THE DOCTOR SAYS

February Chosen As Heart Month

By W. G. BRANDSTADT, M.D.
Written for Newspaper Enterprise Assn.

February is designated as Heart Month. But to a person with heart disease, every month is heart month. February was chosen because of Valentine's Day, and this ties in with the old idea that the heart is the center of the emotions.

It is not hard to see how the old idea got its start. Any strong emotion will set the heart to racing and pounding. It may not be the center of the emotions, but it is violently affected by them.

The normal heart rate of a person at rest is between 72 and 80 beats per minute. This pumps about five quarts of blood through the body every minute. Since the heart continues to beat whether we are asleep or awake, it might be asked why this amazing muscle doesn't get tired and quit. The answer is that after each contraction (lasting about a third of a second), the muscle rests for about a quarter of a second. Even when we are doing strenuous physical exercise, with both the heart rate and volume of blood increased, there is a short pause after each beat.

A reader has asked what the doctor hears when he listens to your heart through his stethoscope. If the heart is normal he hears a rhythmic double sound with each beat; the sound of the closing of the heart valves and the sound of the powerful contraction of the ventricles. If there is a roughening of the valve surface due to scarring following rheumatic fever, or if the valves do not close completely, thus allowing some backflow, he will hear a characteristic murmur.

In children and young adults he may hear a slight murmur (really a blurring of the normally sharp heart sounds) that is not caused by any structural change in the heart. Such a murmur is called a "functional murmur" and has no significance. It is best recognized by the fact that it disappears when the person who has it hops up and down a few times, thus increasing the heart action.

Infectious diseases may cause another kind of change, a roughening of the outer surface of the heart. This will cause it to grate against the chest wall with each beat and produce what is known as a "friction rub."

Since the heart is a large muscle it needs nourishment just as does any other muscle. As the blood is forced from the heart into the large arterial trunk, the aorta, a small part of it is forced into the small arteries that supply the heart's own muscle. These are the coronary arteries.

As the hardening of the arteries that starts at birth gradually progresses, the arteries slowly become narrower and carry less blood. When the narrowing reaches the point where the amount of blood carried is insufficient for the heart's needs, coronary heart disease becomes manifest. If this is gradual, the heart is embarrassed only if there is an increased physical or emotional demand on it. The resulting protest is the pain of angina pectoris.

If there is a sudden plugging of a coronary artery by a blood clot, there is an acute heart attack which may or may not prove fatal, depending on the size of the clot and hence the size of the area suddenly deprived of blood.

'Y' Dinner Schedules Eddie Butler

The program for the Feb. 13 annual YMCA membership meeting reads like an all-star review. The potluck dinner will be enhanced by the dinner music of Eddie Butler, a local musician.

Recognition will be given to the new endowment fund trustees, Mrs. R. P. Ellingson Sr., Judge Donald Piper, Dr. Raymond Tice, Earl Kent and Andrew Collier. Also to be presented will be the slate of board directors for the class of 1965. Candidates for the positions are Mal Gellup, Art Gerlach, Robert Mezger, Wayne Plaisted, Sam Raymond, John Sandmeyer and Wilbur Womer.

The speaker slated for the affair is Chuck Kujawa, who is president of the North American Association of Youth Work Secretaries of the YMCA which includes the United States and Canada. He will discuss the future of the YMCA in Klamath County.

Although the meeting is primarily a membership meeting, all persons interested in the YMCA are invited, according to Jack Douglass, president of the YMCA Board. The affair will be a potluck dinner at the YMCA Building at 6:30 p.m. on Wednesday. Interested persons are requested to phone the YMCA for information about the potluck.

JFK Warns Of Disaster

WASHINGTON (UPI) — President Kennedy has warned that it would be "a disaster" if the NATO alliance split over nuclear defense and economic policy.

The President told his news conference Thursday that if Europe and the United States are unable to work together, "it will have the most serious repercussions for the security of us and for Western Europe."

Kennedy was asked if he considered French President Charles de Gaulle's veto of British admission to the Common Market and De Gaulle's insistence on his own nuclear deterrent was a fatal blow to Western unity.

