

## DOTS JOTS

Clifford Carlsons sent us a cute one on the bottom of our subscription renewal reminder: "We are billed each day in rows of very tiresome prose. The sum you did not disclose. But five dollars we enclose!"

**IT'S FINISHED.** Jack Loyd promised to make me a bench last summer in time for the parade. This week he delivered this absolutely handsome bench. It all started when I thought these gentlemen looked so cool and comfortable sitting on benches in the shade along Main St. last summer. The Oregon Journal reprinted the editorial and agreed with us that it would be a good idea to have benches along Main St. just for sittin' and chattin'.

Now all I have to do is decide what color to paint it and put GAZETTE-TIMES on it. Do you suppose I'll have to bring it in each evening to keep someone from walking off with it? I'd like to think not. Do stop by and sit on my bench!

When we were in Pilot Rock, each business paid to have a bench made and painted with the name of the business on it. These were used not only on special occasions like the Harvest Festival held during August but also on every day occasions.

### Amy D. Walker Passes at Payette

Services for Mrs. Amy Diana Walker, 91, Payette, who died Thursday at a Payette nursing home were conducted Aug. 9 at the Shaffer-Jensen Memory Chapel by the Rev. Edward Hargreaves of the United Methodist Church. Interment will follow at Riverside.

She was born Nov. 25, 1879, at Heppner, Ore. She came to Idaho with her parents in 1897 and graduated from Payette High School. She also graduated from the Women's Medical College in Philadelphia where she received her medical doctor's degree in 1904. She practiced medicine at Pendleton and at Hot Lake, Ore., until 1914. She was married to Lemuel A. Walker in 1914 at Weiser. They resided at a ranch on Little Willow Creek. He died in 1955 and following her husband's death she moved into Payette where she has since resided. She was a member of the Episcopal Church, and the HOA Club at Little Willow.

She is survived by a brother, Clyde Currin, Payette, and two nieces, Mrs. Alice Heugen, Las Vegas, and Mrs. Alta Sires, Belmont, Calif. In addition to her husband she was preceded in death by a sister.

### Visitors from Pa.

This past week Mr. and Mrs. Harold Beers and son Larry from Indiana, Penn., have been visiting the Donald Bennett family and Mrs. Bert Corbin. Harold Beers is a first cousin to Mrs. Corbin and Mrs. Bennett.

He noticed a real difference in the area since he was working on the Bennett ranch on Hinton Creek some 35 years ago.

## Of Interest to Women

### HIGHEST LIONS HONOR TO BOB HOPE



Comedian Bob Hope accepts the 1971 Lions International Humanitarian Award from Dr. Robert D. McCullough of Tulsa, Oklahoma, President of the world's largest humanitarian service organization.

The award was given to Hope for his continuous efforts and work in behalf of sight conservation and eye research, one of the major concerns of Lions Clubs throughout the world. The presentation was made this past weekend in Washington, D.C., because film commitments will prevent Hope from attending the Lions world convention in Las Vegas this June.

### Lexington Miss Recovering Nicely

LEXINGTON — Mrs. Bill B. Marquardt and daughter Charma returned Saturday from Portland where they have been with a daughter Penny, who is a patient in Good Samaritan Hospital following major surgery. Mrs. Marquardt reports that she is recovering nicely, and that Norita and Billy June Marquardt motored to Portland Saturday and will remain for some time while she is hospitalized.

Mr. Carl Marquardt and family and Doug, Philip and Charma, children of Mr. and Mrs. Bill B. Marquardt were Lehman Springs visitors Sunday.

**Summer Travelers**  
Mr. and Mrs. Wm. J. Van Winkle were Portland visitors this week where Mr. VanWinkle consulted a physician.

Mr. and Mrs. Kenneth Klingler and son Aaron were Wallowa visitors Sunday.

Donald Majeske, who is spending the summer with his parents Mr. and Mrs. Gene Majeske is spending a few days in St. Helens and Forest Grove visiting friends.

Mr. and Mrs. Morris McCarl, and Mr. and Mrs. John Edwards were Spokane callers Sunday.

Mr. and Mrs. Bob Harrison and children of Lexington visited his mother Mrs. Alice Harrison in Boardman on Saturday. Others present were Mr. and Mrs. Lawrence Harrison and children of Ritzville, Wn., and Mr. and Mrs. Carlisle Harrison and children of Hermiston.

Paul Morey was a recent Portland business caller.

**Lexington Visitors**  
Jill Padberg, who is employed in Pendleton, visited her parents, Mr. and Mrs. Elden Padberg over the weekend.

