



Larry Pullen

FFA members honored

Several members of the Sandy chapter of the Future Farmers of America won awards last week.

Larry Pullen was the winner of the State Ag Processing Proficiency Award. The Sandy youth spent several hundred hours working at Sandy Lockers, working on cutting, wrapping, boning, selling and cutting meat. He also attended meat cutting classes at Portland Community College.

Pullen plans to become a journeyman meat cutter.

The presentations were made during the 53rd annual State FFA Convention in Albany last weekend.

Joe Grassl received a State Farmer Degree for his project, cultivating three-quarters of an acre of conifer seedlings and selling more than 3,000 a year.

Grassl is vice-president of the Sandy FFA Chapter and is active in the Forestry Club.

Pattie TenEyck received a

State Farmer Degree for her project, showing 11 head of Simmental cattle at the county and state fairs and the Portland International Livestock show. She also conducted a home and farm improvement project.

TenEyck is a chapter fundraiser for the Sandy FFA. Also winning a State Farmer Degree was Matt Howard. Howard's project was working at Lee Meat Company, where he cleaned, killed, weighed, boned and cut meat and did general work around the plant.

He is also a chapter fundraiser as well as chairman of several FFA committees. Wendy Rader received the top award for her State Chapter Scrapbook. She received a plaque for her entry.

Entries were judged on organization, arrangement and effective portrayal of the chapter's activities for the year.

The doctor says

Early treatment necessary to curb cancer woes

Many cancers, if treated promptly and properly, are highly curable.

One third of all cancers are being cured today. A patient who has survived, free of the disease, for at least five years since treatment has begun, has a good chance of being cured, according to Dr. Chris Nogueira of the Clackamas County Medical Society.

Still, 400,000 people in the United States die of cancer each year. That's more than 1,000 each day, or about one every 80 seconds. Of these 400,000, some will die who might have been saved through earlier detection and treatment.

Cancers are most readily curable if they can be treated before they spread from their original location. They are less curable after they have spread to surrounding healthy tissue and least controllable when they have traveled to other parts of the body.

To be cured, cancers must be found early and removed or destroyed before they have started to spread, Nogueira said.

The causes of cancer are mainly unknown. Extensive research suggests that some cancers result from physical or

chemical irritants. Physical irritation includes friction, heat, sunlight, X-rays and other kinds of radiation.

Among chemical irritants are tars, some heavy metals, certain hormones and some dyes.

The leading cause of cancer death in the United States is cancer of the lung. Cigarette smoking has been firmly linked to lung cancer and tobacco has also been linked to cancers of the mouth, tongue and vocal cords.

The incidents are rapidly rising in men and particularly in women. Nogueira said that the elimination of cigarette smoking would cause a major reduction of cancer deaths in the United States.

A knowledge of how cancers act and what to do if one strikes is essential in curing and controlling these diseases.

If your group or organization would like a speaker on this or related topics, please contact the Clackamas County Medical Society at 659-4744.

The Post will be publishing health and safety tips from the Clackamas County Medical Society on a regular basis.

Open house to honor couple

An open house will be held March 28 to commemorate the 55th wedding anniversary of Sam and Leota Newman of Boring.

The open house will be from 2 to 7 p.m. at the couple's home at 33220 SE Brooks Road in Boring.

Hosting the open house will be the couple's daughter, Lorita Sheppard of Sandy.

Computer test set

A certification test of the Clackamas County computer program, which will be used in the March 31 special election, will be held this Thursday, March 26.

Oregon law requires counties using an automated vote tally system must have its program tested before any election.



Fred Meyer

OUR PRICES
ARE LOW
EVERY DAY!

Your Complete Home Improvement Centers

Prices good thru Tuesday, March 31, 1981

POWER TOOL ACCESSORY TRADE-IN SALE!



GET AN INSTANT REBATE OF \$1.00 OFF THE ADVERTISED PRICE OF A POWER TOOL ACCESSORY WHEN YOU BRING IN ANY WORN OUT, USED or broken Drill Bit, Jigsaw Blade, Circular Saw Blade or Router bit and purchase one of the advertised Black & Decker accessories. Instant Rebate Coupons available at Fred Meyer Home Improvement Centers Only.

Black & Decker
Combination 7 1/4"
Circular Saw Blade

Reg. Price . . . 2.99
SALE PRICE . . . 1.49
REBATE . . . 1.00
YOUR COST
AFTER TRADE-IN **49¢**

Black & Decker
5 Piece
Drill Bit Set

Reg. Price . . . 2.99
SALE PRICE . . . 1.99
REBATE . . . 1.00
YOUR COST
AFTER TRADE-IN **19¢**

Black & Decker
5 Piece
Jigsaw Blade Set

Reg. Price . . . 2.99
SALE PRICE . . . 1.99
REBATE . . . 1.00
YOUR COST
AFTER TRADE-IN **99¢**

Black & Decker
Steel or Carbide
Router Bits

Reg. Price . . . 2.29-19.99
SALE PRICE . . . 15% OFF
REBATE . . . 1.00
YOUR COST
AFTER TRADE-IN **20% to 50% OFF**

YOUR COMPLETE PAINT STORE



Glidden Spred Oil Stain

SAVE 2.00

Gallon Reg. 11.99 **9.99**

- #700
- Solid stain and semi-transparent stain
- Penetrates to seal, protect wood
- No cracking, peeling, chipping
- Stays in suspension longer

