

Food additives have specific purposes

Additives are used in foods for specific reasons. They may be used to control mold, prevent separation of ingredients, enhance flavors or preserve quality. The Food and Drug Administration (FDA) decides what additives and how much of each can

be used in foods.

"Two additives that consumers often have questions about are BHT (butylated Hydroxytoluene) and BHA (butylated hydroxyanisole)," says Susan Gangler Landgren,

Columbia County Extension agent.

"These two chemicals are used to prevent fats and oils in foods from turning rancid. Because they help keep prepared foods fresh for long periods of time, they are most often found in convenience foods and mixes."

The two additives BHA and BHT have been used in foods since the 1950's, according to Margaret Bakke, Oregon State University Extension nutrition specialist. The average American diet contains less than four parts per million (ppm) of both BHT and BHA.

The Foods and Agriculture Organization (FAO) and the World Health Organization (WHO) agree that the acceptable daily diet intake of BHT and BHA, when used together, should be no more than 23 to 29 ppm.

Although the foods most people normally eat are not high in BHA and BHT, an individual could lower BHA and BHT intake by selecting foods that do not contain them. When shopping, read food labels. Any item that contains BHA or BHT must list it on the label as an ingredient.

Be aware that many restaurant and fast food outlets use prepared foods and these are not labeled when they are purchased by the customer. Foods that contain fat or are prepared with fat are the ones most likely to contain BHA and BHT.

Also remember that additives are in foods for a reason. The kinds and amounts of additives in foods are controlled and therefore, the consumer determines the amounts of additives he or she eats.

announcements

GRADUATE

Noell M. Sturdevant of Vernonia was among the 190 graduates of Hanover College on Sunday, May 24.

Sturdevant, a geology major, was graduated cum laude and was a member of Gamma Sigma Pi, a scholastic honor society.

He is the son of Mr. and Mrs. Ralph Sturdevant, 1306 Rose Ave., Vernonia, Oregon.

Richard V. Allen, Assistant for National Security Affairs to the President of the United States, was the speaker at Hanover's 148th annual commencement. The baccalaureate sermon was delivered by the Reverend Philip D. Queen, senior pastor of The Second Presbyterian Church, Bloomington, Illinois.

Jeffry and Melissa Olson

Mr. and Mrs. Eric Olson of Bridge St. in Vernonia are happy to announce the marriage of their son Jeffry Scott to Melissa King on July 3, 1981.

Jeffry is a former Vernonia High student and Melissa is from New House, California.

The wedding took place in the Seal Rock State Park overlooking the ocean. The couple now reside in Portland where Mr. Olson is employed by Rentex.

THANK YOU

Thanks to each and all for your cards, calls and visits, while Harry was in the hospital for surgery. How wonderful for people to care. Bless you. Thanks to our Nancy too, for transportation.

Harry and Dessie Eckland

newcomers

Justin Robert Mandes

James and Rebecca Mandes are proud to announce the addition of a 7 lb. 6 oz. boy named Justin Robert to their family.

Justin was born at home in Vernonia in the loving presence of his parents at 11:04 pm, June 30 and joins his two brothers, Joaquin, 3 years old and Jeffery, 18 months old.

Justin's grandparents are Robert and Nellie McNair of Vernonia and Ella Mandes of Santa Barbara, California.

25th ANNUAL FRIENDSHIP JAMBOREE

July 24, 25, 26
Vernonia, Oregon

SCHEDULE OF EVENTS

F R I E N D S H I P

Friday
JULY 24 8 pm - Queen's Coronation - Washington Grade School
7 pm - 2 am - Chamber of Commerce Beer Garden - Live Music

Saturday
JULY 25 9 am - Arts and Crafts Show - Masonic Hall
10 am - Road Run - Sponsored by Vernonia Market Place
10:30 am - Parade
12 noon - Children's Pet Show - School Grounds
2 pm - Hamburger Eating Contest - Pine Cone Restaurant
2 pm - Horse Games - Anderson Park
6 pm - Arts and Crafts Show closes
7 pm - 2 am - Chamber of Commerce Beer Garden - Live Music

Sunday
JULY 26 7 am - 11 am - Logger's Breakfast - Rebecca's Hall
10 am - Open Air Church Services - VHS Football Field
10 am - Arts and Crafts Show - Masonic Hall
12 noon - Logging Show
1:30 pm - Greased Pig contest
2:30 pm - Tae-Kwon-Do Demonstration - Martial Arts
5 pm - Arts and Crafts Show closes

J A M B O R E E

RIDES, FOOD, ARTIFACT CONCESSIONS ALL 3 DAYS

ESD elects officers, supports SB 2620

At the organizational meeting of the Columbia Education Service District on Wednesday, July 8, Mike Crouse of St. Helens was elected chairman, and Roger Nichols of Rainier was elected vice chairman for the 1981-82 year. Other members of the board are Marion Sahagian, Scappoose; Jim O'Connor, Scappoose; Agnes Peterson, St. Helens; Elmer Spencer, Clatskanie; and Steve Farrell, Vernonia.

The board established the second Thursday of each month at 7:30 pm for their meeting date in the ESD building located at 1290 Deer Island Road in St. Helens.

The firm of Pauly and Rogers of Portland was selected as auditors and

Mr. Jay Whipple was appointed as the ESD attorney. Don Olmscheid was appointed as the budget officer.

Mrs. Lois Hart, director of the summer program reported that programs at Warren Elementary School, Rainier High School and Hudson Park Elementary School were operating with 42 students. She also reported receiving a gift of \$25 from the St. Helens Lions for lunch snacks for the program.

The board voted by a count of 4-2 to notify Senator Hanlon and Representative Magruder of their support of House Bill 2620. This bill provides that up to ten percent of moneys derived from oil and gas leases on county lands be used to improve services, including roads and

fire protection.

The board also voted 4-2 to oppose House Bill 3088 which would provide for the assumption by education service districts of certain school district costs, including excess costs of expanded federal and state mandated programs. It also preserves remaining portions of education service district tax bases.

Certification of the tax levy in the amount of \$591,680 to the Tax Assessor was also approved by the board.

The next meeting of the board is scheduled at 7:30 pm on Thursday, August 13.

Vernonia Freedom

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