

Trick or treat for healthy teeth

When Darth Vader, Chewbacca, Strawberry Shortcake, Wonder Woman and all the little witches and goblins come trick or treating this year, they can be treated to good tasting, nutritious snacks.

Traditionally, little tricksters fill their bags with treats that contain sugar, and sugar, says the U of O Health Sciences Center, is a major culprit in dental caries.

According to The American Dental Association, by the time a child reaches school age, an average of three or more teeth will be decayed. By age 20, 14 teeth will be decayed, missing or filled.

Proper eating habits can help prevent dental caries, according to Dr. Thomas Shearer, director of the division of nutrition at the University of Oregon Health Sciences Center's School of Dentistry.

"Halloween snacks should be considered not only for their caries-promoting properties, but for their overall effect on children's health," Dr. Shearer says. "There are lots of ways to provide nutritious, enjoyable snacks and Halloween treats without giving them all that sugar."

"The trick," he said, "is to give the kids something they will like." Substitutes for traditional

sweets can be categorized into three types.

- Prepackaged foods. These are convenient and parents like them because they can't be adulterated or sabotaged. They include sugarless gum, popcorn, sunflower seeds, corn nuts and cheese and crackers. Nuts for the older children are fine, according to Dr. Shearer, but the younger ones might choke on items such as nuts and popcorn.

- Natural foods packaged at home. These include apples, oranges, cut and whole vegetables, and whole grain crackers and muffins.

- Non-food items. Treats don't have to be eaten. Kids

might like to get fancy pencils, games, small toys, coloring books, crayons, and (who knows?) a toothbrush.

"But whatever the treat, acceptable snacks should have a low sugar content, and little salt, fats, or oils," Dr. Shearer said. "They should contain a variety of nutrients, introduce new food ideas that get away from the traditional snacks. Kids have to try something new before they know they will like it."

He notes that if you go into the store and check the labels of the candy, you will see that

sugar appears in many forms. "Sucrose, glucose, dextrose, maltose, fructose, invert sug-

ar, honey, raw sugar, brown sugar—it's all the same thing, and results in the same thing—dental caries," he said. "Many of the candies can be over 50 percent sugar. Most kids can not escape cavities and deleterious health effects by eating this type of junk," said Shearer.

Those treats people should particularly avoid, said Shearer, are sweet sticky snacks, hard candies, sugar-containing breath mints and cough drops and sticky dried fruit, such as raisins.

New updated off-road maps available

New updated off-road vehicle maps covering the Umatilla National Forest are now available for the public at no charge at the forest supervisor's office in Pendleton and district ranger's offices in Heppner, Dale and Ukiah and in Pomeroy and Walla Walla, according to Herb Rudolph, forest supervisor for the Umatilla National Forest.

The maps show the areas on the Umatilla National Forest where motor vehicle travel is completely prohibited or restricted. Some area closures are year-long and some are seasonal. In some areas vehicles like motorbikes and snowmobiles are allowed, but cars, pickups and trucks are not allowed.

All roads, trails, and cross country areas within most of the closed areas are off-limits to motor vehicle travel except in certain areas where this travel is allowed on designat-

ed roads. All trails on the Umatilla National Forest are closed to motor vehicles over 40 inches in width, said a Umatilla Forest spokesperson. However, this does allow the use of motorbikes on the trails unless prohibited by an area closure. The one exception, outside of a closure area, where no motorbikes are allowed on trails is the lower Wenaha River Trail from the Umatilla National Forest boundary upstream to the Wenaha-Tucannon Wilderness boundary.

Forest supervisor Rudolph says that some of the closures are necessary to protect deer and elk on winter ranges from harassment and stress brought on by the presence of snowmobiles and other motor vehicles. Other areas are closed to motor vehicle travel three days prior to and during all firearm elk seasons to offer a foot or horseback hunting experience which, to many

hunters, provides a higher quality recreation experience and greater opportunity for animal escapement. The State Game departments of Oregon and Washington cooperate in enforcing these elk hunting season closures. One area, the Greenhorn Mountains Scenic Area, is closed to off-road motor vehicle travel because of its scenic values. The Wenaha-Tucannon Wilderness is closed to all types of motor vehicles and motorized equipment by act of Congress.