He replied that Britain's failure to gain admission to the economic community injured the U.S. policy of an increasingly stronger and more unified Europe. For the past 15 years, he said, "we supported strongly the Common Market, Euratom, and the other efforts to provide for a more unified Europe."

"We are still in very stormy seas and I really think it would be a mistake for us to be divided at this time when unity is essential," the President added.

Kennedy said De Gaulle had been committed to an independent nuclear force for a number of years, and that the recent Nassau pact between the United States and Britain did not make him form this policy.

The President said De Gaulle had indicated he was not "an admirer of NATO." But, Kennedy said, "NATO is what keeps the Atlantic and Europe together."

"You say the funniest things! She doesn't FEEL like an iceberg!"

Midland Grangers Hold Busy Session Feb. 6

Midland Grangers, meeting Feb. 6 at the grange hall, had a busy session with Master Louie Stork and officers presiding.

An impressive memorial service for Jacqueline Osborn was exemplified by Chaplain Mildred Largent and Ceres, Peg Baldwin, escorted by Lady Assistant Virginia Scala and Assistant Steward Francis Flowers, accompanied by Kathryn Smith.

Dorothy and Bob Pyle were reinstated.

A dance is planned for grangers and their friends at the Midland Grangé Hall, Saturday, Feb. 16, at 8 p.m. Women should take sandwiches or dessert for the potluck.

James Flowers, legislative committee, reported that Midland Grange and Pomona Grange are opposed to the proposed zoning.

Grace Stork, juvenile grange matron, invited adult grangers to join the Midland Juvenile Grange as honorary members. Degrees will be given Feb. 27 at 8 p.m.

Youth Chairman Virginia Scala asked youth members to attend the meeting to organize another Midland Grange drill team. For three years the Midland drill team has scored first, second and third in state competition. Pomona Youth Chairman Eleanor Sukraw announced that all competing drill teams in the state will be invited to the state grange session at Oregon City in June.

Midland Grange has been asked to exemplify the Fourth Degree and announced that Pomona would give a prize to the grange that puts on the best work in degrees. Poe Valley, Lost River, Shasta View and Midland granges have been asked to do the first, second, third and fourth degrees in that order.

A resolution from the Mt. Hebron Grange to Midland Grange on the deer situation has been accepted and will be sent to Pomona Grange, the state legislature and the Oregon Fish and Game Commission.

Guests were Mr. and Mrs. Carl Youngre, of Riversdale Grange in Douglas County.

The next Midland Grange meeting will be at 8 p.m. Feb. 20 with a no-host potluck.

Paleoecology Lab Opened

A modernistic new building, housing a paleoecology laboratory, has opened at the University of Oregon.

Dr. J. Arnold Shotwell, associate professor of biology and geology and assistant director of the Museum of Natural History, and his associates are in the process of moving furniture and equipment into the one - story, 40x50-foot structure which is located in the physical plant area across the millrace from the main campus.

The building was financed by a $40,000 grant from the National Science Foundation. In addition to construction costs, the grant also covered the cost of a part of the equipment.

The laboratory will be the site of an unusual collaborative study in paleoecology, aimed at reconstructing the total environment of ancient mammals in the Northern Great Basin — southeastern Oregon, southern Idaho, and northwestern Nevada.

Scenic Group Slates Meet

SALEM (UPI) — The Oregon Scenic Area Commission will hold two hearings here Feb. 13.

One concerns three proposed billboard-free stretches near Salem. The other concerns proposed changes in the commission's rules of procedure.

One of the proposed scenic areas adjoins Highway 18 between New Grand Ronde and the Van Duzer Forest Wayside. Another is between the Willamette River and the south line of relocated Highway 22 from Salem to Eola. The two were sought by the Polk County Court.

The third, proposed by commission member Thornton Munger of Portland, also is along Highway

CALIFORNIA LEGISLATURE

Republicans Claim Democrats Favor Tammany Hall Type Politics In State

SACRAMENTO (UPI)—A Republican legislative leader charged Friday that Democrats were trying to push a "bossism package" through the 1963 legislature.

Assemblyman Don Mulford, R-Oakland, repeated the GOP's recent claim that the ultimate objective was to bring "Tammany Hall-type politics into California."