Mrs. Darrel Dick and children Devonne, Debra and Trevor of Portland visited Mrs. Erda Pieper one day last week. Mrs. Dick and Devonne returned home on Tuesday while the other children remained for a visit with their grandmother.

Visitors over the weekend at the Erda Pieper home were Mr. and Mrs. Earl Hall and Jodi, Mr. and Mrs. Larry Holliday and sons Clinton and Troy and Mrs. Robert Nichols of Portland.

Mr. and Mrs. Burke O'Brien of Pendleton were visitors at the home of her parents, Mr. and Mrs. Gene Majeske.

Mr. and Mrs. Roy Ball of Boardman spent Saturday with her sister and husband Mr. and Mrs. T. E. Messenger, Sr.

Mr. and Mrs. Jack Kroll of Corvallis have been visiting their son and wife, Mr. and Mrs. Bob Kroll, returned to their home Sunday.

Mr. and Mrs. O. Bartlett of Texas are visiting their son and family, Mr. and Mrs. Joe Bartlett and Kathy.

### 4-H Snack Shack Needs Workers

Response to plea for helpers in the 4-H Snack Shack has been prompt this year, but some shifts still need 4-H parents and friends to make up a full team! (Especially the 11-2 and 2-6 shifts).

Parents are requested to please return sign up slips to the County Extension office at once, or call 676-9642 stating time and date preferred to assist in the only money making project of the 4-H Council.

Please do it now!

### Roy Martin Hospitalized

Mr. Roy Martin of Lexington is a patient at Good Shepherd Hospital in Hermiston. He suffered from a heart attack and entered the hospital last week.

### Bellamy Vacation

Mr. and Mrs. Don Bellamy, Donna, Kitty and Cameron are home from a fun trip that took them to Sacramento and San Francisco. Besides visiting relatives they enjoyed eating at Di-Maggio's at Fisherman's Wharf. This was their first time to Reno by way of Winnemucca. Their return was by way of Hwy. 101 to Reedsport then inland to Woodburn where they visited Don's mother.

### WHAT'S COOKIN'?

A note from Joyce Johnson who used to work for Dr. Wolff before they moved to The Dalles . . . Dorothy:

I was interested in reading your crab salad recipe in today's paper. I've used it several times and the family seems to enjoy it.

My recipe is slightly different in that it calls for melting a cube of butter and tossing with your bread mixture. Also it calls for a pound of fresh shrimp, (I used the frozen). Very yummy!

Thanks for continuing the paper.

Joyce Johnson

Matt Hughes is taking Army Reserve Basic training at Fort Dix, N. J. He will graduate Aug. 27 and then go to Fort Knox for active duty. He expects to be home in October. He will report for once-a-month training at Walla Walla for six years.

### Enter One Class But Many Divisions At County Fair

There is some confusion concerning the number of exhibits any one person may enter at the fair. Each exhibitor may enter only one entry in a class. There are many classes in each division. For example, in the division of baby articles, for children up to 5 years of age, there are 10 separate classes. These classes include cap and sweater, bonnets, booties, sweaters, carriage robe, nursery quilt, toys girls' dress, child's coat and miscellaneous. Any one person may enter one article in each of these classes, if she wishes.

Only one cake per person may be exhibited in the Wheat League contest.

### 'Hi-Lites' Engaged In Singing Tour

The "Hi-Lites" from the Assembly of God Church have been preparing for their traveling concert to begin this Thursday night, Aug. 4. Members of the youth choir are, Jack Unrein, Becky Stillman, Dena Struthers, Larry Groce, Rick Wadholm and Liz Stephen.

The "Hi-Lites" are scheduled to sing in Weston Thursday evening; Bates Friday evening; Prairie City, Saturday and Sunday morning. Then they will be returning home Aug. 15, Sunday night.

The group plans to travel by small bus or panel. Their program will consist of 15 to 20 selections such as, Put Your Hand In The Hand; Pass It On; and Happiness Is. Jack Unrein and Rick Wadholm will play an instrumental duet on their trombones. Rick will also sing. He's There Waiting. Liz Stephen will sing Wonderful Life; Illusive Dreams; and His Land. Jack Unrein also sings a solo. The choir is directed by Mrs. Caroline Burwell and they will be accompanied by Lea Taylor on the piano. Also accompanying the group on their tour will be Pastor Donald D. Burwell.

The youth choir has been preparing for this for quite some time. They have already had singing engagements in Pendleton, Pilot Rock, in addition to the Christmas Cantata performed here.