The Mill Creek Watershed is also closed yearlong to all motor vehicle travel to protect the domestic water supply for the city of Walla Walla, Washington.

Approximately 20 percent of the land area on the Umatilla National Forest is included in these closure areas with the largest part being in the Wenaha-Tucannon Wilderness.

1980 overnight camping season ends November 3

The 1980 overnight camping season in most Oregon State Parks will end Monday, Nov. 3.

Steve Johansen, operations planner for State Parks, said the camping season usually extends from May through October, but weather is often accountable for a variation in closing dates. That's particularly true in the high altitudes of Central and Eastern Oregon where cold weather could make an earlier closing date necessary, he said.

One exception to the Nov. 3 closing date will be Detroit Lake State Park, east of Salem, where the campground will remain open until Dec. 1. In addition, the following 11 state parks will remain open throughout the winter for overnight camping: -Nehalem Bay, three miles south of Manzanita Junction, off U.S. Highway 101. This park will accommodate campers on the North Coast while

overnight facilities at Fort Stevens State Park are closed this winter for utility system repairs.

- Cape Lookout, 12 miles southwest of Tillamook, off 101.

- Beverly Beach, seven miles north of Newport on 101.

- Jessie M. Honeyman, three miles south of Florence on 101.

- Bullards Beach, two miles north of Bandon on 101.

- Harris Beach, two miles north of Brookings, on 101.

- Valley of the Rogue, 12 miles south of Grants Pass on I-5.

- Joseph Stewart, 30 miles northeast of Medford on Highway 62.

- Champoeg, seven miles east of Newberg, off U.S. 99W.

- Farewell Bend, 25 miles northeast of Ontario, off I-84.

- Hilgard Junction, eight miles west of La Grande on I-84.

Generally Johansen said, state parks are never closed to

the public for day use. However, in high elevations, snow and freezing weather may close access to some areas or require draining of water systems and closure of restrooms. Such disruption of service may be for only short periods of time in valley, coastal and low-altitude areas.

Navyman completes training

Navy Seaman Apprentice Perry R. Wilson, son of Thomas R. and Dorothy M. Wilson of Heppner, has completed recruit training at the Naval Training Center, Orlando, Fla.

During the eight-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Included in their studies were seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1980 graduate of Heppner High School, Wilson joined the Navy in August 1980.

Health Dept.

Friday, Oct. 31 - Free Blood Pressure Clinic, Immunizations, Lexington Health Department Office, 8 a.m. to 12 noon, 1 to 4 p.m.

Wednesday, Nov. 5 - Free Blood Pressure Clinic, Neighborhood Center, Heppner, 2:30 to 4:30 p.m.

Friday, Nov. 7 - Free Blood Pressure Clinic, Immunizations, Health Dept. Office, Lexington, 8 a.m. to 12 noon, 1 to 4 p.m.

Tuesday, Nov. 11 - Free Blood Pressure Clinic, Immunizations, County Offices, Irigton, 1 to 4 p.m.

Friday, Nov. 14 - Free Blood Pressure Clinic, Immunizations, Health Dept. Office, Lexington, 8 a.m. to 12 noon, 1 to 4 p.m.

Tuesday, Nov. 18 - Free Blood Pressure Clinic, Neighborhood Center, Heppner, 2:30 to 4:30 p.m.

Wednesday, Nov. 19 - Free Blood Pressure Clinic, Ione United Church of Christ basement, 4 to 5 p.m.

Friday, Nov. 21 - Free Blood Pressure Clinic, Immunizations, Health Dept. Office, Lexington, 8 a.m. to 12 noon, 1 to 4 p.m.

Tuesday, Nov. 25 - Free Blood Pressure Clinic, Immunizations, County Offices, Irigton, 1 to 4 p.m.

Friday, Nov. 28 - Free Blood Pressure Clinic, Immunizations, Health Dept. Office, Lexington, 8 a.m. to 12 noon, 1 to 4 p.m.

THURSDAY NIGHT OCT. 30 7 P.M.—9 P.M.

