

## Family Gatherings and Dinners Are Thanksgiving Features in Lyons Area

The usual family gatherings and bountiful dinners highlighted the Thanksgiving holiday week end in this area.

Mr. and Mrs. Donald Huber and family were dinner guests in Portland at the home of his sister, Mr. and Mrs. George Keeley.

Mr. and Mrs. Jack Loebis from Hayward, Cal., spent the week at the home of her parents, Mr. and Mrs. Hobson Gunn.

Dinner guests at the home of Mr. and Mrs. Leland Manning and family were her parents, Mr. and Mrs. Sim Etzel from Stayton and his parents, Mr. and Mrs. Clyde Bressler of Lyons.

Mr. and Mrs. Fink were dinner guests at the home of her nephew Mr. and Mrs. Joe Dougherty in Aumsville.

Mrs. Leota Worden was a dinner guest at the home of her son-in-law and daughter, Mr. and Mrs. Wayne Lierman and family in Stayton.

Mr. and Mrs. Joe Hince joined a family group for a 5 o'clock dinner at a Salem Cafe.

Mr. and Mrs. Floyd Bassett went to Waldport on Tuesday to spend the remainder of the week at the home of her daughter, Mr. and Mrs. Wilbur Mintert and family.

Mr. and Mrs. Ronald Swan, Steven and Penny from Port-

land were Thursday afternoon visitors at the home of her sister, Mr. and Mrs. W. L. Kimery and Jerry. They were enroute to the home of her parents, Mr. and Mrs. Jack Shelton near Jordan.

Thanksgiving dinner guests at the Henry Croissant home were Mr. and Mrs. Albert Croissant and Mr. and Mrs. Glen Croissant and sons, Kenneth and Gene from Tillamook and Mr. and Mrs. Gus Croissant from Woodburn.

Guests at the home of Mr. and Mrs. Howard Naue were Mr. and Mrs. A. B. Culwell and family from Bend. Mr. and Mrs. Ray Short from Manzanita and Mrs. Lydia Culwell of Lyons.

Mr. and Mrs. Elmer Culwell, Delmer and Donna were guests at the home of her mother Mrs. Elizabeth Lalack at Dalles.

Mr. and Mrs. Albert Toman, Bradley and Janet of Salem, were dinner guests at the home of her parents, Mr. and Mrs. Wilson Stevens. Additional

guests were his brother and wife, Mr. and Mrs. Albert Stevens of Lyons and Mrs. Edna Courtemanche of Portland.

Guests at the home of Mrs. Rosa Berry were Mr. and Mrs. Willard Berry and family of Tillamook, Mr. and Mrs. Al-



**OREGON WINS NATION'S TOP LITTER PREVENTION AWARD**—Litter prevention programs in Oregon State have been selected as the best in the nation by Keep America Beautiful, the national litter prevention agency. The award, presented this week at the annual KAB conference in New York City, was made jointly to Oregon State and CLEAN & Beautiful, Inc., the litter prevention and beautification coordinating agency for Oregon and Washington. Governor Tom McCall, shown here with Herb Stone (center), Chairman of the Governor's Committee to Keep Oregon Livable, and James Harris (left), Oregon Chairman for CLEAN & Beautiful, represent the thousands of people throughout the state engaged in clean up programs that led to the winning of this national honor. In New York Secretary of State Clay Myers accepted the award for Oregon State. A similar award was made to Washington, where CLEAN & Beautiful cooperated in statewide programs.

bert Carr and Mr. and Mrs. Delmer Syverson and daughters from Mill City.

Mrs. Hazel Lewis and Beulah had as their guests Miss Lucille Lewis from Corvallis and Mr. and Mrs. Kenneth Lewis and daughters Christy, Pam and Lisa of Lyons.

Mr. and Mrs. Alex Bodeker were dinner guests in Salem at the home of their son-in-law and daughter, Mr. and Mrs. Earl Hampton and family. Additional guests were their other daughter and family, Mr. and Mrs. Norman Johnson and sons from Auburn, Wn. The Johnsons will come Friday evening to spend the remainder of the week with her parents the Bodekers.

Mr. and Mrs. Donald Olmstead and children from Auburn, Wn., spent the Thanksgiving week-end at the home of his parents Mr. and Mrs. Arthur Olmstead, also Walter Olmstead from Mt. Hood Meadows. The two families were Thanksgiving day dinner guest at the home of Mr. Olmsteads brother Mr. and Mrs. Ed Olmstead at Coburg.

Mrs. Donna Asmussen was a dinner guest at the home of Mr. and Mrs. Curtis Benefiel and family at Mehama.

Mrs. Anne Pietrok and daughter Louise were dinner guests in Salem at the home of her daughter and family, Mr. and Mrs. William Schwarz and children.

Mr. and Mrs. Van Prichard and granddaughters Marceitta, Venetta and Jerrelitta were dinner guests at the home of Mr. and Mrs. Dale Prichard at Clatskanie, Dale is a son of the Prichards.

