



Graduates of Medford High school now attending Oregon State college took part last Saturday in a series of principal-student interviews designed to uncover both strong and weak points in high school preparation for college and OSC's orientation program for new students. Pictured (from left) are Miss Sonya Lea, freshman in home economics; Milton Smith, freshman in engineering;

Miss Josephine Kirtley, vice-principal of Medford High school; Miss Sheila Spence, junior in home economics. Under the program, the high school leaders have individual, voluntary interviews with their former students concerning their progress and problems in college and their appraisal of their high school training.

### Melodic Works Selected For Coming Concert

Compositions which are short, concise and with much beauty of melody have been chosen for the coming concert of the Philharmonic Society of Southern Oregon according to Richard D. Werner, conductor. The concert will be given Sunday, March 1, at the Medford High school auditorium.

Among the works to be heard are "The Waltz of the Flowers" from Tchaikovsky's "Nutcracker Suite" and the beautiful "Intermezzo" from "Cavalleria Rusticana" by Mascagni. Two of the numbers written in a melodious vein are "Scotch Poem" by MacDowell, American composer, and the little known work, "En Mer" by Augusta Holmes, one of the rather limited number of women composers.

The only number on the program which does not have beauty of melody is the rather rough "Russian Sailors' Dance" from "Red Poppy" by Gliere. This was chosen to lend contrast to the otherwise romantic spirit of the program.

Bruno Pellegrini is associate conductor of the orchestra.

Curtain time will be 3 o'clock, and tickets may be obtained at the door after 2 p.m.

### Church Increases Lost Plane Reward

Dallas, Ore.—A reward for finding a light single-engine plane missing since Feb. 6 with three brothers aboard has been increased from \$100 to \$500.

The reward money is being offered by the Church of God of Prophecy, owner of the plane.

The craft vanished on a flight from Prineville to Salem. Pilot was Jim Miller, 24, Ashland, and his passengers were his brothers, Roy and Coy, 14-year-old twins of Turner.

Resumption of the search has been delayed until snow melts along the route over which the plane flew. Miller was flying it from Prineville to Salem for the church.

### Representative of RC Visits in County

George Hagan, field representative for Oregon chapters, American Red Cross, visited the Jackson county chapter this week.

He met with Mrs. Frank Fairweather, directors, and the executive secretary, Mrs. Helen A. Wilson, to make plans for a disaster workshop, fund raising and other Red Cross services.

### Panel to Discuss Blood Pressure

A panel of three Medford physicians, all specialists in diagnosis and internal medicine, will discuss high blood pressure on the Jackson County Tuberculosis and Health Association program at 4:30 p.m. Thursday on station KBESTV.

The physicians are Dr. Oscar P. Heyerman, Dr. Ralph E. Gibbs, and Dr. John L. Welch. They will be assisted by Herbert Hunter, medical illustrator of Medford.

The program is part of the association's recognition of National Heart month. Association officers pointed out that high blood pressure is one of the most common diseases of the heart.

ANY MAIL  
from Barker's?

### Student Interviews Conducted

Annual conferences at Oregon colleges and universities between graduates of Medford High school and MHS faculty members indicate that the graduates are for the most part well prepared for college and have few unusual problems on the collegiate levels.

Miss Josephine Kirtley, vice-principal of Medford High school, was in Corvallis last Saturday to conduct the first of the 1959 conferences. Later this spring she will go to Eugene for a series of interviews with University of Oregon students who are MHS graduates.

Miss Kirtley states that for the most part, the Medford students say that they were adequately prepared in high school and apparently fare better than the average college student. She reported that a few students in science and physics reported that since their last advanced mathematics had been as high school juniors, they had tended to lag the first few weeks of college in mathematics and science courses. Miss Kirtley was able to tell them that this trouble, reported also by other students, has now been remedied. Beginning with this school year, a fourth year of mathematics is being offered which will bridge the gap for these students, she said.

The vice-principal states that year after year faculty members hear students complain "We wish we had paid more attention to the advice we were given by you in high school." This is often heard concerning English preparation and theme writing, she said.

Following the student-faculty conferences last Saturday, the teachers were taken on a tour of exhibits prepared by the school of engineering. Each year the exhibits are the work of a different department.

Medford High school follows the interview with questionnaires which the students answer and return to the high school office for filing and reference use. This survey by way of questionnaires is also continued after graduation.

### Mom Should Teach Junior to Make Bed

Chicago—Mom can lighten household chores by teaching Junior to make his bed before school.

Experts at a bedding manufacturing firm (Sealy, Inc.) recommended this quick-and-easy method for teaching the small fry.

Treat all covers (except the bottom sheet as a single cover. This cuts the time in half.

Line up hems of top sheet, blankets, and spread at the bottom. With the hems even, flick the bedding forward over the length of the bed and tuck in all covers at once under the mattress end only. The bedding will hang straight and neatly along the sides.

Plump pillows and arrange bedding under and over them.

It works for Mom, too.

### Ten Pounds Overweight? You're in Alarm Zone

By PATRICIA McCORMACK  
United Press International

New York—You're in the "alarm zone" if you're 10 pounds overweight, according to Dr. Frederick J. Stare, head of the nutrition department at Harvard University's public health school.

"There should be alarm," he said, "because 10 pounds over normal weight can mean you'll die five to 10 years sooner than you should."

Maintaining correct weight, according to Stare, is one way of lessening your chances of dying prematurely from a heart attack.

"We can't guarantee that you won't eventually die of a heart attack, but we're reasonably certain that normal weight gives you the best chance of living out your expected life span."

Dr. Stare, a member of the National Health Education Advisory committee, takes the view that its psychologi-

cally helpful in reducing to think more in terms of how much weight cheats you of life.

**Gradual Process**  
If you want to "take it off and keep it off" think more of the "five to 10 years" and less about smaller dress sizes and eye-appeal, he said.

Overweight, according to Stare, isn't something that happens all of a sudden because you went to too many festive dinners in a row.

"Many women complain that they put on the weight between Christmas and New Year's," he said. "The truth is that the weight goes on between New Year's and Christmas—50 to 100 calories more than is needed, day after day, week after week."

The worst years, according to Stare, are those between 24 and the early 40's.

"You marry and settle down. Literally, you settle. You don't dance as frequently

### Jackson PTA

Jackson Parent-Teacher association will hold its monthly meeting Friday, February 20th at 2:30 p.m. in the school auditorium. A program observing Founder's Day will be presented.

as you did before marriage. You don't walk as much. And you sit more," he said.

**Retain Old Appetites**  
"But you retain the old appetites and that is where you get caught. It goes on, little by little. If you don't do something about the first 10 pounds, eventually you find you're 25 pounds overweight and heading for fat diets."

Stare doesn't place much stock in crash diets. Weight, lost through such plans, he said, usually returns with the resumption of your normal eating pattern.

Sensible reducing, according to the expert, involves cutting down on "portions" of food more than it does on cutting out certain foods.

"Eat less, but eat everything. You need variety in your diet."

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