



**CARRIED TOO FAR** — Usually the less a cat has to do with water the better he likes it. But even "Snuffy" has to admit a 23-day drought is carrying things a bit too far. The kitty, owned by Clarence F. Regeles of Mariaville, N. Y., finds nary a drop coming from the well which is one of many dried up in the area because of the lack of rain. (UPI)

## Highway Bids Expected To Hit \$12.2 Million

SALEM (UPI) — Bids for highway projects expected to total \$12.2 million will be opened Nov. 19 by the State Highway Department.

The projects, by county include:

Benton and Linn — Willamette river bridge section, Corvallis-Lebanon Highway at Harrison Street, Corvallis.

Deschutes — Horse Ridge summit section of the Central Oregon Highway, about 17 miles east of Bend, 2.45 miles of grading.

Bend traffic signals East Third Street at Franklin Street.

Douglas — Sutherland - Winchester section of Pacific Highway, 7.52 miles of grading, paving, nine structures and signaling.

Roseburg traffic signals at intersection of Harvard Boulevard and West Bellows Street.

Gilliam — Thirty-mile Creek-Dyer Creek section of John Day Highway, about six miles south of Condon, 4.15 miles of grading and paving.

Jackson — Siskiyou Station-Siskiyou summit section of Pacific Highway, about eight miles south of Ashland, 2.22 miles of grading.

Lake — Dry Creek road-California state line section, about 17 miles southwest of Lakeview, 4.28 miles of stone base and oiling.

Lane — Laura Street — Mohawk road section of Eugene-Springfield Highway at Springfield.

Linn — Foster toll creek section of Santiam Highway, east of Foster, rock production.

## News About Servicemen

**IN BIG LIFT**  
Staff Sgt. Milton C. Radford, husband of the former Zelma Lamb, who is a daughter of Mr. and Mrs. Drew Lamb, Ashland, participated in Exercise Big Lift, the joint Department of Defense demonstration of U. S. capability for rapid massive reinforcement of NATS forces in Europe.

**Graduated**  
Airman First Class Paul E. Conner, son of Mr. and Mrs. George W. Conner, 204 Wagner Ave., Talent, was graduated from the noncommissioned officer preparatory school at Loring Air Force Base, Me.

The airman is a personnel specialist in headquarters of the 42nd Bomb Wing.

**COMPLETES TRAINING**  
Army Pvt. George D. Davis, son of Mr. and Mrs. George H. Davis, 102 Sindsor Way, and Brian D. Sewell, son of Mr. and Mrs. Walter L. Sewell, 5202 Table Rock Road, Central Point, have completed advanced training at Ft. Hood, Texas.

Davis is a graduate of Crater High School. Sewell was graduated from the same school and Simpson Bible College, San Francisco.

**IN HAWAII**  
Army Pfc. Dennis R. James, son of Mr. and Mrs. Jack K. James, Route 1, Eagle Point, had been assigned to the 25th Infantry Division at Schofield Barracks, Hawaii.

James, who attended South-

ern Oregon College and Arizona State University, Tempe, is a helicopter mechanic.

**GRADUATED**  
Aviation Machinist's Mate Airman Scott E. Grieve, son of Mr. and Mrs. James H. Grieve, Prospect, was graduated recently from the Aviation Machinist's Mate School, jet engine course, at the Naval Air Technical Training Center, Memphis, Tenn.

**HONOR GRADUATE**  
Master Sgt. Robert C. Tugman, counseling psychologist at the Veterans Administration Domiciliary, White City, was honor graduate of reserve component recruiting course at Ft. Benjamin Harrison, Ind.

Tugman is sergeant major of the Second Battalion, 414th Regiment, a Medford unit of the Army Reserve's 104th Division. The sergeant achieved the highest academic score of his class in the Army Adjutant General School in Indiana.

**BASIC TRAINING**  
Pvt. Charles A. Rowan, son of Mr. and Mrs. Charles Rowan, 1117 West 11th St., has been assigned to E Company of Second Training Regiment, Ft. Dix, N. J., for eight weeks of basic training.

Rowan is a graduate of Medford High School and Parson's School of Design.

**IN EXERCISE**  
Army Pfc. Jay C. Bowker, son of Mr. and Mrs. Kenneth

## Medford Man Cited Following Mishap

Grant Meldwin Blake, 43, of 521 Marie St., was cited for failure to yield the right of way Monday after his car collided with a vehicle operated by Beverly Rose Noud, 34, of 3653 S. Pacific Highway, according to Medford police.

Mrs. Noud's daughter, Sherrie Kay Noud, 7, was slightly injured in the mishap, but did not require first aid, officers said. The accident occurred about 8:48 a.m. at 11th and Grape Sts.

Carlyle Darrell Fisher, 28, Washington St., reported to police Monday that an unknown vehicle struck and damaged his car while it was parked in front of his residence.

## Salem Girl Chosen Homecoming Queen

TACOMA (UPI) — Arlene Thorne, a pretty brunette from Salem, Ore., has been elected as the 1963 homecoming queen at Pacific Lutheran University.

A senior nursing student, Arlene will reign over homecoming festivities this weekend at PLU.

Bowker, 4080 Carlton Ave., Central Point, recently participated in Exercise Sky Soldier I, near Ft. Stewart, Ga.

Bowker is a driver in Company B of the 226th Aerial Survey and Attack Battalion at Ft. Benning, Ga.

