

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Tuesday, read words corresponding to numbers of your Zodiac birth sign.

1 New	21 Go	41 Conditions
2 Job	22 Try	42 You
3 Save	23 Spend	43 With
4 Tell	24 Someone's	44 Your
5 Love	25 Magazine's	45 Ring
6 News	26 Shopping	46 Till
7 Nobody	27 Doen	47 Brand
8 Your	28 To	48 Ems
9 Arrives	29 Periodic	49 Equipment
10 Returns	30 Inevit	50 Pleasure
11 Offer	31 Improve	51 For
12 Excellent	32 In	52 Postman
13 Don't	33 Overhaul	53 Pleasure
14 You've	34 Year	54 Later
15 Jovial	35 Electrical	55 Medical
16 For	36 Money	56 Your
17 Reasonable	37 Year	57 Aud
18 Speed	38 And	58 Happiness
19 Raring	39 Time	59 Check-up
20 About	40 Coils	60 Top-notch
21 Observe	41 For	61 Condition
22 Win	42 Mechanist	62 Your
23 Will	43 Year	63 Year
24 Telegram	44 Newsletters	64 Correlate
25 Cut	45 Personal	65 Dates
26 For	46 Parson	66 Dates
27 Or	47 Mohr	67 Individuals
28 The	48 Program	68 New
29 And	49 Or	69 Ideas
30 Or	50 Bud	70 Ideas

Good Ailverse Neutral

The Medical Roundup

by *Walter Tilson*

Emeritus Consultant in Medicine
 Emeritus Professor of Medicine
 Mayo Clinic
 (Register and Tribune Syndicate, 1963)

GAMBLERS ANONYMOUS

I have been reading about an organization called "Gamblers Anonymous," which in 1957 was started in Los Angeles by Jim W. The organization now has 800 converts left out of 7,000 troubled men and women who started out with the intention of putting an end to their terrible curse of gambling.

The address of the society is P.O. Box 17173, Los Angeles 17, Calif., or P. O. Box 1498 in New York City. Local chapters are to be found in a number of cities. The society is patterned after the successful Alcoholics Anonymous.

Few people who have not had to deal with an inveterate gambler can imagine what a curse the tendency can be. One of my friends, a big businessman in Nevada, told me about one of his best employees — an intelligent and able worker — who every time he got his pay check went straight to one of the gambling halls, and stayed there until he hadn't a cent left.

As a result, my friend had to insist that he be allowed to pay some of the man's salary to the fellow's wife to pay the rent and to buy food and clothes for the children. The remarkable thing was that he always came out of the gambling place broke, just could not stay out of the "Club" when he had a dollar in his pocket.

Devastating Toll

According to Stanley Frank, who wrote an article on Gamblers Anonymous, the toll in emotional bankruptcy among confirmed gamblers is devastating. About a third of the people who come to Gamblers Anonymous have been divorced, and most of the re-

mainder are facing this disaster. Matters are very depressing when it is the wife who blows every cent that should go for food for her children. As one woman said, "I have tried to keep away from that hell-hole; I've tried, but cards are like a drug to me." A man said sadly, "For 50 years this course has been on me. My gambling drove my wife into a mental institution."

As Jim W. says about Gamblers Anonymous, "We succeed only with people who have hit rock bottom in misery and degradation." The others who still have some money left "really don't want to stop gambling."

Apparently at times gambling is definitely a form of psychosis, and the victim goes to a psychiatrist to see if anything can be done to work a cure. Mr. Frank tells of a woman of 45 who had been addicted to narcotics, alcohol, obesity, nymphomania and gambling. She said that of all these addictions, gambling was the hardest to lick. She managed to quit the

and they won't bother to get needed sleep. Their urge to do crazy things is so strong that often no amount of effort on their part can save them from their folly. As with other people of this type, it is useless to argue with a gambler, or to beg him to reform. The only man who can save him is himself, and he must very much want to save himself.

Summer Workshop Noted at University

Eugene — Teachers who have responsibilities in secondary school administration or who are preparing for such positions, are eligible to attend a summer workshop in secondary school administration July 15-20 at the University of Oregon.

The workshop will be jointly sponsored by the Oregon Association of Secondary School Principals, the Oregon State Department of Education, and the University of Oregon.

Problems and topics of the workshop will include evaluation of teachers, procedures in opening and closing the school year, the dropout and potential dropout, techniques for making the master schedule, evaluating student achievement in "ability group" classes, and recent developments in one or more subject areas.

Further information and reservation forms may be obtained by writing Arthur C. Hearn, School of Education, University of Oregon.

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Retired Official of Morrison-Knudsen Dies

Scottsdale, Ariz. — (UPI) — M. G. (Mike) Kennedy, retired vice president of the Morrison-Knudsen Co. and director of numerous Latin American construction projects, died Sunday.

Kennedy, 72, was vacationing at this resort town just east of Phoenix.

Meningitis Outbreak Appears Controlled

San Diego — (UPI) — Navy doctors today planned to lift a quarantine on 75 recruits as an outbreak of spinal meningitis appeared to be under control.

The outbreak, second in a month, claimed one life among five cases. There also was one fatality in an outbreak March 10.