### John Sumner Home From U. N. Visit

John Sumner returned home Aug. 2 from four fabulous weeks traveling to the east coast and six days at the United Nations. The first thing he said to his mother when she met him was, "I don't see why every student in high school doesn't try for this trip." He was returning from the United Nations Pilgrimage, sponsored by the IOF and Rebekahs. He was the district winner.

He had an opportunity to talk with representatives of the USSR, Egypt, Israel and the Arabians. His slides were sent in this week for processing. He came home firmly convinced that there's no place like Oregon. This week he received a letter from a fellow delegate who shares the same opinion as he wrote "Isn't it great to be back in God's Country?"

### Burwells Have Busy Summer

Pastor and Mrs. Don Burwell, Cindy and Tony of the Assembly of God Church vacationed the last of June in southern California with his parents, Mr. and Mrs. Harry Burwell. The senior Burwells are expected up here next week for a visit. This will be their first trip into Eastern Oregon.

During July the Burwells were counsellors at Kids Camp and the Teen Camp near Prairie City. While they were there some of the Teens got into the Walt Disney film now being filmed at John Day.

### Greys Have Daughter

Mr. and Mrs. Dale Grey of Sandy are parents of a daughter, Cynthia Leigh, born Aug. 5 in Gresham. She weighed 7 lb., 9 oz. She has a 5 year old sister, Sheridan. Mrs. Grey was formerly superintendent of nurses at Pioneer Memorial Hospital.

Grandparents are Mr. and Mrs. "Doc" Grey of Mt. Airy, N. C., and Mr. and Mrs. Joe Wright of Gresham. Mr. Grey and Mr. and Mrs. Wright formerly lived here.

### Diet and Heart Disease

In the past ten years the American consumer has been bombarded with statements relating dietary cholesterol and "saturated" fats with heart disease. The words polyunsaturated and low cholesterol have taken on some magical meaning and have given those who were worried about heart disease the delusion of avoiding the dangers of heart disease through diet.

A recently completed ten year study on 912 persons in Framingham, Mass., disclosed some startling findings. Don Stangel, Morrow County Extension Agent urges anyone interested in or concerned about diet and heart disease should purchase a copy of the Framingham Diet Study, published by the USPHS from the Superintendent of Documents, Washington, D. C. 20402 (75c).

A few of the concluding statements in this study are as follows:

"With one exception there was no discernible association between reported diet intake and serum cholesterol level in the Framingham Diet Study Group . . ."

"There is, in short, no suggestion of any relation between diet and subsequent development of coronary heart disease in the study group . . ."

The U. S. Consumer should be made aware of this important study and hopefully correct misinformation that has been taken for fact by so many people.

If you are still concerned about saturated fats in your diet, remember natural fats are neither saturated nor unsaturated. They are mixtures of both types. For example, milk fat contains over 30% of the so-called unsaturated fats. Although most vegetable oils initially contain considerable unsaturated fats, these fats in a product like oleo margarine must be chemically saturated to give it the same physical characteristics of butter. This tends to be very misleading to the consumer.

If one accepts the results of the Framingham study there is every reason for a healthy individual to eat a balanced diet of the foods he enjoys. Undoubtedly! (The worry about food is more harmful than the diet.)

### Heppner Cheerleaders Place 2nd at Clinic

The Heppner High School Varsity Cheerleaders attended the International Cheerleading Foundation Clinic in Eugene, Aug. 1 thru Aug. 6.

The girls placed second out of a group of 153 participants. Astoria 1st, Heppner 2nd, Borah High School (Boise, Idaho) 3rd, and Nampa, Idaho 4th. The Spirit Bell was won by Sandy High School.

Attending the clinic were Linda Clough, Debbie McLeod, Patty Luciani, Barbara Sherman and Janet Gentry. They all had a very good time and are anxiously awaiting football season to show the fans the new material.

### Anderson to Iran

David Anderson, former Heppner boy, who graduated this June from Oregon State in Farm Crops has accepted a position in Iran in the Peace Corps as an extension agent.

Mrs. Anderson and the girls, Katrina and Annissa are here this week visiting her dad, Jim Bloodsworth, while David was checking on some last minute details before departure. They will be leaving early in September for Iran.

### Jim Hams Promoted

Marine Pfc. James D. Hams, son of Mr. and Mrs. Darold O. Hams of Heppner, was promoted to his present rank while serving with Third Tank Battalion, Third Marine Division, Okinawa.

Hams is a graduate of Heppner High School, Heppner.

### Sunday Speakers At Assembly of God

Pastor Bob Alstott from Hermiston formerly in Heppner, will speak Sunday morning at the Assembly of God Church. The Teen Ensemble will be back from tour to present the program for the evening worship service.

