

Seneca Man Gets Suspended Term

Calvin V. Williams, 40, Seneca, Ore., received a one-year suspended sentence to the state penitentiary Saturday morning in circuit court on a charge of non-support.

Orville J. Matthews, 38, who was extradited from New Mexico, was arraigned on a charge of uttering and publishing a false instrument. The court appointed Carl Brophy his attorney. The charge involved a check passed at the Elk City market.

The cases of James Seth Cunningham, 21, Central Point, charged with entering a motor vehicle with intent to steal, and Aaron F. Gentry, 26, Ashland, charged with burglary not in a dwelling, were continued awaiting reports from the federal bureau of investigation.

Cunningham entered a plea of guilty to the theft of a movie projector in August, 1954.

Gentry's arrest by sheriff's officers Friday involved entering Hamby's market, Ashland. Paul Leon Marks, 20, Ashland, who was arrested on the same charge, is to enter a plea later, according to the district attorney's office.

Supervisors Discuss Cost of Snow Removal

Yreka—The cost of snow removal on Salmon Mountain road was criticized last week at a meeting of the Siskiyou county board of supervisors.

Members said it was almost impossible to keep the road open when intermittent storms keep recurring and they felt that attempts to keep the road open with the rotary plow were exposing the operators to needless danger.

The board decided the best way to handle the problem would be to authorize the road department to run a snow cat over the mountain in case of emergency and "to forget about keeping the road open."

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STAR GAZER		
By CLAY R. POLLAN		
Your Daily Activity Guide According to the Stars. To develop message for Monday, read words corresponding to numbers of your Zodiac birth sign.		
ARIES MAR. 21-20	1 Put	31 Facts
2-11-25-39	2 Don't	32 Which
58-61-75	3 Don't	33 Integrity
TAURUS APR. 21	4 Let	34 Come
7-12-20-46	5 All	35 With
53-70-80-88	6 Keep	36 To
GEMINI MAY 22	7 Follow	37 Ahead
8 Better	8 Better	38 Watch
9 Not	9 Not	39 Sphere
10 The	10 The	40 List
11 Within	11 Within	41 Can
12 Original	12 Original	42 Of
13 You're	13 You're	43 Put
14 Rush	14 Rush	44 Feel
15 Disclose	15 Disclose	45 Vigor
16 Into	16 Into	46 Keep
17 Handle	17 Handle	47 Neglect
18 Your	18 Your	48 First
19 Affairs	19 Affairs	49 On
20 Plans	20 Plans	50 Be
21 Put	21 Put	51 Words
22 Tasks	22 Tasks	52 Troubled
23 Action	23 Action	53 In
24 Coordinated	24 Coordinated	54 Into
25 Your	25 Your	55 Or
26 Business	26 Business	56 There
27 Likely	27 Likely	57 In
28 Work	28 Work	58 Of
29 Work	29 Work	59 To
30 Secrets	30 Secrets	60 Th
61-19-24-40	Good	Adverse
56-64-82-87	Good	Adverse

High School News Notes

By NELLIE RAWLINGS

If you had peeked into the auditorium Tuesday morning, you would have seen seniors scratching their heads, squirming uncomfortably in their seats, and then uncertainly making heavy black marks on test booklets.

The testing session was known as the Iowa Test of Educational Development. Its purpose was to give an overall picture of general educational development, and specifically, to help the school to advise graduating seniors about future vocational and educational plans.

This test is now being given widely in Oregon, and can be compared with the results from other schools both in the state and in the nation.

Practices several times a week mark the progress in preparation for "Babes in Toyland," which will be presented April 6 and 7 in the high school auditorium.

Some of the major roles are taken by Bob Gee, Donna Lue Pfister, Janet Jamison, Roger Gallucci and Greg Milnes.

The operetta will be given to raise money for a possible short trip later on in the year.

The department heads combining to put on production are Stedman, drama; Werner Wolf, art; Mrs. Lorraine Evensen, publicity; Miss Jean Brooks, costumes; John Drysdale, orchestra; Allan Lehl, music, and other teachers and students.

A Girls' League meeting was held Wednesday, and the juniors were featured in their chance to win in the competition assemblies.

The girls in the three-act comedy were Bev DeBorde, Joyce Gregory, Pat Rector, Dot Brickley, Jacque Colton, Glenna Hobbs, Wendy Wood, Pat Donahue, Brenda Barrell, Jan Schliep, Marilyn Anderson, and Martie Barclay.

The program was under the direction of Joyce Gregory.

The city council of Student Government day appointed the following to take offices: City manager, Al Boardman; city recorder, Carol Denman; public works director, Dave Drummond; fire chief, Larry Gober; city engineer, Ed Reinking; city attorney, Bruce Kellington.

