



Don Stewart, chef at the Rogue Valley Country club, put one of the golf carts to good use Saturday evening during the Hawaiian luau held at the club. Chef Stewart traveled between the barbecue pit and the clubhouse during the meal by means of the small vehicle.



Wayne Saffley, one of the chairmen for the summer party given at Rogue Valley Country club last Saturday, tried his hand at basting the big roasts of beef cooked over coals in a pit near the clubhouse. Shown are (left to right) Mr. Saffley, Mrs. Ray Frisbie, Mrs. Saffley and Mr. Frisbie. The buffet tables, laden with fruits, vegetables and desserts, were set nearby.

### American Women Flabby Says Crusading Surgeon

By PATRICIA McCORMACK United Press International New York — There's flab in your future if you sit too much — munching or not. First it's flab. Then it's fat. A lady surgeon waging a crusade against sedentarianism — sitting too much — claims that flab and fat are making American females unsightly, ill and tense.

Dr. Christine E. Haycock, of Newark, N. J., said in an interview that too many American women excuse their bulges by saying — "I haven't got time for exercise."

"What they probably mean is that they're just too tired most of the time to exercise," Dr. Haycock said. "Or — that they're a trifle lazy."

"Show me the busiest woman," she said, "and I'll find time in her calendar for exercise on a regular basis."

Dr. Haycock, 36, practices what she preaches by holding down the pitcher's job with the North Bergen Co-eds softball team.

The team recently won the New Jersey State Amateur Softball association's championship.

The pitcher-surgeon takes a lot of ribbing from colleagues about her softball sideline, but she aims to keep it at it.

"I have to be as cool as a cucumber in surgery," she said. "I have to sit a lot during my office practice. The softball gives me a chance to keep in shape and it gives me an opportunity to let off steam in a grand way."

"That's the second most wonderful thing about regular exercise — letting off steam and releasing tensions. I get nervous and upset over the game. I sweat, swear and worry."

"It's an outlet and it saves me from beating up my blood pressure, stomach and intestinal tract. You need an outlet — especially if you work under pressure every day."

If you think you're too busy to find time for regular exercise, look at Dr. Haycock's schedule. She has office hours three afternoons and two evenings a week. One night a week she attends an Army Reserve meeting. She's a major in the Medical corps.

Most of the rest of the time she's in the surgical suite at the hospital, making visits to patients or tending to her household duties.

But two nights a week, she's out pitching. And usually, there's a game over the week end.

Dr. Haycock figures that female office workers and suburban housewives can find the time for regular physical activity — just as she does.

"What's silly about calling up your neighbors and asking them to help you form a softball team," she asked. "They may laugh or say they don't have time. But get them out to play ball just once and you'll all see what fun it is." She said women who work at a desk all day probably

need regular exercise more than the suburban housewives.

"They sit all day, their feet swell," she said. "When they get home at night they flop in front of the television set. Most don't even have the good sense to prop up their feet."

"The office workers should have regular exercise periods during their working day and golf or softball on week ends — plus an hour's walking a day."

### Dinner, Social Events of HEC; Visitors in News

Shady Cove — Members of the Home Economics club of Shady Cove Grange and their husbands recently held a potluck dinner on the terrace of the home of Mr. and Mrs. Carroll Watson. During the evening the group planned a picnic to be held on the lawn at the Busy Beaver motel, and the event was reported successful.

The next meeting of the club will be a potluck luncheon August 9 at the home of Mr. and Mrs. Edgar Vanderlip, Ashland.

Mr. and Mrs. Jack Ross and Mrs. Mze Lane, Trail, have had as house guests their cousins, Mrs. C. H. Choate, Mrs. Dora Clute and son, Roger, and Mrs. Lane's sister-in-law, Mrs. Gwen Baldrige.

William Emmingham, a student at the University of Idaho, Moscow, recently was a guest of his uncle and aunt, Mr. and Mrs. James Hopkins, Shady Cove. The young man is in the United States Air Force Reserve and is assigned to duty at Fairchild Air Force base, Spokane, Wash.

Mrs. Ruth Brooks and John Elliott, Glendale, Calif., have been guests of their sister, Mrs. Mildred Ramsey, Shady Cove.

Arthur Greenley, Shady Cove, has returned from a trip to Los Angeles and other California cities where he visited relatives and friends. He also spent some time in San Jose with Dr. and Mrs. Robert Greenley, his son and daughter-in-law, and attended baseball games, seeing the San Francisco Giants and Chicago Cubs play.

### Vacation Spent On Trip North

The B. F. Tye family, 102 Mistletoe street, returned recently from a two week's vacation in Washington and on Vancouver Island.

Mr. and Mrs. Tye and sons, Earl and Glen, drove north to Mount Rainier National park then caught the ferry at Port Townsend for Victoria. After a visit in Victoria they crossed Juan de Fuca Strait by ferry to Port Angeles and later motored to Neah Bay.

### Visitors Return To California

Eagle Point — Mrs. Dorothy Dinsmore and daughter, Andy, have left for their home in San Jose, Calif., after spending a week visiting relatives and friends in several valley towns. They were guests of Mrs. Dinsmore's mother, Mrs. Ethel Coy, and her aunts, Mrs. Mabel Har-nish and Mrs. Nevah Clifford, all Medford.

Mrs. Dinsmore formerly lived in Eagle Point and attended school here.

Mrs. Dinsmore planned to spend some time in Brookings, Ore., with her brother, Sam Coy, and in Eureka, Calif., with her brother, Tom, and her father, Sam Coy, who is at present with his son.

A portable bed folds to fit the trunk of a car. Ideal for summer camp-outs, its steel frame and latex foam mattress compress into a bundle seven inches wide. Rolling casters make the bed mobile. Between vacations, the bed can be stored under a regular bed or in a closet.



Wearing colorful Hawaiian costumes, Mrs. Parker Woods (at left) and Mrs. Lloyd Brooks presided over the punch bowl at a luau given July 23 at Rogue Valley Country club for members and guests. The bowl, embedded in flowers, stood near a bubbling fountain and the whole had been arranged under a grass hut.

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