## The Medical Roundup

By *Walter Alvarez*  
Emeritus Consultant in Medicine  
Mayo Clinic  
Emeritus Professor of Medicine  
Mayo Clinic  
(Register and Tribune Syndicate, 1943)



**Colostomies, Ileostomies**  
To all those many people who have written to ask me for help in taking care of a colostomy or an ileostomy (a hole leading out onto the abdominal wall from the large bowel or the lower end of the small bowel) I would say that there are a few things that can do. One is to write to 233 Durand W. Lissauer of 3333 Arthur Road, Louisville 5, Kentucky, for one of his free booklets on "The Postoperative Management of Colostomies and Ileostomies." He is a great public servant, and his book is the best thing I have seen on the subject. Also, there are in many cities clubs made up of people who have to live with a stoma (Greek word for "mouth"). The people in these clubs help each other with hints for handling their problem.

The difficulties of handling an ileostomy are much greater than those of handling a colostomy, because the contents of the small bowel tend to be liquid and to come running down after each meal. The contents of the large bowel tend to be more solid and to come out once or twice a day.

**Bag Over Mouth**  
The person with an ileostomy is likely to have to wear a little bag over his stoma, while the man with a colostomy may get by with a special pad.

All of these people must learn to so eat and drink as to keep the bowel as little active as possible. I always advise them first to avoid most laxative foods such as salads, fruits and green vegetables. Often they have to avoid fats because these can stimulate the bowel. Foods such as meats, poultry, fish, cooked eggs, white flour and rice usually leave but little residue.

Each person should keep a record of what foods were eaten just before he had a lot of trouble with an excess of material and gas coming out of the hole, or coming too frequently. To illustrate: one of my friends with a stoma, on keeping a record, found that coffee was a laxative for him. On leaving it alone he felt like a new man. Some persons find that they must stop drinking much fluid with meals because fluids can wash food rapidly down the bowel.

It may help people who work and meet the public to eat very little for breakfast and lunch. By eating most of their food at supper time they can have most of their troubles in the evening when at home and alone. Some people have to keep a record to see which foods tend to make bad-smelling gas. Quite a few people find they must not drink milk; others learn to avoid onions and spices and chocolate.

One of my stoma carrying friends who has just traveled through Europe, writes me that one of the most important things he learned on the trip was not to eat too much at one time. That caused "accidents."

**Copavin Helpful**  
Many of my patients with a stoma tell me that at those times when the bowels get a bit loose, they are particularly helped by taking two capsules of Copavin, a mixture of codeine and papaverine, which serves to quiet the bowel. It can be obtained only on prescription. Some physicians are afraid of it, but in 55 years I have never seen a person get a real habituation. The Copavin is most helpful when the person has to go out for the evening and wants to feel more secure against the coming of any leakage from the stoma.

Another drug which quiets the bowel is a brand of diphenoxylate hydrochloride with atropine sulfate. This comes in the form of a tablet, one of which can be taken to stop a tendency to diarrhea.

In his book, Mr. Lissauer describes the plastic bags that are available, and tells how to use them. People with colostomies

## Cancer Victim Loses Battle

ROCKFORD, Ill. (UPI) — Diane Lindstrom, 18, who spurned a leg amputation to stake her life on the controversial drug krebiozen, died Monday night of bone cancer.

Miss Lindstrom lost her year-long battle against a malignant tumor of the right thigh at Rockford Memorial Hospital. She had been in the hospital about six weeks.

Last March, the pretty high school coed faced a terrifying decision—either have her leg amputated or face the risk of dying before she reached her 23rd birthday.

Her family physician, Dr. Robert E. Heurins, who first detected the tumor last January, said the cancer was "severe" and urged her to have the operation.

Two days before the scheduled amputation, Diane called it off. She said she would rather die than have her leg amputated.

A spokesman at Rockford Memorial Hospital said Diane died of "bone cancer."

## Director of Race Relations To Speak

ASHLAND — The public has been invited to hear the Rev. Glenn Smiley, director of race relations for the Fellowship of Reconciliation Thursday, Oct. 31, when he will appear here at two public meetings.

The first is set for 11 a.m. in Church Hill hall and the other is a free luncheon at the Wesley house, on Southern Oregon College campus, at noon.

Mr. Smiley is being presented by the major Protestant youth groups at the college.

The speaker will tell of his experiences with non-violent demonstrations in the south at both appearances.

The Fellowship of Reconciliation is a church-affiliated movement predominantly within Protestant Christian groupings of all major denominations. It includes nearly 2,000 clergymen, many educators and professional workers. The organization has about 12,000 members in this country and approximately 30,000 throughout the world.

## Safe Damaged During School Break In

CENTRAL POINT — The administrative offices and cafeteria at Crater High School were broken into some time early Tuesday. A safe was jimmied open but apparently nothing was taken.

The break-in was discovered by a custodian at 5:45 o'clock this morning. It occurred some time between midnight and 5 a.m., Central Point police said. The safe was extensively damaged.

## Cabin Cruiser Burns, Sinks in Columbia

TROUTDALE (UPI) — A 26-foot cabin cruiser burned and sank in the Columbia River about a mile and a half east of here Monday.

The fire broke out after the boat's engine exploded.

L. D. Keener of Portland, owner of the \$8,000 vessel, escaped.

## Tillamook Man Dies On Elk Hunting Trip

YAMHILL (UPI) — Robert Keith Brewer, 49, Tillamook, died of a heart attack while elk hunting near this Yamhill County community Sunday.

HEAR VISITING UNITY LECTURER  
**Ernest C. Wilson**  
of Los Angeles, Calif.

Subject:  
"BE YE PROSPERED"

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