Medical officials said all 20,000 Navy men at the center had been taking sulfa pills since Friday, but no further pills would be issued unless a new case of meningitis is reported.

Officials said the latest victim, Robere le Huquet, 18, of Milwaukee, Ore., was listed in "fair condition" after being taken off the critical list.

Representative Says Legislature Is Hard Working

"Gov. Mark Hatfield has a heavy case of Potomac fever," State Representative James Redden (D-Jackson) charged here Saturday night, addressing the Democratic Social club.

"That is why he is constantly attacking the legislature," the Medford lawyer maintained.

Redden then defended the legislature, reviewing the hours devoted by members to committee assignments, where all the heavy work is done.

"It is a hard working legislature," Redden declared. "The members of the press, who follow us around, are beginning to come to the legislature's defense."

"The Jackson county member of the House then contended that the type of work the legislators are doing this year does not make colorful news because the members are not fighting with each other and they are not carrying their fights to the floor of the House. They are doing their work in committees, where it should be done, he insisted.

"The governor is feuding and the legislators are working," he summed up his stand on the much discussed subject.

Good Accomplished

Referring to much legislation that doesn't pass, Redden said many times a great deal is accomplished by the introduction of legislation. To prove this contention, he referred to legislation which would have changed the responsibilities of county sheriffs, moving some services to state police. This bill has already caused the state sheriffs to take a better look at their operations and will undoubtedly bring about some needed reforms.

In the same category, Redden placed the legislation calling for an investigation of power company rates. This bill, and Redden was one of the sponsors, brought a "Pacific Power and Light rate reduction in a few days," he stated.

Redden was introduced to the dinner crowd at Ping's Garden by Gerald Scannell, president of the Democratic Social club.

Scannell also announced that the annual Roosevelt Memorial dinner, "traditionally the largest Democratic fund raising dinner in the state," will be held here on May 11. Sen. Gaylord Nelson (D-Wisc.) will be the speaker.

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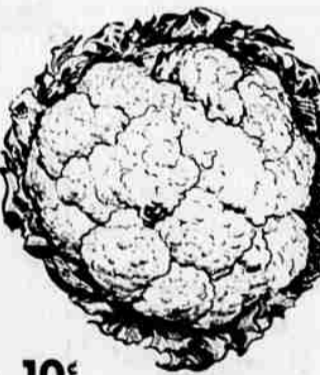
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Paas Egg Dyes Variety of sizes Small 19c; Lge. 29c. Giant 49c

Fresh, Snowy white heads

Cauliflower
 Wonderful served with cheese sauce
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Carrots Fresh and extra crisp lb. 10^C

Cabbage Perfect for Cole Slaw lb. 10^C

Potatoes U.S. No. 1 Russets 10 lbs. 47^C

Powder Room Toilet Tissue 4-Pack 59c	M-D Napkins Paper Napkins Pkg. of 60 2/29c
AWARD Margarine 1-Lb. Ctn. 45c	FRISKIES Liver flavored cat food. 15 1/2-oz. 2/35c
GLEEM Toothpaste, Large Size 49c	FRISKIES Chicken or Fish flavored. 15 1/2-oz. can 2/35c
Glass Wax Gold Seal for windows. 13-oz. 59c	FRISKIES Chicken or Fish Flavored. 8-oz. can 3/29c

HERE'S HOW TO PLAY

1. Get a FREE Spell C-A-S-H card every time you visit Safeway. NO PURCHASE NECESSARY.
2. At home, run your card under the faucet. Rub the black circle and your mystery letter appears. It may be C, A, S or H.
3. As soon as you have a card for each of the four letters C-A-S-H, bring them to Safeway for your \$100.00 Cash Prize!

RULES OF THE GAME

Anyone 18 years of age and over is eligible to win except Safeway employees and members of their immediate family.

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Flour Kitchen Craft 10-lb. Bag 85c

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 Pure, lean beef. Quality controlled
 lb. 39^C



Boiling Beef Plate cut, extra flavorful. lb. 19c

Link Sausage Safeway. Delightful breakfast treat. lb. 69c

Fish Sticks Captain's Choice. Breaded & pre-cooked. 8-oz. 3/\$1

BONELESS Corned Butts
 Safeway. All waste-free
 lb 49^C

Fab Detergent Save more on large size. 5 lb. 94c

Super Suds Heavy duty detergent. 40-oz. 59c

Liquid Vel Detergent for dishes. 22-oz. 61c

Ajax Cleanser Fast Cleaning 14-oz. can 2/35c

Ajax Cleaner for floor and walls. 3-lb. 6-oz. 94c

Ajax Liquid with Ammonia. 28-oz. bil. 75c



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300	17.71	20.16	30.14	55.38
500	29.85	32.97	49.64	91.66
1000	53.89	62.31	95.64	172.96
1500	77.87	90.38	140.57	266.38

Monthly charge is the monthly rate of 2% on that part of a balance not remaining \$100, 2% on that part of a balance not remaining \$200, 2% on that part of a balance not remaining \$300, and 2% on any remainder.

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SAFEWAY

Prices effective Monday, April 8 thru Wednesday, April 10 at Safeway in Medford. We reserve the right to limit.