Available Home Improvement or Hardware

50% OFF

Regular Prices On
Unfinished Luan
Shelving

SIZE	REG. PRICE	SALE PRICE
8"x24"	1.99	99¢
8"x36"	3.19	1.59
8"x48"	3.99	1.99
10"x24"	2.69	1.34
10"x36"	3.79	1.89
10"x48"	5.29	2.64
12"x24"	3.29	1.64
12"x36"	4.69	2.34
12"x48"	6.49	3.24

- Sturdy shelves, ready to finish in your choice of stains, colors
- Ideal in any room



6' Fiberglass
Patio Panel

SAVE 2.00

Reg. 3.99 **1.99**

- 26" wide corrugated
- 4 colors
- For patios, fence panels, roof panels
- Some with slight imperfections
- While 500 per store last

Mercury
Vapor
Yard Light

SALE PRICE

29.99

- Turns on and off automatically
- For convenience, security
- #175W



Close
Coupled
Toilet

SALE PRICE

34.99

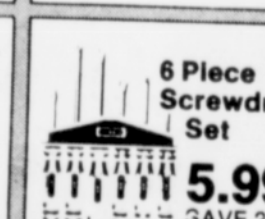
- B grade slight blem
- Includes handle, flush valve
- Seat fittings extra



Fred Meyer
Heavy Duty
6V Lantern
Battery

1.99

- SAVE 70% - Reg. 2.69
- For most lanterns
- Be ready for summer camping, fishing



6 Piece
Screwdriver
Set

5.99

- Contains 2 handyman Phillips, 4", 6" standard, 3", 6" cabinet tip #63-326
- Home Improvement or Hardware



12/2 NM
Housewire
with
Ground

22.88 SALE PRICE

- 250 ft. roll
- For most wiring projects



2' x 4'
Standard
Pegboard

76¢

- Perfect for shops or garage walls
- Hooks not included



Magic®
Household
Glues

YOUR CHOICE SALE PRICE

59¢

- Epoxy glue 1/2 oz.
- Contact cement
- Crystal clear cement
- Home Improvement or Hardware



2"x4"x8'
Standard
and Better
Studs

1.39 Ea. SALE PRICE

- Use for framing or building



1/4"x60 Yard
Strapping Tape

1.23 Ea. PRICE

- Medium tensile strength
- Combines split resistant polyester with glass fibers
- Home Improvement or Hardware



Sandpaper
Handy
Pack

89¢ Ea. SALE PRICE

- Full size 9"x11" sheets
- Fine, med, coarse or assorted
- Home Improvement or Hardware

GLISAN
N.E. 66th & Glisan
OAK GROVE
S.E. McLoughlin & Oak Grove
SOUTHEAST
S.E. 82nd & Foster

STARK
S.E. 122nd & Stark
GRESHAM
Powell Valley Rd. at Burnside
CLACKAMAS
May 212 & 1205

INTERSTATE
E. Lombard at Interstate
TIGARD
S.W. 74th & Pacific Hwy
BEAVERTON
Beaverton-Hillsdale Hwy. & Hwy 217

TUALATIN
I-5 at Tualatin Ex.
HAZEL DELL - Vancouver
N.E. 78th at Hwy 99
FOURTH PLAIN - Vancouver
Grand Blvd. at Fourth Plain

SOUTH SALEM
Commercial St. SE at Madrona
FAST SALEM
Market St. NE at Lancaster Dr.
NORTH SALEM
Commercial St. NE at Broadway

MILL PLAIN - Vancouver
1-205 at Mill Plain
SPRINGFIELD
5th & Q Streets
EUGENE
Bellevue Rd. at River Road

ALBANY
Santiam Hwy. at Waverly Drive
LONGVIEW - Washington
30th & Ocean Beach Hwy

VISA

MasterCard

Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad. 12-282

LAWN MOWER TUNE-UP Special!

- Any make!
- Any model!



Only
10.00
PLUS
PARTS

INCLUDES points, condenser, electrical check, lube, blade balancing & sharpening & carburetor adjustment.

668-4137 • 33680 Kelso Rd., Boring

Mac's Feed & Equipment

"Your complete Lawn & Garden Center"

Dilly Down Daffys

Spring Has Blown
Our Mind &
The Price On
Daffodils!

A cut of daffodils,
but not more than five
Reg. 69¢ bu.

NOW **33¢**
bu.

**Rancho
FLOWERS**
IN THE GRESHAM MALL

On Burnside. Good at all 8 Rancho locations