FITTING PLATE

Paw Paw, Mich. (U.P.)—Arnold Preib, an eye doctor, drives an automobile bearing license number SM20-20.

The Michigan State highway Department was organized in 1905. Michigan issued its first automobile license the same year.

Two Ashland Youths Injured in Accident

Two Ashland youngsters were hurt and the car in which they were riding was demolished in an accident on the Dead Indian road east of Ashland at about 11:30 p.m. Friday, according to state police.

The driver, Gerald Edward Malone, 16, route 1, box 491, Ashland, and his passenger, Carol Sullivan, 15, of 2920 Diane st., Ashland, were taken to Ashland hospital by a passing motorist, where their injuries were described as not serious.

The investigating officer's report said the car went off the road on a turn, traveled 200 feet along the shoulder, cut back across the highway, went down a 15-foot bank rolling over 1 1/2 times and coming to rest on its top 92 feet from the edge of the highway.

The car was registered to the driver's father, J. E. Malone, of the same address.

Award Offered for Office Improvement

A \$1,000 cash award will be presented in 1956 to the person making the greatest contribution toward improvement of office methods in American business.

C. C. (Skip) Bailey, local sales representative of the Frieden Calculating Machine company, Inc., announced that the company has established the award in honor of its late founder, Carl M. Frieden, to encourage business men to make their offices more efficient.

Anyone in Medford actively contributing to any phase of office automation is eligible for the award.

As We Live

Some People Seem to Be Their Own Worst Enemies

By Elizabeth B. Hurlock, Ph.D.



Dr. Hurlock

How often have you heard people say, "He is his own worst enemy?" Or, how often has this been said about you?

Without realizing it, you may be doing yourself more damage, both physically and psychologically, than you realize. Therefore, it is wise to stop and ask yourself this question, "Am I my own worst enemy?"

Look at the matter from the point of view of your health first. Do you eat or drink more than you need or more than is good for you? Do you burn the candle at both ends, getting less rest than you need? And, do you work under such pressure that you are exhausted when the day is over?

A person who does not take care of himself will pay the penalty sooner or later. No one will take care of his health for him, certainly not after he has passed his childhood days. It is his responsibility and his alone to guard his health so he will not pay the price of suffering, loss of work time and income.

Even when people take good care of themselves physically, they often damage themselves needlessly, making themselves unhappy and ruining their health.

Unfavorable Attitudes

Then, too, many people develop unfavorable attitudes toward

themselves, such as self-pity and feelings of inadequacy or inferiority. Sooner or later, they come to believe they are mistreated, neglected, or do not get the attention and recognition they deserve. Some are so convinced they are inferior to others, or that they lack the ability needed to tackle jobs in every area of their lives, they do not make the most of their abilities.

Perhaps the most serious psychological damage people do themselves is to talk about themselves in an unfavorable way. They talk about how stupid this or that was that they did, how difficult or impossible it is for them to do what is expected of them, or how inferior they are to relatives or friends.

LETTERS FROM READERS

Rushing Habit

"Some people I know are always in a rush. Why do they allow themselves to develop such a habit?"—Mrs. S.C.

(A) The rushing habit may develop because the person is inefficient and does not plan his time properly. As a result, he is always behind schedule and must rush to get the things done that must be done. Other people develop the habit of rushing around and being "pressed for

time" because it gives them a sense of self-importance and impresses others with their importance. It is a form of "showing-off" that is frequently not recognized as such.

Working Wife:

"My daughter wants to marry a boy who is studying medicine. She says she will get a job and support them while he finishes his course. Can a man really respect himself and his wife under such conditions?"—T.M.

(A) Many young people today marry under conditions similar to those your daughter proposes. While the young men accept the aid and support of their wives, they often feel guilty because they know older people think they are shirking their masculine responsibilities. It is certainly not an ideal arrangement

for your daughter and you would do well to try to persuade her to wait until this man is ready to support himself.

Overcaution:

"My father had a slight heart attack last year and since then has been babying himself. Is this good for him?"—A.D.

(A) When an elderly person has had the warning of trouble by having a slight heart attack, he is wise to be overly cautious about what he does. Your father may be "babying" himself more than necessary, but that is better than being careless about his health which would bring on another attack, more serious than the first.

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Yet—without the subscriber system—Mercy Flights could not keep their planes available to meet the urgent requests. It's a fact. Mercy Flights planes are operated at a yearly loss of more than \$10,000 and this loss is covered by the subscriber fees of \$4 a year per family. However, those subscribers who do have need of a flight, more than get their money's worth. In a medical emergency, they can be taken anywhere within a 400-mile radius of Medford, and still not have to pay a cent.

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