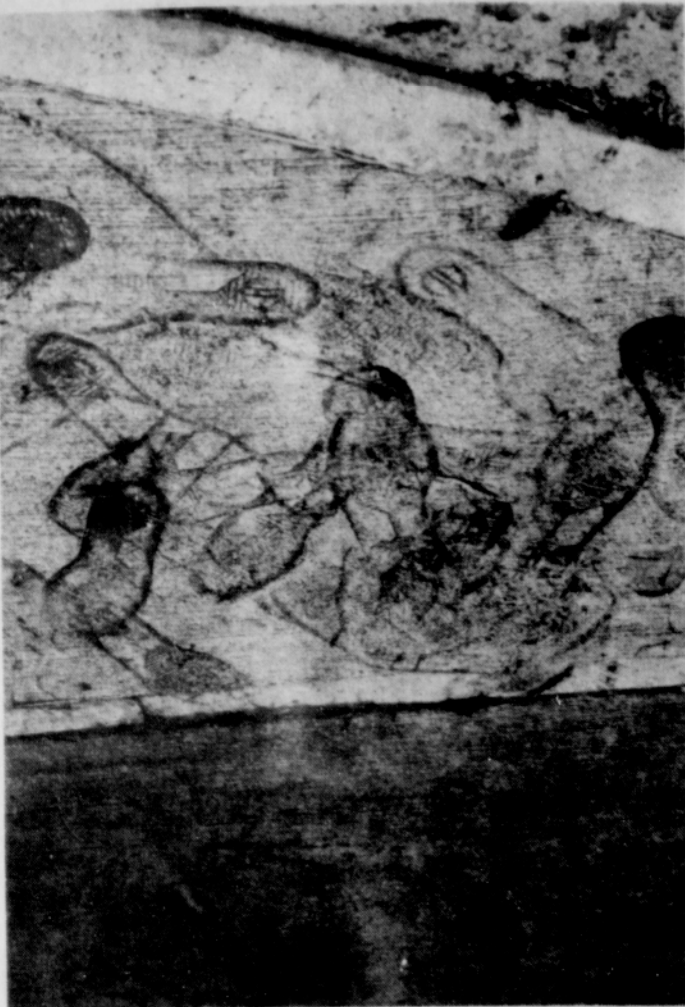




WHAT IS IT? Oriental design? Modern art? Fossils from Neanderthal days? Remnants of Big Foot? Well, not exactly. It is fossil sediment left on a Sandy sidewalk, and maybe even by someone who was attempting art. More likely, though, just a local youth out for a tennis shoe stomp in wet cement.

Economist advises use of food labels

Nutrition labels on food can help you make decisions on how to spend your money. Look for the labels, and use them, urges Mrs. Marilyn Lunner, home economist for Clackamas County extension service.

This is the year regulations regarding nutrition labels on food products are going into effect. Labels ordered since Dec. 31, must use the new system. And after Dec. 31, 1974, all labels on food shipped interstate must comply.

The new regulations apply when a manufacturer adds any nutrient to foods or when he makes a nutritional claim about it. When Nutrition information is supplied it must be done in a standard format.

The nutrition panel on food packages must limit how many calories, how much protein,

carbohydrates, and fat a serving of the food will provide. It will also show what percentage of the U.S. Recommended Daily Allowance (U.S. RDA) of protein, vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium, and iron a serving will provide. This basic information will be on all labels that choose to give nutrition information, although other nutrients may be listed and multiples of the serving size may be used.

So start now to look for this information panel on your food labels. It can help you obtain the best nutritional value for your money.

Local man spearheads protection

"Protects rainbow trout as game fish" has been drafted by the attorney general as the ballot title for the steelhead protection initiative sponsored by key Oregon leadership in sports fishing, environmental protection and civic affairs.

Carey Starzinger, Sandy, chairman of Save Oregon's Rainbow Trout, Inc. (SORT), the citizen group organized to place the measure on the November ballot, read the text of the attorney general's statement to members of the organization's board of directors Monday. It follows: "PROTECTS RAINBOW TROUT AS GAME FISH"

"Declares rainbow trout including steelhead trout to be game fish to be managed for recreational angling and to protect wild native stocks. Directs Fish Commission to minimize incidental catch by commercial fishing gear. Commercially taken rainbow trout are state property, must be delivered to the state, and shall not be bought or sold in Oregon. Wildlife Commission shall prescribe manner of distributing such fish to public institutions or charities. Indian treaty fishing rights not affected."

