



Children sing-along as puppet mimicks from atop puppet stage at recent production of "Puppets in the Park".

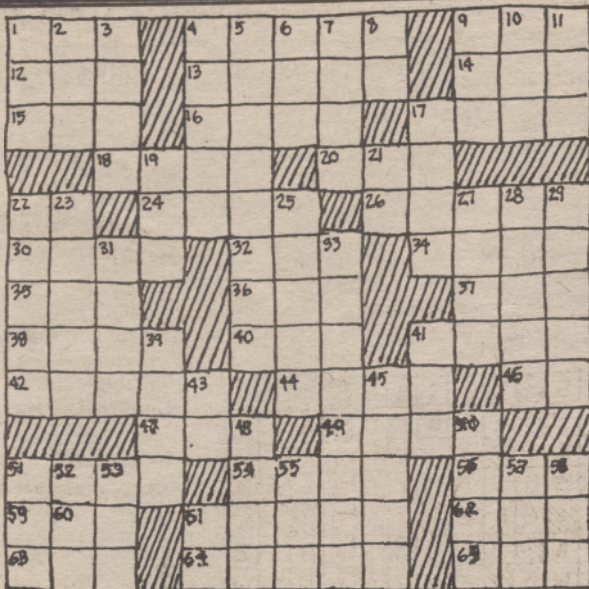
Many children attend puppet show

"Puppets in the Park," a children's activity sponsored by the Vernonia Evangelical Church, was attended by 122 children. Pastor Gordon Elliott, Summer Ministries Director at the Evangelical Church, organized and conducted the puppet theatre with the help of Tracy Carroll, David Proehl and Debbie Westbrook. Jim Westbrook also assisted behind the scenes.

Brian Long, Vernonia, was the winner in a drawing held Sunday, June 17, at the Evangelical Church. He received one of

the puppets that was used in the puppet theatre.

Future children's activities include a film (no admission charge) entitled "Whispering Mountain" at 11 am at the Evangelical Church, 957 State Ave. on Thursday, June 21. Vacation Bible School will be held July 9-13 from 9:30 am to 11:30 am. These activities are open to all interested children. For more information, call Pastor Carl Duhrkoop at 429-8481 or 429-4281.



Freedom

ACROSS

1. Cheerless
4. More Profficient
9. Rowan
12. Period
13. Minimum
14. Downwind side
15. Dismiss (slang)
16. Car Maker
17. Form a Network
18. Game of Chance
20. Auricle
22. Afternoon (abbr)
24. Proceeded
26. _____ Plexus
30. Easy cantor
33. Right!
34. Artifice
35. Upward (pre)
36. Existance (lat)
37. Stomach
38. Aerie

advancement? These are questions that we will begin to give answers to based upon the most up-to-date scientific studies. Dr. Levey, president of Heart-Lung Institute, testified before the Senate Select Committee on nutrition in February, 1977, and he presented the following conclusions as to the source of our problems of health and more specifically with heart disease.

He told the Committee that our lifestyle is incorrect and needs changing. He stated that smoking must be stopped, we must reduce consumption of rich foods such as meat, eggs, milk, butter and cheese, reduce consumption of refined and processed foods and we need to use the unrefined grains to increase the use of fruit and vegetables.

This "rich diet" must be understood in relationship to the quantity consumed and the amount of energy we expend. A very hard-working person is able to use most of his fuel for energy and will have less excess to be turned into fat and extra cholesterol which the body will make when the calories are high. This is why we speak of the "degenerative diseases" as those of "overconsumption," "diseases of affluence," or even "diseases of choice." Remember too, there are "skinny

gluttons" and so few of us escape this potential.

If we would look at such diseases as arteriosclerosis or hardening of the arteries as it is more commonly called, we recognize them to be diabetes, high blood pressure, obesity, gall bladder disease, some cancers, many bowel diseases, dental caries and others as having a similiar cause—"too much"—and the body will express itself from this insult in a variety of ways involving different organs. Then we will believe and comprehend the evidence in regards to the probable cause of such diseases as will be presented in later articles.

This column will place its major emphasis upon those actions and patterns that each individual and family can do for themselves. The standard medical treatment can be found written in other types of writing and needs no repeating.

I would very much like to make a strong issue right now that the information forthcoming will be of far more value if started from infancy and continued on in life. Still there is much to be gained for every person and it is a rare individual who is too far worn out not to be able to gain if the forthcoming information is made a part of his or her health behavior.

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balanced influence of pure air, sunlight, temperance, rest, exercise, proper diet, use of water and appropriate mental attitude. The living machine is greatly influenced by the working and attitudes of the mind. This is a profound difference from a mechanical machine.

Let us now direct our thoughts to the most prevalent disease in our midst, namely, "arteriosclerosis" or better known as hardening of the arteries. Using our model car we recognize that we are getting sludge in the motor, the valves are corroded and this motor may suddenly be so badly gummed up that it stops cold.

What causes the deposit of cholesterol to build up in lumps in the walls of the arteries? Is there something about the way the living machine is tuned, or is the carburetor out of adjustment? Is the fuel mixture too rich causing the motor to stall? Perhaps the engineering was faulty and it made no difference as to outside influence.

How can I avoid this condition that one million per year die of and six hundred thousand specifically from coronary heart disease alone? If I find that it is already a problem in my body, can I stop its progression or even reverse its

NAME THE COMMUNITY GOSPEL CHOIR CONTEST!!

Win a Prime Rib dinner for two —

courtesy Roach's Coffee Break Restaurant!

CONTEST RULES:

1. The name should describe the choir's area of musical style, geographic location, or a unique performance name.
2. Everyone is eligible to enter. (Choir director, music committee & their families are ineligible to participate.) No limit to the number of entries.
3. All entries should be dated & postmarked. In the event of a tie, the earliest postmarked entry wins. The judge's decision is final.
4. In the event the name selected by the panel of judges is a modification or adaptation of an entry, the person submitting the closest name will be awarded the prize. The judges reserve the right to feject all entries.
5. Contest ends June 27, 1979. The winner will be announced in the Vernonia Freedom Newspaper the following week.
6. Submit all entries to:

Wally Ratkie, Director
Community Gospel Choir Contest
c/o Assembly of God Church
660 Jefferson St.
Vernonia, Oregon 97064

I submit the following name(s) for the Community Gospel Choir:

1. _____
2. _____
3. _____

Name _____ Date _____

Address _____ City _____

Phone _____ Zip _____

Contest Ends June 27, 1979

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Shakespeare

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