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INFORMATION SHEET
MAIL EARLY
1973 OVERSEAS PROGRAM

REGULAR MAIL AND AIR MAIL:

To most military post offices overseas, packages must not weigh more than 70 pounds or be more than 100 inches in length and girth combined.

SPACE AVAILABLE MAIL (SAM):

Packages that weigh less than 15 pounds and are less than 60 inches in length and girth combined can be sent at ordinary postage rates and receive air transportation from the east or west coast on a space available basis.

PARCEL AIRLIFT (PAL):

For one dollar more than surface rates, packages can be parcel airlifted from your Post Office to overseas areas. Packages must weigh more than 30 pounds or be less than 60 inches in length and girth combined.

GENERAL INFORMATION PERTINENT TO ALL OF THE ABOVE:

Packages should be wrapped and tied well.

Print both mailing and return address clearly, and include the serviceman's identification number in the address.

Perishable food items, and flammables (matches, lighter fluid, etc.) may not be mailed. Make sure that the APO or FPO numbers include all five digits.

It is recommended that you also include the mailing address and return address inside the package.



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Youth Cabinet Named By OSU

A "cabinet" to advise the Oregon State University Extension Service about future directions and emphasis of international youth programs has been formed, reports Lois Redman, OSU extension 4-H and youth specialist.

The International Youth Cabinet, composed of Oregon 4-H leaders, members and others interested in international programs, will hold its first meeting in early December.

Members of the cabinet are expected to counsel and advise the Extension staff about international programming which has shown marked expansion in the past few years, Miss Redman explains.

In deed, international programs have become important elements throughout the OSU Extension Service, she notes. For instance, members of home economics study groups in Union county have started a home visitation program for international students at Eastern Oregon State College. Lessons about other nations have long been a part of the study group program.

Youth programs received a major boost last summer with the start of the Oregon-Labo Japanese exchange program. Next summer, Oregon families will again host Japanese young people, while Japanese families welcome young Oregonians into their homes.

In addition, Oregon has a long tradition of "outstanding support" for the International 4-H Youth Exchange (IFYE) program, Miss Redman stresses.

Members of the cabinet are Mrs. Louise Piper, Milton-Freewater, and Mrs. Gayle Sears, Troutdale, both 4-H leaders; Mrs. Helen Davis, Diamond, representing the Oregon Extension Homemakers Council; Jerry Maddy and Mrs. Beulah Larwood, both of Albany, representing IFYE alumni.

Sarah Paulson, Roseburg; Claudia Salzman, Scappoose, and LaVonne Kollmar, Bonanza, all 4-H members; Mrs. Joy Brougher, Lane County extension agent; David Anderson, Harney county extension agent, and Chiaki Fujikawa, Ashland.

Working with the cabinet will be Miss Redman and Mrs. Lynne Breese, OSU state extension agent.

Senior Citizen News - - -

Senior Citizens are real busy this week at the center, planning our Thanksgiving potluck.

We are having a turkey and ham dinner so would like all the Senior Citizens who can possibly come to be here.

Another load of papers were delivered to Portland Tuesday and keeps our folks busy every day to keep them ahead.

The flea market has lots of clothes and shoes - many are new things, so come in and see us.

The bible class Tuesday from 1:30 to 2:30 - anyone interested is welcome to attend.

Social and Thanksgiving potluck Friday November 16 at 12:30 p.m.; do come.

Reading To Be Topic At PSU Educator Meet

Plans for statewide assessment of pupil performance in reading will be discussed by assessment coordinators and other educators from throughout Oregon at a meeting November 13 at Portland State University.

The assessment program is working in cooperation with the state and federal Right-To-Read project, which has just begun in Oregon. Both right-to-read and statewide assessment are high priorities of the State Board of Education.

Mary Hall, assistant superintendent for Planning and Evaluation, has indicated that this year's assessment program will be a field test including a small statewide sampling of fourth grade students to obtain estimates of students' ability to achieve specific outcomes in reading and to obtain information on how well the assessment materials and procedures work.

Future part of the assessment program will be a full-scale sampling of fourth graders and perhaps other grades to test achievement in specific high priority skills in reading.