Mulford, the assembly Republican caucus chairman, cited four legislative proposals by Democrats:

—A proposal by Assemblyman Phillip Burton, D-San Francisco, to make supervisorial elections partisan.

"Bills introduced by Assemblymen John Knox, D-Richmond, and Nicholas Petris, D-Oakland, and a senate joint resolution offered by Sen. Albert Rodda, D-Sacramento, to remove restrictions on political activities by civil servants.

—Petris' "do-it-yourself" voter registration bill.

— A proposed constitutional amendment by Assemblyman Alfred Song, D-Monterey Park, to abolish the literacy requirement for voting entirely.

Mulford said the four proposals were "inspired by purely partisan motives to legislate the Republican party out of business.

"These proposals constitute a bossism package that should be rejected," said Mulford. "They are designed to destroy the two-party system."

The GOP leader predicted that many Democrats would join the Republican legislators in rejecting the Burton measure.

"This bill has the effect of placing partly labels on local candidates and issues that bear no logical relation to partisanship," Mulford said.

He attacked the bills by Knox, Petris and Rodda on civil servants as removing the "vital protection the civil servant has from pressure to join partisan activities.

"Government workers should be free from any attempt by overzealous officials to 'encourage' their participation in politics," said Mulford.

About Petris' registration bill, Mulford said: "This bill rings of partisanship. It would effectively eliminate the literacy check required by the state consitution and would permit haphazard and inaccurate registrations. Several county clerks have told me that this supermarket approach to registration would result in chaos."

He said the song bill struck at the "basis of democracy" — an informed and responsible citizenry. "Voters should be able to keep abreast of major issues and cast an intelligent ballot for what they want—not for what some political boss tells them they want," said Mulford.

The GOP caucus chairman said that the "real issue" before the legislature in the democratic proposals "is good government versus narrow partisanship.

"I am confident that responsible voters will reject this package," he said.

Both houses of the legislature were recessed until Monday for the fifth weekend in a row. They will begin extensive committee hearings this week.

On The Record

KLAMATH FALLS
BIRTHS
BOYS

CARTER—Born to Mr. and Mrs. Jack Carter in Klamath Valley Hospital Feb. 7 a boy weighing 9 lbs., 3½ ozs.

SMITH—Born to Mr. and Mrs. Darrell Smith in Klamath Valley Hospital Feb. 7 a boy weighing 8 lbs.

TAGUE—Born to Mr. and Mrs. Alvin Tague in Klamath Valley Hospital Feb. 4 a boy weighing 7 lbs., 8½ ozs.

GIRLS

WEEKLY—Born to Mr. and Mrs. Philip Weekly in Klamath Valley Hospital Feb. 4 a girl weighing 8 lbs., 3 ozs.

1963 SUMMARY

Boys: 44 Girls: 45

HOLD ON TO YOUR HAT!

Chase & Sanborn COFFEE 2-lb. Tins 85c

Del Monte Cling Peaches Halves 2½ Tins 4 FOR $1.00

Cottage Syrup 21-oz. 25c

Cream Flake Shortening 3-lb. Tin ? ?

Blue Bonnet Margarine 3 Pounds 59c

Pancake Mix 3-lb. Occident 29c

Low Cost Tender Aged Beef Pot Roast All Cuts Included 49c lb.

Low Cost Fresh Ground Beef 3 LBS $1.17

Willow Brand Breakfast Sausage 3 1-lb. Rolls $1.00

Shasta Orange Drink 46-oz. Tins 19c

Northern Paper Towels Giant Rolls 2 FOR 45c

Oberti Escolano Giant Size Ripe Olives 4 Tall Tins $1.00

TIDE 16-lb. home laundry size with Free Silicone Iron Board Cover 3.79

POTATOES 20 lb. bag 49c

Grapefruit Arizona White 8 lb. bag 49c

SPECIALS FOR MON., TUES., WED.

Low Cost FOODS

RIGHT RESERVED TO LIMIT

Town and Country Shopping Center
3800 S. 6th

THE OWL HOOTS

By AL GEISS

A delegation from the Oregon Tech staff attended the Conference on College Teaching held at OSU Friday evening and Saturday. Those who attended the annual affair were Paul Meier, Paul Chitwood, Robert Baird, Tom Sutherland, LeRoy Fisk, Fred Foulon and Julian Ager.

