



Bending Suggested By Specialists To Relieve Anxiety

By DELOS SMITH
UPI Science Editor

New York (UPI)—To relieve anxiety stand with the legs apart and bend until the head is between the legs. Few can do it the first time they try, but it's claimed anyone can with practice.



The scientific interest in this exercise is to demonstrate "anxiety states" can be caused by a well-hidden physical condition and cured by physical means.

Reform School Graduate Wanted

Washington (UPI)—Frank L. Spreng, a reform school graduate with Ivy League tastes and the characteristics of a chameleon, has been added to the FBI's "10 most wanted fugitives" list.

The FBI said the 28-year-old fugitive may be armed and should be considered as "extremely dangerous." Spreng is reputed to be an excellent marksman who will "shoot without provocation." Spreng has been on the loose since he and four other desperate criminals "made a spectacular escape from the Summit County jail" at Akron, Ohio, last April 16.

No World War Over Formosa Seen

New York (UPI)—Western European statesmen believe there will be no war over Formosa, Kingsbury Smith, vice president of United Press International, reported Wednesday on his return from a fact-finding tour of the continent.

The news agency executive said "talks with some of Europe's most experienced statesmen and military chiefs" led him to that conclusion.

The greatest hope for world peace is Soviet Premier Nikita S. Khrushchev's fear of the consequences of a nuclear conflict with the United States, Smith said.

Knowland Warns On Compromise

San Francisco (UPI)—Sen. William F. Knowland (R-Calif.) has warned bluntly against any compromise with Communist China that would endanger Formosa and pull this country's Pacific defense line back to its West Coast.

Knowland, who is retiring as Senate Republican leader to run for governor of California, said Quemoy and Matsu are as important to Nationalist China as West Berlin is to a free Germany.

Griffin Named Bakery Specialist

Salem — Leonard Griffin, Portland, has been appointed bakery specialist for the state department of agriculture, announces Agriculture Director Robert J. Steward.

Griffin succeeds Norman Vaughan, who resigned to open his own bakery in Salem. Vaughan had served as the department's bakery specialist since February, 1954.

Griffin formerly was in charge of all baking production in a large Portland restaurant. As bakery specialist for the department he will be responsible for inspection of all bakeries in the state and for carrying out other work, including check weighing of bakery goods, entailed under the Oregon bakery law.

Giant transformers for electric utilities in the United States are now so large that a special railroad car in three parts has been designed to deliver them. The new car will carry a transformer weighing up to 500,000 pounds.



"WHITE CITIZENS COUNCIL"—The newly formed White Citizens Council in Van Buren, Ark., has voted to support high school students striking in protest against the integration of Van Buren High School. At left in this picture is Sam Fox Jr., 30-year-old truck driver from Rudy, Ark., chairman of the council, and (right) the Rev. Grady Williams, council organizer.

More than 20 million acres of United States land are currently under lease for the exploration of oil deposits. Almost \$700 million a year is being spent in the United States for building or improving churches of all faiths.

Cuban Rebels Seized At Fort Lauderdale

Fort Lauderdale, Fla.—(UPI)—Some 33 Cuban rebels, heavily armed and dressed in battle fatigues, were apprehended here Wednesday when their 62-foot yacht ran aground while they apparently were en route to Cuba. Two others escaped.

The National Congress of Parents and Teachers has existed for 61 years. It backed hot school lunches and traffic safety programs.

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Douglas McKay Said In Good Condition

Salem (UPI)—Former Secretary of the Interior Douglas McKay was reported in good condition in Salem General hospital here Wednesday.

Doctors said he was no longer suffering from chest pains as he did when he entered the hospital Saturday.

4-H CLUB NEWS

Desert Pegasus
Eagle Point—The Desert Pegasus 4-H club closed its club year with the second annual Play day put on at Memorial field, Camp White, before a large crowd.

There were 33 entries with the following results: pole bending, juniors, Nancy Lusk, Sisque, first; Jerry Rodgers, second; Dale West, third; Nita Zimmerlee, fourth; Laura Noble, fifth, all Pegasus; and seniors, Ken Stewart, Sisque, first; Jim Ackerman, second; Carolyn Hackney, third, both Pegasus; Edna Welch, Phoenix, fourth; Bill Morgan, Pegasus, fifth.

Adults in the same event, Mary Jacks, first; Jean Estremado, second; Tom Gray, third; George Arnold, Pegasus, fourth; Frances Hines, fifth, all Trailriders, except Arnold.

In the scurry race: juniors, Nancy Lusk, Sisque, first; Nita Zimmerlee, second; Dale West, third; Jerry Rodgers, fourth; Gina Krambeal, fifth, all Pegasus; and seniors, Bill Morgan, first; Jim Ackerman, second; Ken Stewart, Sisque, third; Charlotte Zimmerlee, fourth, all Pegasus except Stewart.

Adult winners in the same event were Ramona Toley, first; Ray Bannard, second; Shirley Krause, third; Jean Estremado, fourth; Mary Jacks, fifth, all Trailriders. Winners in the Texas barrel event in the junior division were Nancy Lusk, Sisque, first; Jerry Rodgers, second; Pegasus; Linda Gibson, West Side, third; Clint Gibson, Westside, fourth; Gina Krambeal, Pegasus, fifth, and seniors, Ken Stewart, Sisque, first; Bill Morgan, second; Jim Ackerman, third, both Pegasus; Edna Welch, Phoenix, fourth; Carolyn Hackney, Pegasus, fifth.

Adults in the same division were Mary Jacks, first; Jean Estremado, second, both Trailriders; John Zimmerlee, third; John Noble, fourth, both Pegasus; and Tom Gray, Trailriders, fifth.

In the horsemanship class under nine years old, Gina Strambeal, Pegasus, first; Kenneth Foley, Trailriders, second; Leslie Krambeal, Pegasus, third; Dan Estremado, Trailriders, fourth; Skippy Ackerman, Pegasus, fifth.

The Trailriders entertained with square dancing on horseback. The next meeting will be Oct. 4 at the Dunn ranch at 1 p.m. The following Saturday, Oct. 11, parents will meet at the Dunn ranch. Persons wishing to sign up for the 1958-1959 4-H year should attend the Oct. 4 meeting.

Jim Ackerman
Reporter



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