The 1973-74 program will differ from past programs in assessing specific reading skills rather than surveying reading achievement in general.

In addition Mrs. Hall said, "This program is designed to produce information on progress towards statewide goals for elementary and secondary education, which are planned for adoption by the Oregon Board of Education in January 1974."

Participants at the November 13 meeting will include members of a right-to-read subcommittee appointed to advise the Department of Education on technical aspects of reading, as well as assessment coordinators representing intermediate education districts and local education associations in Oregon.

Lake Vernonia Improvements On Agenda

As a result of President Thos. Tomlin contact with the Engineering Department of the National Guard there will be improvements made at Lake Vernonia. Tomlin will make a list of projects that will improve the lake and submit them to the Guard Unit who are pleased to do Civic projects. City and School District projects may also be incorporated into the overall plan for the National Guard Engineers' work in Vernonia.

The annual Chamber-Jaycee dinner has posed a problem for Chamber Directors for several years because of lack of dining facilities and organizations to prepare the dinner. The chamber directors wish to make a survey immediately as to whether chamber members and the public wish to have the dinner or not. Make comments to Peggy Brunson, Louise Hamnett or Thos. Tomlin. Also should the chamber continue with the designation of a Citizen of the Year? Since so many deserve recognition for community work should the selection be narrowed to one was the thought behind the question.

The Chamber will give a revolving plaque in addition to the three that will be given by the Lions Club for outstanding window decoration for the Christmas season. The plaque will have space for the winner's names for ten years and will be put on display in the City Library.

To make the work load lighter for the Honor Society the chamber will make a sizeable donation for the Christmas Candy Fund for all chamber members so they need not be contacted individually.

Gordon Smith, who was present at the Chamber meeting, offered to donate the candy to be given to the children who visit Santa on the Saturdays in December. The locale this year for the event will be in Quinn's building.



Thanksgiving Greetings

Menus from Vernonia Cooks

Ernie and Helen Clarke moved to Vernonia from Tigard, Oregon two and a half years ago. Ernie drives a material truck for Best Mix Concrete in Hillsboro.

They have two sons, Roy, who lives in South Carolina with his wife Hazel and three children, and Ray, who lives in Mississippi with his wife, Claudia and three children.

Helen enjoys working in her yard and garden in the summer and is the treasurer for the Thursday afternoon bowling league and is on the Vernonia Eagle team.

Here are a few delicious recipes she has in her files.

DEVILED CRABMEAT

Combine:
 1 1/2 c milk
 1 1/2 c soft bread crumbs

Gently stir in:
 2 c flaked cooked crabmeat (2 - 7 oz cans)
 Whites of 5 hard boiled eggs, finely chopped

Blend in:
 Yolks of five hard boiled eggs, mashed
 1 1/2 t salt
 1 3 t dry mustard
 1/4 t cayenne pepper
 1/2 c butter, melted

Pour into buttered 10 x 6 x 2 baking dish. Sprinkle with Wheaties or buttered crumbs. Bake 450 for 15 minutes. Serves 6.

Ability Counts Contest Set

Information on the 25th Annual "Ability Counts" contest, sponsored by the Governor's Committee on Employment of the Handicapped is in the mail to all secondary school principals and superintendents.

Eligible to enter the Report Writing contest are all 11th and 12th grade students in public, private or parochial high schools. They compete on writing a report on the 1974 Contest theme, "Community Challenge: Barriers to the Handicapped." Reports must not exceed three pages, typed, double spaced, on white paper of usual typewriter size with the student's full name, age, home street address, and school address, typed on a separate cover sheet. Both student's and teacher's signature must be on the cover sheet to attest to the originality of the composition.

Oregon prizes include: round-trip air transportation and \$100 in expense money paid by the Oregon AFL-CIO for the first place winner to attend the annual meeting of the President's Committee on Employment of the Handicapped in Washington, D.C. Also scholarships are presented through the Governor's Committee for use of winners at the Oregon college or university of their choice as follows: \$550 first; \$220 second and \$110 third place winner.

First Oregon place winner is also entered in the National Contest along with first place winners from other states and is eligible for national cash prizes of \$1,000, first; \$600 second; \$400 third; \$300 fourth and \$200 fifth prizes. Disabled American Veterans contribute the national prize money.

