed by Margie Carothers and Charlie Sperr who are assisted by Paul Holmstrom and a host of

Mt. Players. Behind the scenes includes the following: Garnett and Veda Yancey, Don and Pauline Chamberlain, Lex and Jack Secomb, Marijane and Neil Jackson, Emily Woodward, Adolf Stocker, Ilse Hudson, Joe Chambers, Ray Thornberg and all the beautiful

mountain people who join in for hours of labor at the last minute and never get public credit for their efforts—but a show couldn't go on without them! Because of the "Suds" the performances are for adults only but dress rehearsal on Thursday, Jan. 20 is open to the younger generation.

YWCA health food class

Back to Nature Cooking classes will begin at 10 a.m. Thursday, Jan. 13, at Gethesemane Lutheran Church, 11560 SE Market. Sponsored by East County YWCA, the class will be taught by two self-described "health food enthusiasts," Christy (Mrs. John) Hemstead, Portland, and Connie Terwilliger, Gresham.

Among delicacies to be prepared the health food way during the five-session class will be tacos and naural candy. "We hope to teach people how to avoid 'empty calories' and get the most nutrition out of the food they serve their families," Mrs. Hemstead, the mother of two small boys, said.

Mrs. Hemstead said the class will include how to make the changeover to more healthful foods gradually.

"I don't think that you start using dark flour in the kids' chocolate chip cookies suddenly or they won't like them,"

she said. "The changes should be subtle ones for them to accept them—my boys are finicky eaters."

Miss Terwilliger suggested that what are now commonly called health foods are not really new.

"Many grandparents in this area were raised on this kind of food back home on the farm," she said. "Health foods are really a return to the old way."

Sessions in the class will be: Raw foods such as salads, snacks and desserts, Jan. 13; Protein without meat, Jan. 21; breads, grains and seeds, Jan. 28 (this one begins at 9:30 a.m.); how to make yogurt and juices, Feb. 1; and herbs and spices, Feb. 8.

Participants may register for a single session or for the group of five. For more information, call the East County YWCA, 254-3190, or Mrs. Hemstead, 761-5898.

Pruning due dormant trees

Overgrown evergreens need pruning now while they are dormant advises OSU horticulturists.

While the evergreens give the appearance of being actively growing throughout the year they actually are dormant at the same time other trees are without foliage.

Dormant pruning produces less shock to the plants and allows a gradual adjustment to increased amounts of light reaching the inner foliage.

By the time days lengthen and temperatures rise to stimulate growth, the inside leaves will have become toughened to additional light and not be damaged by sunscald.

Wilbur W. Burkhardt, area extension agent, advises against drastic pruning of any tree at one time.

Overgrown hedges may be reduced in height by topping to remove not more than one-third the total height in any one year.

When tops are moved, pruning of sides should be delayed until next season to minimize danger of excessive shock and subsequent infestation by insects capable of killing a weakened tree.

When trees planted too near a building begin to cause damage to paint, roof and siding, the longer and lower branches may be removed to give a bare trunk and leave the foliage above the building to furnish shade.

The rule of removing no more than one-third of the total branches applies.

When lower branches are valued for their screening effect, Burkhardt suggests removal to stop the damage to buildings and replacement with a fence or shrubs to provide the screen.

Use of more than one kind of screen material adds attractiveness to the property and allows the trees to remain as effective windbreaks for outdoor living areas.

Pruning done now allows the new spring growth to fill open areas and replace foliage removed of damage by insects, disease and storms.

One can dispose of prunings by grinding or chipping them and using them for compost. This aids the soil by making it more workable and by providing better drainage.

Safe sailing course slated

Courses in the principles of safe sailing will be offered in the metropolitan area next week by the U.S. Coast Guard Auxiliary.

The classes, designed to promote safe boating education in the region, will run for seven weeks and are open to the public.

The first course will start Jan. 17 at 11906 NE Halsey and the second on Jan. 20 at 2845 SE Stark. Both begin at 7:30 p.m.

Covering the basics of sailing from rigging to de-masting, classes will cover such subjects as getting to know the boat; under way-theory and practice; basic boat handling; light weather sails and variant rings.

Tapes taken

A tape deck and tapes valued at \$147 were reported stolen Jan. 3 from an auto parked at Rockwood Lanes bowling alley. Sheriff's reports said thieves entered the unlocked car of Stan Espersen, 1841 E. Burnside and made off with the deck and six tapes.

Open rec times told

Hours for Saturday open recreation at the Centennial gymnasium have been changed.

Effective Jan. 15, the gym will be open from 4-8 p.m., according to Eagle athletic director Ken Scally.

Apartment hit

A portable stereo, tape recorder and several small electrical appliances were reported stolen Jan. 9 from an apartment at 1744 SE Division.

Sheriff's reports said thieves pried open the door of an apartment occupied by Christy Bearden and took the items, valued at \$462.

Guns taken

George Uland, 1850 NE Division, reported to Gresham police that his home had been entered Jan. 1 while he was away. The bedrooms were ransacked and a number of guns, a sword, gun case and scope were stolen from a closet. He placed the loss at \$1173.

CITIZENS COLLEGE FORUM

News and Views About Mt. Hood Community College By CHUCK NIEMI Coordinator of College Information

One of the more rewarding moments in education comes upon hearing that a recent graduate has "made good."