Two other faculty members, Don Whitwer and Earl Kurtz from the Division of Allied Arts and Sciences, received word this week that they had been accepted for participation in a nuclear reactor theory summer institute to be held on the UCLA campus in Los Angeles this summer. The four-week session is sponsored by the A.S.E.E.-A.E.C. (American Society of Engineering Education and Atomic Energy Commission). Two of these sessions will be held this summer, the other at the University of Wisconsin.

This is distinctive recogniton for these two faculty members because only 25 persons are accepted at each of the sessions from the whole United States. Also, only those could qualify who had attended previous summer orientation programs. Earl attended the preliminary session at OSU last summer and Don participated in a similar program at Penn State University in the summer of 1959.

Oregon Tech's versatile Gene Larsen, director of admissions counseling, has received a letter from one of Oregon's high schools asking him to present a library demonstration during National Library Week. The demonstration will be designed to get students interested in going into the library and to get them to read books. Larsen says that he will take with him a four-barrel carburetor from auto tune-up, a power brake from auto mechanics, a handmade gun from gunsmithing, a set of drawing instruments from drafting, an oscilloscope from electronics and a bottle of ascarids (hookworms). Beside each display will be a sign challenging the students to search for information. For example, beside the hookworm display will be a sign with the question, "Would it be possible for you to have these?"

Larsen also informs us that he will begin working with other state system personnel in conducting junior high school visitations throughout the state wherever requested. For a number of years the High School-College Relations Committee has been visiting high schools giving information about all of the institutions of higher learning in Oregon and giving counseling assistance to aid students in selecting the type of higher education program which best suits their needs. The junior high visitation program is carrying the service further by giving junior high school students counseling and guidance to assist them in selecting the proper high school program which will in turn prepare them best for the type of post-high school education which will be most valuable to them.

Oregon Tech students have again selected a local girl to represent the school as a queen candidate in intercollegiate competition. Marian Roberts, 18, will be the queen candidate for the Ore-Cal Sklesta which will be held at the Mt. Shasta Ski Bowl on March 1 and 2. Miss Roberts, a freshman in medical technology, is a 1962 graduate of KUHS.

Court Records

MUNICIPAL COURT
Traffic

Feb. 4, 1963

Florence Wainwright Baldwin, driving wrong way on one way street, $7.50 forfeit.

Howard Eugene Bates, improper left turn, $7.50 forfeit.

Richard Howard Bowers, failed to yield right of way to vehicle, $25 forfeit.

Benjamin Lloyd Churchill, cutting through private property, $10 forfeit.

Linda Ann Dillstrom, driving without head lights, $7.50 forfeit.

Sherman Jewel Hinds, no operator's license, $7.50 forfeit.

Richard Hogan, cutting through private property, $10 forfeit.

Kermia Adaline Hottman, driving on wrong side of street, $7.50 forfeit.

Boyd Jackson, warrant overtime parking, $8 forfeit.

Frank Daniel Moore, no operator's license, $7.50 forfeit.

Richard Lloyd Niveth, wrong way on one way street, $7.50 forfeit.

Ernest F. Quale, no operator's license, $7.50 forfeit.

Dorothy Joyce Robbins, overtime parking warrant, $13 forfeit.

Kenneth Dean Snider, overtime parking warrants, $8 forfeit, and $11 forfeit.

Jack Harrison Stark, failed to yield right of way to vehicle, dismissed.

Donald Hurff Switzler, allowing unlicensed person to drive, $15 forfeit.

George Albert Tooley, cutting through private property, $10 forfeit.

Ronald Quade Wise, failed to leave name and address at scene of accident, $25 forfeit.

Feb. 4, 1963

James Pritchett, drunk, $25 or five or 10 days.

Earl A. Cunningham, drunk, $25 or five or 10 days.

Ransom Cowan, drunk, $25 or five or 10 days.

Leroy Joe Shipman, drunk, $25 or five or 10 days.

Aaron D. Kirk, drunk, $25 or five or 10 days.

Donald Switzler, allowing unlicensed person to drive, $15 forfeit.

Bennie Swenson, drunk, $25 or five or 10 days.