25% to 50% Off
Occasional Tables, Recliners, Chairs, Couches, Table Lamps

50% Fabric Counter
Good Carpet Bargains
6 rolls of foam backed indoor carpet
As low as **3.95** sq. yd.
Many small remnants of carpet and linoleum.
Terms: Cash—You Haul Away

CASE FURNITURE



MOONLIGHT SALE
TIMEX WATCH ASSORTMENT 20% Off

Pyrex Pie Pans Reg. 2" Now **1.49**
Pyrex 1 1/2 qt. Loaf Dish Reg. 2" Now **1.49**
Pyrex Utility 1 qt. Casserole Reg. 2" Now **1.49**

Irish Spring Bath Size Soap Reg. 53¢ Now **39¢**

Revlon's Chaz for Men **1/3 Off**

Temperware Set Sale **1/3 Off**
Open stock prices on 20 & 45 pc. sets
Hand Blown Lenox Casual Crystal 20% Off
4 of a kind purchase

Murray's Drug

SALE 30% Off All Chicago Cutlery

MOONLIGHT SALE **300 Off** On each Center Fire Rifle
Limit 3 boxes per customer

Rain Gutter Season DISCOUNT 25% Savings

50% Off Lawn Fertilizer
Limited to Stock on Hand

7 p.m.—9 p.m.

Coast to Coast ... total hardware

Super Year End Savings
On Power Lawn Equipment **25% Off**
On Decorator Light Fixtures **25% Off**



DON'T MISS THIS SALE!!

MOONLIGHT MADNESS

20% OFF Men's Selected Pants

WOMEN'S COORDINATES
Graff Ko Ko Knit Pykettes

SAVE 40% Large Selection

SAVE 25% Men's Insulated Coveralls
Reg. Price **47.95**

30% OFF Men's Selected Shirts

Kroll's DEPARTMENT STORE Heppner Only

SAVE 50% Wrangler Jeans - Junior Sizes

SPECIAL BUY!! Men's Flannel Shirts **10.95**

SAVE 20% Men's Work & Casual Coats

LOOK FOR OTHER SPECIAL BUYS

SPECIAL BUY!! Boy's Billy the Kid Jeans
Size 4-7 **9.95**
Size 8-14 **10.95**

Studded tires may be used Nov. 1

The use of studded tires on Oregon's highways for the coming winter season becomes effective November 1, H. Scott Coulter, state highway engineer, said recently.

Under state law, studded tires are permitted on Oregon's highways during the period Nov. 1 through April 30 of the following year.

Coulter asked that users of studded tires defer putting the tires on their cars until they are necessary due to snow or ice because of the damage they cause to bare pavements.

He said indications are that the use of studded tires has declined in recent years, and he would like to thank those who have cooperated in the effort to preserve roadway surfaces.

The use of studded tires costs the highway division approximately \$1.5 million annually for repairs to the system, Coulter said. The effect of studded tires on pavement markings results in extreme damage, and occurs at a time when these markings are badly needed, he said.

The studs also crush the reflectorized glass beads used in pavement markings, there-

by rendering them of little value. They dig ruts in pavement which collect water, and increase the potential for hydroplaning, and cause extensive splash and spray during wet conditions.

Department of Transportation vehicles will not use studded tires, Coulter said.

The Highway Division plans to begin its road condition reports on Nov. 1, but if weather conditions warrant, they will start sooner.

The state police, in cooperation with the highway division, will provide daily updated reports on road conditions over special telephone lines located in various parts of the state. The reports, taped messages updated to reflect changing conditions, will be available 24 hours a day, seven days a week. These reports are scheduled to start Nov. 1, but if conditions warrant, could start earlier.

The phone numbers and locations are Bend, 388-3253; Eugene, 686-7900; Grants Pass, 474-3133; Klamath Falls, 883-2275; Medford, 776-6200; Portland, 238-8400; and Salem, 378-6532.

MOONLIGHT SALE
Tonight Only

Transfers — 1.00 each REG. 1.99

All Shirts — 1.00 off

Closed 5:30-7 p.m. to get ready for Sale

TALK 'N TOPS