Two such instances occurred recently. Sara Barratt, managing of the Advocate and editor of the Dome while at MHCC, became a publications assistant at Emanuel Hospital in early September. She informs us that she has been promoted to Assistant Publications Editor—a longer title and a better-paying position.

Larry Grant, KMH radio station manager when at Mt. Hood, recently joined KPAM radio as a newscaster and announcer.

The MHCC mass communications division and the college staff congratulate them both and wish them well. How about hearing from you other MHCC grads?

One of the more diversified "After 6" classes at the college this winter is SS39 (Advanced Typing Laboratory).

Students seeking credit for SS121, SS122, SS11, or SS12 have been encouraged to register for this all-purpose course.

The program is designed to provide individual instruction in the elements of typing. Students can progress to a higher standard of performance regardless of their skill level when beginning the course.

The class meets from 7-10 p.m. on Monday and Wednesday evenings in ET-1 at the college.

The children's film festival in the college theatre this weekend is featuring "Flash Gordon" and "My side of the Mountain." Friday's twin bill begins at 5:45 and Saturday's performances begin at 1:45. Admission is 25c per child.

The adult film festival movies for this weekend are "Five Fingers" and "Hard Contract." The double feature starts at 7:30 p.m. in the college theatre both evenings. The cost is 50c per person.

Dorian Harris's MHCC women's basketball team opens its 1972 schedule Tuesday evening at 6:30 with a contest against the Portland State University "B" squad at the college gymnasium.

We urge you to come out and see these young women participate in a fast-moving and entertaining brand of basketball.

PORK CHOPS



COUNTRY STYLE PORK SPARERIBS	LB.	69¢
COUNTRY STYLE PORK SAUSAGE	LB.	59¢
MEDIUM SIZE OYSTERS	12 OZ. JAR	88¢
A.G. HIGH QUALITY GROUND ROUND	LB.	89¢
FRESH, ORE. GROWN, PAN READY CUT UP FRYERS	LB.	49¢
IRISH, BONELESS BRISKET	LB.	98¢
CORNERED BEEF	LB.	98¢
LOIN END, 3 1/2 LB. AVG.	LB.	69¢
PORK ROASTS	LB.	69¢

We Give S&H Green Stamps
VEG. OIL MARGARINE, LB. PKG. 3/79¢
Blue Bonnet

ROYALE, JUMBO ROLL PAPER TOWELS 4/\$1
PASTEL PINK DESIGNER

WESTERN FAMILY, PURE VEG. OIL Shortening 3 LB. 79¢
TIN

WESTERN FAMILY Kitchen Flour 10 LB. 77¢
BAG

Texas Pink Grapefruit 12 for \$1

Potatoes U.S. No. 1 Russet 10 lb. 59¢
Golden Delicious Ex. Fancy Apples 6 lbs. 99¢
Fresh Crisp Carrots 2 1-lb. bags 29¢
Parsnips 2 lbs. 29¢

FLEISCHMANN'S DRY YEAST 3 PACK 16¢

CONCORD GRAPE OR MINT ALICE LOVE JELLY 10 OZ. JAR 29¢

LOMA LINDA, BROWN GRAVY QUIK 2 7/8 OZ. 35¢

HALLEY'S, DANQUET OR CARLIC DILL PICKLES 30 OZ. JAR 49¢

PUTNAM'S INN (REG., DRIP & ELECTRIC) GROUND COFFEE 1 LB. 93¢
3 LB. \$2.29 2 LB. TIN \$1.77

SWIFT'S PREM LUNCHEON MEAT 12 OZ. TIN 59¢

CRISCO OIL PURE VEG. 24 OZ. BOTTLE 58¢

EVAPORATED MILK WESTERN FAMILY 15 OZ. TINS 6 for \$1.00

Oreo COOKIES 39¢
NABISCO 15 OZ. PKG.

Fresh YOGURT 4 \$1
MAYFLOWER YAMI OR DR. GAYMONT 8 OZ.

DETERGENT \$2.39
TIDE LAUNDRY 10 LB. 11 OZ.

Price Busters!
CHECK THE SAVINGS!
Ass't. Frozen Tofino Pizzas 15 oz. 79¢
Santiam Cream Style Whole Kernel Corn 17 oz. 22¢
Hunt's Tomato Ketchup 20 oz. 34¢
Dinty Moore Beef Stew 24 oz. 74¢
Dennison's With Beans Chili Con Carne 15 1/2 oz. 37¢

Frozen Foods
BIRDSEYE (BAVARIAN, DANISH, JAPANESE) INTERNATIONAL VEGETABLES 10 oz. 39¢
REAMES EGG NOODLES 12 OZ. PKG. 39¢
4-FISHERMEN FISHSTICKS 14 OZ. PKG. 69¢

Health & Beauty Aids
Gillette PLATINUM PLUS RAZOR BLADES 5 CT. PKG. 79¢

"Guess the Lights" Contest!
Ends Saturday January 15th
10,000 Green Stamps - 1st Prize
2nd Prize: 4,000 Green Stamps
3rd Prize: 3,000 Green Stamps
Entry blank at all stores and shops at Hoodland Park Plaza.
(No Purchase Necessary) HURRY!

AG FOOD STORES
MEMBERS OF UNITED GROCERS, INC.
HOODLAND PARK PLAZA
Highway 26
at Welches Road
Wemme, Oregon
Prices effective Thursday, Friday, Saturday, Jan. 13, 14, 15