Starzinger said supporters of the initiative measure are moving ahead rapidly with plans for a petition drive to secure 60,000 signatures, including a "safety margin" of approximately 20,000. The petition drive will be launched following the close of the statutory waiting period which began when the ballot title was formally filed Feb. 8.

Starzinger said there is widespread support for the measure from interested groups throughout the state and expressed appreciation to the 44 sponsors—headed by Governor Tom McCall—who are spearheading the drive to place the measure on the ballot.

Woman killed

Melody Margaret Grabner, 25, 702 NE 157th Ave., was killed Tuesday night when her car hit a truck, went over an embankment and into the Columbia River along Marine Drive.

The victim was eastbound on Marine Drive near Lombard, just east of the airport, when the incident occurred, according to sheriff's reports.

Lung association increases use of Breathmobile

The Oregon Lung Association hopes to increase the operation of its Christmas Seal Breathmobile by 25 per cent during its coming program year, according to the chairman of the Association's Clackamas County Council, Kenneth P. Nelson, Milwaukie.

"Bringing the Christmas Seal Breathmobile up to its intended capacity will allow the Lung Association (formerly Oregon Tuberculosis and Respiratory Disease Association) to help more Oregonians prevent and control lung disease," said Mr.

Nelson.

The Lung Association feels an urgency to expand its programs because lung disease disability and death is the fastest rising major medical problem in Oregon today with emphysema deaths alone increasing 13 per cent last year.

The Breathmobile is scheduled to make its first visit to Sandy March 14-15, according to Nelson. This will be the first opportunity for East Clackamas County residents to receive the free breathing test. Increased operation of the

unit will boost the number of Oregonians receiving a breathing test to about 30,000 annually.

"Capacity operation will also allow the Lung Association to begin a new elementary school education program on the mobile unit that impresses upon young people the dangers of smoking and air pollution," he said.

"An expanded Breathmobile operation will also increase demonstrations of testing equipment to the medical community, encouraging

physicians to add this valuable breathing test to their routine physical examinations," he stated.

"The Breathmobile's purpose," he said, "is to increase Oregonians' awareness of their lungs and how to avoid abuses to them. This includes reinforcement of the decision by non-smokers and former smokers not to smoke, and help for smokers trying to cut down or quit altogether."

The Lung Association's two areas of program concerns include the control of lung

disease (chronic patient care, pediatrics, occupational diseases, and tuberculosis) and its prevention (anti-smoking, air conservation, professional education and medical research).

"To expand the Oregon Lung Association's programs, we need increasing financial support from Oregonians through their contributions to Christmas Seals and other gifts," he said, explaining that the association receives no tax dollars or a share of the United Fund.

Anyone wishing to help fight lung disease may send a contribution to the Oregon Lung Association at 830 Medical Arts Building, Portland 97205.

U.S. ENERGY GIANT

Six per cent of the world's population lives in the United States and consumes 33 per cent of the globe's energy output. Oil accounts for 40 per cent of the nation's energy capability, natural gas 31 per cent, coal 25 per cent, hydroelectric power three per cent, and nuclear energy 1 per cent.



OLD FASHIONED

WASHINGTON'S BIRTHDAY

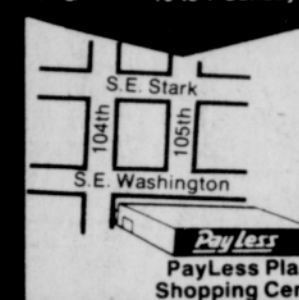
SALE

EFFECTIVE FRIDAY, FEBRUARY 22 ONLY!
ONE DAY ONLY!

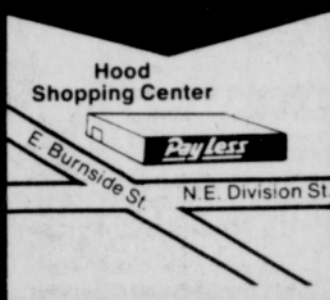
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