



The Sandy Fire Department responded to a car fire at Arco Service Station last week.

One needs fiber in diet

More and more people are becoming concerned about the fiber content in their diets these days, according to Marilyn Lunner, Clackamas County extension agent.

Fortunately, it's not difficult to determine whether one's diet is high or low in fiber.

Diets that are low in fiber usually include many refined or highly processed foods that are high in sugar and fat, Lunner said.

Diets that are high in fiber include whole grain breads and cereals and a variety of fruits and vegetables, including some that are raw.

If one's diet is low in fiber, Margaret Bakke, Oregon State University extension nutrition specialist, suggests including fruits and vegetables into the diet.

Berries, pineapple, celery and green leafy vegetables are recommended. Also, serve fruits and vegetables with the skins on.

Whole grain breads and cereals are also high in fiber. Whole grain products can be used as extenders in meatloaf and casserole dishes. Some high fiber snacks include popcorn and raw fruits and vegetables.

"Remember that preparing food from scratch gives you more control over the amount of fiber in your diet," Bakke said. "But, if you decide to use convenience foods, or fast foods from restaurants, supplement them with fresh fruits and vegetables."

Tree sales reach a five-year high

Christmas tree sales in Mt. Hood National Forest's Zigzag Ranger district hit a five-year high this year with the sale of 5,340 permits.

The record high sales occurred in 1974, when 6,025 permits were sold.

The Zigzag district's Christmas tree program is unique. The cutting area is located under the Bonville Power Administration lines in the Lolo Pass area. The program, in addition to supplying Christmas trees, helps reduce the maintenance required along the right-of-way.

The program is so popular with Portland area residents that reservations were required on weekends. Forest Service employees greeted the tree cutters at a check station on Lolo Pass Road and gave out advice on tree selection. Free candy canes supplied by the district's social welfare fund were given to the younger Christmas tree cutters.

The program began on the district in 1969. Since record keeping began during the 1973 season, 31,969 trees have been sold.

Divorce workshop offered

Even when both parties agree that divorce is the only solution to their situation and the dissolution of the marriage is amicable, divorce is an extremely traumatic event. Many find that they have difficulty growing or developing psychologically. Symptoms of depression, feelings of inadequacy, sexual difficulties and unproductive behavior patterns often result.

There are various ways that an individual can come to think and behave to minimize the negative consequences of a divorce and keep life moving forward. The Willamette Valley Family Center is offering a free public workshop entitled "Dealing with Divorce." It will be held on Wednesday, Feb. 3 from 7 to 9 p.m. at 610 Jefferson Street in Oregon City.

Put a little Spring in your home with fresh cut Daffodils

Springtime Special Price

99¢

Per Bunch of Five Includes FREE greens, of course



Rancho FLOWERS

Open 9am-9pm 365 Days A Year

At the GRESHAM MALL & all 8 Rancho locations.

THRIFTWAY'S "FRIDAY SURPRISE"

FRIDAY JAN. 22 **ONE DAY ONLY SALE!** FRIDAY, JAN. 22

THRIFTWAY FRIDAY SURPRISE COUPON

WESTERN FAMILY **YOGURT** WITH THIS COUPON (ONE COUPON PER FAMILY, PLEASE)

19¢

WESTERN FAMILY FRESH YOGURT 8 OZ. TUBS EA.

ADDITIONAL AT 3/11.00 GOOD FRI., JAN. 22 ONLY

THRIFTWAY FRIDAY SURPRISE COUPON

BUTTER CUP OR KREAM KRUST **FRESH BREAD** WITH THIS COUPON (ONE COUPON PER FAMILY, PLEASE)

29¢

FIRST TWO 22½ OZ. LOAVES EA.

ADDITIONAL AT REG. PRICE GOOD FRI., JAN. 22 ONLY

THRIFTWAY FRIDAY SURPRISE COUPON

WESTERN FAMILY OR WILLAMETTE, WHITE **AA LARGE EGGS** WITH THIS COUPON (ONE COUPON PER FAMILY, PLEASE)

59¢

FIRST DOZEN

ADDITIONAL AT REG. PRICE GOOD FRI., JAN. 22 ONLY

THRIFTWAY FRIDAY SURPRISE COUPON

PACIFIC MEDIUM **FRESH OYSTERS** WITH THIS COUPON (ONE COUPON PER FAMILY, PLEASE)

1.49

FIRST TWO 10 OZ. JARS EA.

ADDITIONAL AT \$1.78 GOOD FRI., JAN. 22 ONLY

THRIFTWAY FRIDAY SURPRISE COUPON

WHITE OR RUBY RED **GRAPEFRUIT** WITH THIS COUPON (ONE COUPON PER FAMILY, PLEASE)

97¢

FIRST TWO 5 LB. BAGS EACH

ADDITIONAL AT \$1.09 GOOD FRI., JAN. 22 ONLY

WILLIAMS HOODLAND
17450 Meinig, Sandy 668-4240 Welches Rd., Wemme, 622-3244

THRIFTWAY PRESENTS "STEAK ON US"

BONELESS CHUCK ROAST **\$1.68** LB. (FRESH MEATS SOLD ON SUNDAY SUBJECT TO STOCK ON HAND)

TURKEY DRUMSTICKS **49¢** LB. (GRADE A, FROZEN)

BONELESS CHUCK STEAK **\$1.88** LB. (USDA CHOICE BEEF)

SIRLOIN TIP ROAST **\$2.48** LB. (USDA CHOICE BEEF CHUCK)

PORK CUTLETS **\$1.78** LB. (TENDER, BONELESS)