On Sept. 5, an escapee in 1958 from Hungary will speak at both the Sunday morning and evening worship services at the Assembly of God Church.

## IONE NEWS

IONE — Mrs. Roy Lindstrom and children spent a week in Portland visiting her parents, Mr. and Mrs. Doris Mason. Billie Lindstrom remained with his grandparents for a longer vacation.

**South American Tour**  
Miss Judy Mason, sister of Mrs. Lindstrom and former residents of Ione, left on Aug. 3 for a month vacation on a tour of South American countries. Judy lives in Los Angeles where she teaches in the school system there.

**Visiting**  
Miss Terri O'Connor of Eugene spent the weekend with her parents, Mr. and Mrs. Charles O'Connor of Ione.

Mr. and Mrs. Howard Forrester from Los Angeles spent Sunday at the Garland Swanson home. Mr. Forrester is a brother of the late Hazel Miller, who was the sister-in-law to Mrs. Swanson. The Forrester's stopped by on their way to Edmonton, Canada.

Mr. and Mrs. Frank Lundell of Milwaukee spent Saturday visiting his father, Ernest Lundell at Pioneer Memorial Hospital and other relatives in the area.

Miss Teresa Stefani of Eugene spent the weekend at the home of her parents, Mr. and Mrs. A. A. Stefani of Ione.

Mr. and Mrs. Art Bailey spent Thursday and Friday in Portland visiting friends.

**Church Services Held in Park**  
Due to the remodeling of the United Church of Christ, 55 people attended services held in the Ione City Park last Sunday. Services will be held in the park this Sunday, Aug. 15, starting at 10:00 a.m. Everyone is cordially invited to attend.

### Antelope Hunting

Mrs. Orville Cutsforth was the lucky one in her family to get an antelope tag for the Hart Mountain unit. Barbara says if she'd known she would be the lucky one she'd have rather hunted in Malheur County because she's never spent too much time in that southeast corner of the state.

Going along to camp and look for Indian artifacts are Mr. Cutsforth, Lisa and Donna; Mrs. Cutsforth's mother, Mrs. Minerva Denlinger of The Dalles and Beryl Stillman.

### Connors Meet Here

Mr. and Mrs. Wendell Connor, Danny and Calla Jean of Forest Grove spent last week visiting with his parents, Mr. and Mrs. Frank Connor. While they were here they went to the camp at Fossil to visit their son, Mike.

On Saturday evening, the two families were joined by Mr. and Mrs. Skip Connor, Terri, Steve, David and Debby of Pilot Rock for birthday supper honoring Danny and Frank on their birthdays.

The Gazette-Times is your Moore Forms dealer in Morrow county.

### Clinic Finds Thirteen Diabetics

Thirteen persons in Morrow County have been detected as newly diagnosed diabetics and are now under medical attention as a result of the Diabetes Detection Clinics held in the county in March, according to Mrs. Lowell Chally, R.N., Morrow County Health nurse. The clinics were sponsored by the Morrow County Extension Homemakers Advisory Committee, with the cooperation of the Morrow County Health Department and the Oregon State Board of Health, and numerous volunteers.

Of 645 blood tests taken during the two-day clinics, 39 were referred to the health department for follow-up and medical evaluation of both low and high blood sugar results as found by laboratory testing. According to Dr. L. D. Tibbles, Health Officer, 80 to 120 mgm% is the normal blood sugar level.

Due to the combined cooperation of the referred person to make an appointment with his physician, and the return of the completed survey form to the health office by the examining doctor, 36 reports have thus far been received. Of these, 13 were found to be new diabetics, nine known diabetics, and the remaining 15 found to be not diabetic at the time of examination. Some of these 15 were asked by their doctors to return for repeat of the blood sugar tests at stated intervals.

Dr. Tibbles stated, "I feel that finding these 13 previously unknown cases of diabetes and getting them under medical treatment, as well as having a medical evaluation of those others who were referred to their doctors, has made the Diabetes Detection Clinics very rewarding and worthwhile. In addition, some of the known diabetics were reminded of the importance of returning to their doctors for regular checkups of their diabetic condition."

Referred, 39; reports received, 37; known, 9; new 13 and non-diabetic 15.

Heppner, 321; Ione, 186; Boardman, 138.

### Meeting Cancellation

The monthly meeting of the Keep and Bear Arms will not be held as scheduled Monday evening, Aug. 16, due to harvest and other complications. The next regular meeting has been scheduled for Sept. 20 at 8:00 p.m. in the Lexington Grange Hall.

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