Mr. and Mrs. Ralph Downer were dinner guests at the home of her brother, Mr. and Mrs. Walter (Bud) Johnson of Stayton.

Dinner guests at the home of Mr. and Mrs. Fred Lindemann were her mother, Mrs. Eulalia Lyons and their daughter and family, Mr. and Mrs. Dave Tunell from Philomath.

Guests at the home of Mr. and Mrs. Frank Spellmeyer were their sons and families, Mr. and Mrs. Ronald Spellmeyer and children from Eugene. Mr. and Mrs. Jerry Spellmeyer and children from Silverton. Additional guests were Mr. and Mrs. Rudy Block from Longview, Wn.

Mrs. Gladys Nygaard has as her guests her niece and husband, Mr. and Mrs. Jerrel Haynie and little daughter, Becky Lynne from Pacoima, Calif., also her niece and husband, Mr. and Mrs. Harry Elmer from Albany and her sister and husband, Mr. and Mrs. Percy Hiatt of Lyons.

A family gathering and Thanksgiving dinner was held at the Lyons United Methodist church dining room. Attending were Mr. and Mrs. Glen Julian of Lyons, Mr. and Mrs. Glen Julian Jr. and son from Eugene, Mr. and Mrs. Omev Lovell of Stayton, Mr. and Mrs. Jim Lande of Stayton, Mr. and Mrs. Regal Lande and family of Baker, and Mrs. Charles Germond and two children from Shaw.

Thanksgiving dinner guests of Mr. and Mrs. Olin Spiva were, Mr. and Mrs. Lyle Wilt and son, Richard of Stayton, Mr. and Mrs. Herb Singrie, Mrs. Dean Shenbeck of Lebanon, Mrs. Lucille Hargrove and son, Bernice Singrie, Mrs. Marilyn Singrie and son all of Salem.

## Fat-Free Foods May Help Cut Down Heart Attacks

**EDITOR'S NOTE:** The food you eat can endanger your heart, or protect it. This is what the Oregon Heart Association is stressing in a year-long educational emphasis campaign now underway. Today's article, (the first in a series), contains practical advice for the homemaker to modify a diet that may be increasing the family's risk of heart attack.

**The Way To A Man's Heart**  
The way to a man's heart is through his stomach. Fact or fancy? It depends on the objective, says your Oregon Heart Association. As a device for courtship days, the stomach to heart route shapes up merely as a romantic cliché. But in the light of present knowledge about diet and heart disease, the statement assumes new importance.

Many people who show no evidence of having developed heart disease may be increasing their risk of heart attack by eating too many eggs, which are high in cholesterol, and too much meat, butter, cream and whole milk, which are high in saturated fats.

To reduce this risk, the Oregon Heart Association notes, scientists recommend a meal plan that is low in saturated fats and cholesterol and still provides all the essential nutrients.

Since the typical American diet is rich in foods that contribute to atherosclerosis, Oregon Heart Association recommends certain moderate changes in eating habits that may reduce the risk of heart attack. In following this plan, there are four goals to keep in mind:

1. To meet your daily needs for protein, vitamins, minerals and other nutrients.
2. To control calories and keep a desirable weight.
3. To lower your intake of excessive amounts of food containing saturated fat and cholesterol.
4. To see that more of the fat you eat is polyunsaturated, and that less of it is saturated.

Egg yolks and organ meats

such as liver, kidney and sweetbreads are very high in cholesterol, and shellfish have moderate amounts of it. But there is no cholesterol in foods of plant origin such as fruit, vegetables, grains, cereals and nuts.

Saturated fats tend to raise the level of cholesterol in the blood. These fats are found in many animal products and a few vegetable products. Foods containing a high proportion of saturated animal fats include beef, lamb, pork and ham, butter, whole milk, cream, and cheeses made from whole milk and cream. Saturated vegetable fats are found in coconut oil, chocolate, and many solid shortenings.

Polyunsaturated fats tend to lower the cholesterol level. These usually are liquid oils of vegetable origin, such as corn, cottonseed, safflower.

A risk reducing diet can be adopted without drastic changes. This is what the Oregon Heart Association recommends:

1. Eat no more than three egg yolks a week.
2. Eat more meals of fish, veal, chicken and turkey, which contain small amounts of saturated fats, and fewer meals of fatty beef, lamb, pork and ham.
3. Use skim milk, fortified with vitamins A and D, and cheese made from skim milk instead of whole milk and cream, and cheeses made from whole milk and cream.
4. Instead of butter, use margarine rich in polyunsaturated fats. Substitute polyunsaturated vegetable oils for lard and other solid cooking fats.
5. For a nutritionally sound diet, the daily meal plan should also include vegetables, fruit cereals, and breads made with a minimum of saturated fat. Among these breads are white enriched bread, whole wheat, French, Italian, pumpernickel and rye bread, and English muffins.

**NEXT:** What Foods to Use and Avoid.

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