BEEF FOR STEW **\$1.98** LB. (LEAN, BONELESS)

LINK SAUSAGE **\$1.18** 8 OZ. PKG. (SWIETS "BROWN 'N SERVE")

SHRIMP MEAT **\$5.49** LB. (OREGON, SALAD SIZE)

BAR-S BIGGIES **99¢** 1 LB. PKG. (ALL MEAT FRANKS)

PICNIC STYLE PORK ROAST **98¢** LB. (FRESH)

SAVE YOUR TAPES FOR FREE STEAKS! GET DETAILS AT STORE

BANANAS **3.88** LBS. (FANCY, GOLDEN-RIPE CHIQUITA)

TURNIPS **4.99** LBS. (FANCY, PURPLE-TOPPED, GOLDEN CRISP)

RUTABAGAS **4.99** LBS. (GOLDEN CRISP)

ALFALFA SPROUTS **39¢** CUP (CRUNCH, FRESH)

YELLOW ONIONS **39¢** LB. (SWEET, MILD, MED. SIZE)

CARROTS **4.99** LBS. (BULK "CLIP-TOP")

MANDARIN ORANGES **3.99** LBS. ("ROYAL")

MIRACLE WHIP **88¢** EACH (KRAFT, SAVE 87¢ FIRST 32 OZ. JAR)

CRISCO SHORTENING **1.98** (FIRST 3 LB. TIN, PURE VEGETABLE, SAVE 61¢)

CAMPBELL'S CHICKEN NOODLE SOUP **19¢** EA. (FIRST THREE 10½ OZ. TINS, "SUPPORT YOUR SCHOOLS! HELP KIDS COLLECT LABELS.")

KEG O' KETCHUP **99¢** (HEINZ, SAVE 50¢ FIRST 32 OZ. KEG)

SCOTT PAPER TOWELS **58¢** EA. (DECORATED, SAVE 34¢ EACH)

CHEER DETERGENT **5.79** (FIRST 171 OZ. BOX, SAVE 11¢)

SWISS CHEESE **2.39** LB. ("ECONOMY", RANDOM WEIGHTS)

ASSORTED PUDDINGS **1.19** 4 PK. (SWISS MISS, SNOW CROP, CHILLED FIVE ALIVE)

GOLD N' SOFT MARGARINE **93¢** CTN. OF TWO 8 OZ. TUBS (TWIN PACK, FRUIT BEVERAGE)

SANDWICH BAGS **79¢** BOX OF 50 BAGS (Ziploc, SAVE 40¢ EA.)

GE "SOFT WHITE" BULBS **1.88** ("4-PACK", SAVE \$1.36 PER PKG., 60 WATT, 75 WATT, 100 WATT)

SHASTA POP **1.59** (ASSORTED VARIETIES, 12 OZ. CANS, "SIX PACK", FULL DEPOSIT)

ORANGE JUICE **1.19** (MINUTE MAID, 100% PURE, FROM FLORIDA, 12 OZ. TIN)

FARM-FRESH MIXTURES **1.09** (BIRDS EYE ASSORTED, 16 OZ.)

HASH BROWN POTATOES **99¢** (ORE-IDA "SOUTHERN STYLE", 2 LB. PKG.)

POTATO CRISP FISH STICKS **1.27** (GORTON'S, 8 OZ.)

FRENCH TOAST **84¢** (AUNT JEMMA, 9 OZ.)

PEANUT BUTTER **2.79** (Creamy or Crunchy, 28 OZ.)

GRAPE JAM **1.49** (WELCH'S, 32 OZ.)

PORK & BEANS **88¢** (VAN CAMP'S, 2 16 OZ. TINS)

SPAGHETTI SAUCE **89¢** (RAGU, Meat, Plain or Mushroom, 15½ OZ.)

GRAPEFRUIT JUICE **1.09** (TEXSUN, UNSWEETENED, PINK, 46 OZ. TIN)

CHILI WITH BEANS **79¢** (NALLEY'S, 15 OZ. TIN)

SUNBRITOS **99¢** (NALLEY'S, 7 TO 8 OZ.)

LIFE CEREAL **1.49** (QUAKER, 15 OZ.)

FIG NEWTONS **1.39** (NABISCO, 118 PKG.)

DILL PICKLES **1.69** (STEINBERG'S HOME-STYLE, 46 OZ. JAR)

FETTUCINI **82¢** (CREAMETTE, 16 OZ.)

LEMON JUICE **99¢** (REAL-FRESH, 24 OZ.)

SANDWICH BREAD **1.05** (ROMAN MEAL, 24 OZ.)

CRISCO OIL **1.29** (PURE VEGETABLE, 24 OZ. BTL.)

CAKE MIXES **93¢** (DUNCAN HINES, Assorted Flavors, 18 OZ.)

WHEATIES CEREAL **1.48** (BIG G, 18 OZ. BOX)

KRAFT DINNERS **88¢** (MACARONI & CHEESE, 7 7-oz. BOXES)

DRESSING **1.29** (KRAFT, SALAD, CATALINA, CREAMY CUCUMBER, FRENCH, ITALIAN, OR 1000 ISLAND, 16 OZ. BTL.)

COFFEE **7.49** (HILLS BROS., ALL POPULAR GRINDS, 8 OZ. JAR)

INSTANT COFFEE **4.88** (TASTER'S CHOICE, REGULAR OR DECAFFENATED, 8 OZ. JAR)

BATH-ROOM CLEANER **1.39** (DOW, 17 OZ.)

HANDI WRAP **1.29** (DOW, 200 ROLL)