Coin Word Explanations Speed Puzzle Solution

EXPLANATIONS ACROSS

3. Theatrical producers try to avoid a last-minute ADDITION to the cast before opening since this would involve additional expenses. They would almost never have a last-minute AUDITION before opening.

7. Lasting RAINS could cause a financial drain on any community. Lasting RUINS might become a financial asset where they attract tourists.

8. Movie stars seldom have much time for any special or particular FUN since they are usually short of time. A special FAN could be a husband or wife and receive most of a star's spare time.

9. A man might not understand a woman if she approached him in a strange VEIL that muffled her words. He definitely would not understand a woman who approached him in a strange VEIN or manner.

10. A visitor who expects to see cowboys fighting Indians in the Far West is obviously a DUPE or someone easily deceived, regardless of whether he is a DUDE from the city or someone from the country.

13. Anyone would avoid a dangerous RIDE if possible. Some who participate in a dangerous RITE or ceremony do so willingly and do not try to avoid it.

16. Dealing with a MUTE or dumb person, requires patience to understand him. A MULE often offers no resistance at all and requires no patience.

17. Sampling for maple syrup, a tapper might take a little SAP. He would not always SIP or taste it in order to sample it.

19. THIN sisters often wear the same clothes if they alternate

G		C		A	D	D	I	T	I	O	N
R	A	I	N	S		E		E			A
O		V				F	U	N			P
V	E	I	L			T		D	U	P	E
E		C						E			
	Q		T					R	I	D	E
M	U	T	E						D		X
	E		R						I		C
	S		S		S	A	P		O		E
	T		E				A		M		L
							C				S
T	H	I	N		O	U	T	F	I	T	

them with each other. TWIN sisters could be of a very different build and not be able to wear each other's clothes.

20. A wise man does not try to OUTFIT his wife since most women prefer to select their own clothes. If he were wise, a man might have to OUTWIT his wife under certain conditions.

EXPLANATIONS DOWN

1. A GROVE or small wood is a good place to look for flowers. A GRAVE or excavation would not be a good place to look for flowers.

2. Teaching political science calls for a CIVIC attitude or one that pertains to citizenship. It does not necessitate a CIVIL or polite attitude on the part of the teacher to impart a knowledge of political science.

3. AS is a word meaning: to the same extent.

4. A DEFT or skillful aerialist might perform with an inexperienced partner who merely handled props. He would not have to be DAFT or crazy to perform with such a partner.

5. A little TENDER or small boat could provide safety for ship-wrecked sailors. A little TINDER or inflammable material might provide heat or cooking fuel, but it would not necessarily provide safety.

6. A criminal might be identified by his NAPE or neck carrying a birthmark. He would not be likely to give or use his right NAME for identification.

11. A gallant knight would not neglect an important QUEST or search assigned to him. He might neglect an important GUEST if an unexpected emergency arose.

12. A judge could be influenced by a TERSE or succinct witness who omitted detail. He would not be influenced by a TENSE witness since he knows that this is a condition of most witnesses.

14. A local IDIOM or form of expression would seem strange to an outsider. A local IDIOT would seem strange to anyone.

15. A college that expects a great deal often EXCELS in its teaching. Since it expects a great deal, it only accepts the best and, therefore, seldom EXPELS.

18. An honorable PACT or agreement is usually respected by most people. An honorable PAST is usually forgotten if one's present is dishonorable.

For Professional TREE SERVICE
Baker's Nursery
Call TU 2-3353

People Read • SPOT ADS — you are now.

Philco-Bendix Duo-Matic WASHER-DRYER
Sales · Service
J. W. KERNS
734 So. 6th TU 4-4197

Save $ - Move Yourself
RENT A NEW U-DRIVE Truck
• Local or Long Distance
• One-Way Service
• PICKUPS • VANS • FLATBEDS
Pads, Dollies Available
BEACON SERVICE STATION
1011 E. Main TU 4-6174
Bee Line System

BRING THE FAMILY
• Broasted Chicken
• Spaghetti
• Pizza Pie
Try Our New
French Fried Ravioli
Eat 'Em Here or Orders To Go.
LUCCA CAFE
Ph. TU 4-3276
2354 S. 6th