

## Russian Plates Are Loaded With Starchy Foods by Custom

By JAY AXELBANK  
United Press International  
MOSCOW (UPI) — The young Russian couple who were putting it away at the Hotel National restaurant this week would have shocked calorie-counting Americans.

They loaded their plates with meat, potatoes and gravy and had three or four slices of bread apiece. This couple will never help Russia economize on bread — now in none too abundant supply because of a bad harvest.

For dessert the two had a form of Russian pancake with jam inside known as a "blaney."

There is no fuss about dieting in the Soviet Union as there is in America, Britain and other European countries. Millions of Russians are overweight by U.S. standards — but they like it that way.

Professor Valentin Moshkov of the General Institute of Health Resorts and Physical Therapy gave an expert's opinion on the subject.

**Severe Winters**  
"We Russians eat more than most Europeans and Americans," he said. "It is our custom. We favor bread, starch and potatoes because of severe winters which make a lot of demand on our energy."

"The thin gal is not popular in this country. One Russian scientist came back from the United States to tell a Western correspondent that he didn't see how American men could embrace their 'bony women without getting bruises."

Russians, however, are very conscious of good health — if not of their shapes. Physical culture is big time compared to America — where most people engage in limited exercise.

On Radio Moscow daily you can hear a gym coach, to the accompaniment of a piano, chanting "Adeen, dva, tri" (one, two, three). One tune for the "daily dozen" this week was "Farmer in the Dell."

**Calisthenics Breaks**  
The state radio blares out sit ups, bends and push-up exercises on an average of a half hour a day. At factories and other work enterprises there are calisthenics breaks of 10 minutes each, usually at 11 a.m. and at 4 p.m.

There are "Over 40" clubs where oldsters get together dur-

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## Redwood Elementary May Become School of Past

OAKLAND, Calif. (UPI) — When classes begin each morning at nearby Redwood public elementary school, it takes the teacher, Ruth Bellini, approximately three seconds to call the roll.

For Mrs. Bellini, roll call is a simple matter of putting a check mark next to the name of each of her students — all three of them.

Mrs. Bellini is the only teacher and Michael, Kirt, and Keith Morrissey are her only students.

The school, with one of the smallest student bodies in the United States, is located behind the East Oakland hills in the rugged, isolated Redwood Canyon. In recent years, the 40-year old stucco building has been as many as 20 students.

But because few families now live in the area, the student body has dropped to the three Morrissey brothers, whose father moved to the canyon so that his children could be near their two horses.

"It's individual teaching, really," said Mrs. Bellini, who has housed as many as 20 students.

Each morning, Mrs. Bellini picks up the three boys at their home and at the close of the day she drops them off again.

A small shadow of sadness hangs over Redwood these days. State law requires schools to have a minimum average of six students. Unless Redwood's enrollment doubles in the very near future, the 103-year-old school will be forced to close.

"It'll be a sad parting," said Mrs. Bellini. "I've been here for so long I feel like a fixture."

They have a full-size playground with swings, a small basketball court, tether-ball and other equipment.

The day begins with a salute to the flag and the singing of the national anthem. There is a 10 o'clock recess, a regular hour for lunch and a physical training period.

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## Everest Climber Donates Crucifix

SEATTLE (UPI) — Jim Whittaker, the first American to scale Mt. Everest, Tuesday presented Seattle University with a crucifix he and his climbing companion, Sherpa Gombu, found 300 feet below the south summit of the world's highest peak.

The cross, along with a rosary and medal, were in a metal container, similar to a typewriter ribbon can. Whittaker later found they had been left there by a member of an Indian expedition who had obtained the religious items from a Catholic priest in Katmandu.

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### Guidance Clinic Reports Waiting List for Cases

The Jackson County Family and Child Guidance Clinic in the courthouse once more has a waiting list of people seeking counsel from the psychiatric social workers, it was noted yesterday. Some have been waiting since June.

Using three full-time social workers, the staff was able to eliminate the backlog of cases by May 1. However, by June the cases had started to pile up again, according to Administrator Miss Donna Gilkey.

The backlog increased sharply when Social Worker Richard Runyon left Sept. 1 to assume an executive position with the Astoria clinic, Miss Gilkey noted.

Advertisements have been placed in all professional magazines but qualified people are hard to attract, she said. The clinic would pay up to \$7,200 for a social worker with graduate school training and three years' experience.

**Increase in Cases**  
She noted the clinic has had an increase in cases dealing with all problems, particularly those patients with severe emotional problems. Early treatment of these cases prevents them from being referred to the state hospital, it was pointed out. The clinic also has had more children's cases.

"To fill in the gap, the clinic has four part-time social workers assisting. One works half days, one works two half days and one works on half day.

To give people applying for counseling at the family and child guidance clinic, a leaflet has been published giving basic information. It explains the purpose of the clinic, how it operates, how it can help each patient and gives the charges.

"Everyone has emotional conflicts and it is no crime to be unhappy. The crime is to bear the suffering rather than to try to understand the reasons for it and seek a happier life," the clinic pamphlet notes.

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