More information may be obtained from any office of the Employment Division, or by contacting Dave Backman, Oregon State Department of Education, Salem, or Fred Tolleson, Executive-Secretary, Governor's Committee on Employment of the Handicapped, care of Employment Division, 402 Labor and Industries Bldg., Salem, Oregon 97320.

4-H Receives Special Award

Oregon 4-H groups in eleven counties have received special recognition for their efforts to improve their communities through the 4-H Community Pride Program, reports Duane Johnson, Oregon State University Extension 4-H and youth specialist.

The awards were made by Standard Oil of California, co-sponsor of the program with the OSU Extension Service. The oil company also announced a grant of \$3,500 to support the 4-H Community Pride Program during the coming year.

In making the awards, R.E. Clark, Portland division manager for the firm, emphasized that "4-h has the capacity for doing so much good" in making Oregon communities a better place in which to live. Community Pride started in California in 1965 and is now conducted in nearly all western states, he explained.

A special award of a tree was made to Columbia County 4-H members who are to plant the tree to "help keep the spirit of Community Pride going."

Baby Shower Given For Mrs. Dave Berge

Riverview - A baby shower was held at the home of Mrs. Claude Veal on November 4 honoring Mrs. Dave Berge of Cherry Street. It was an afternoon party, games were played, gifts opened and refreshments served. Attending were Mesdames Elton Robertson, Don Jackson, William Falconer and Donovan Reynolds, all of Cherry Street, Harry Lines and Phyllis, Percy Clark, Earnest Keithley and Rhonda Orline Smith, the honor guest Mrs. Berge and the hostess.

Mr. and Mrs. Claude Veal visited friends Mr. and Mrs. John Wiggins at Eatonville, Washington recently. Visiting at the Veal home at this time is Ed Smith of Lakeview, who came on Thursday.

Rec Vehicles Hearing Set

Proposed rules governing the use of recreational vehicles on state forest lands will be discussed during a Department of Forestry public hearing on November 20. The hearing will convene in Room 20 of the State Capitol Building in Salem at 10 a.m.

The proposed rules call for the designation of open areas for recreational vehicle use and regulation of competitive events. These rules would pertain to some 789,000 acres of state forest land, principally in Western Oregon, and would set guidelines for the use of recreational vehicles on these areas.

Copies of the proposed rules are available at the State Forester's office, 2600 State Street, Salem. Persons interested in presenting testimony on the proposed recreational vehicle rules may present oral or written statements at the hearing or send such written testimony to the State Forester.

Tax Workers Need License

The newly created State Board of Tax Service Examiners is now accepting applications for licenses from those involved in income tax preparation, Laurence J. Scheer of Milwaukie, chairman, said recently.

The board urges that applications be made immediately, since many applicants will have to take examinations.

This includes those persons who work for a tax consultant in preparing, advising, or assisting in preparation of personal income tax returns.

Failure to comply with the new law could bring a fine up to \$1,000.

The mailing address of the Board of Tax Service Examiners is Department of Commerce, 208 Commerce Bldg., Salem, Ore. 97310.

Vernonia Eagle
 THURSDAY, NOV. 15, 1973 3

Sudden Death Takes Conrad Nystrom

BIRKENFELD—The Community was saddened at the sudden death of Conrad Nystrom. The heartfelt sympathy of all goes to the family.

Mr. and Mrs. Lloyd Beach were visiting in Astoria on Sunday.

Randy Larson and Nora Gran were married last Friday evening at "Rainier". A small reception of relatives and friends was held at the home of Randy's folks, the Fred Larsons. The newlyweds will be living in Vernonia.

Jim Bellingham, of Triangle Lake spent the weekend at the home of his folks the "Art Bellinghams." He returned back on Monday.

On Thursday of last week Mrs. Lloyd Beach took Mrs. Robert Mathews and Mrs. Noble Dunlap to Forest Grove.

Mr. and Mrs. Terry Larson are the proud parents of a baby girl born last Friday at the St. Vincents Hospital. She weighed 3 pounds, 3 ounces and her name is Tanva Lynn. Grandparents are the Fred Larson's and Great Grandparents the Francis Larsons.



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