



WILBUR MILLS, Chairman of the U.S. House of Representative's Ways and Means Committee shown with Les Aucoin discussing small community health care.

Aucoin, Mills Talk About Health Care

Les Aucoin, Oregon state representative and candidate for the 1st district congressional seat, discussed America's health care needs with Wilbur Mills, Chairman of the U.S. House of Representative's Ways and Means Committee, a week before Mills announced a new national health insurance plan.

Aucoin, who was in Washington for a series of meetings with congressional leaders, stressed the need to alleviate the shortage of doctors in rural areas, and discussed ways to provide incentive for doctors to relocate to small communities.

The problem is particularly acute in Oregon, where recent figures show that Tillamook County has only one doctor for every 1,494 residents, Columbia County one doctor for every 2,399 residents, and Clatsop County one doctor for every 1,238 residents. By contrast, metropolitan areas have an abundance of doctors, with a ratio of one doctor per 353 residents in Multnomah county. While Aucoin has not endorsed any of the specific health insurance proposals before congress, he emphasized that any federal health care program must provide a solution to this problem.

As democratic Majority leader in the Oregon House of Representatives, Aucoin helped pass legislation which would encourage doctors to move to Oregon and practice in rural communities throughout the state. The most important of these, Senate Bill 654, requires the University of Oregon Medical School to set up a program to enable medical students to work with licensed physicians in areas of the state with chronic shortages of doctors. It also allows an income tax deduction of up to \$10,000 for up to 4 years for newly licensed physicians who work in rural area.

The Mills bill is a compromise between various other health insurance programs proposed in congress this year. Aucoin expressed the hope that congress would act on some form of national health insurance during the present session, instead of delaying until next year, saying that the rising costs of health care make a comprehensive coverage program essential.

PCC Courses Help Income Tax Preparers

Income tax preparers are now required by Oregon State Law to take 60 clock hours of instruction to qualify for new licenses, and a minimum of 20 clock hours before January 1, 1975, to qualify for renewal licenses. Courses offered this fall by Portland Community College will provide that training.

Three segments of the basic course for new licensees have been scheduled for student convenience. At PCC Sylvania, 12000 SW 49th Ave. Portland, classes will meet from 7 to 10 p.m. on Tuesdays and Thursdays in PB 3, and from 9 to 12 noon and 1 p.m. to 4 p.m. on Saturdays in room SS A9. At PCC's Cascade center, 705 N Killingsworth, Portland, classes will meet from 7 to 10 p.m. on Mondays and Wednesdays in room CH C4. Each course carries six credit hours, and a tuition fee of \$60.

For those requiring license renewal, an advanced course dealing with law, theory and practice, is scheduled in two segments. One segment will meet at Sylvania on Saturdays from 9 a.m. to 12 noon in room SS A10. The second will meet at Cascade on Thursdays from 7 to 10 p.m. in PB 2. Each course carries three credit hours and a tuition fee of \$30.

Those desiring a review of basic income tax regulations and practices and who wish to use this means for securing the minimum of 20 clock hours for renewal may enroll in either of three segments of basic review. Each class will meet from 7 to 9:30 p.m.; one on Mondays and Wednesdays at Sylvania in room HT D12, one on Tuesdays and Thursdays at the Southeast Center, 3600 SE 79th Avenue, Portland, and one on Tuesdays and Thursdays at Aloha High School, SW 185th and Kinnaman Road, Aloha.

All classes will begin during the week of September 30, and registration will be held at the first class meeting. Enrollment will be limited. For further information contact the Business Education department, Portland Community College, 244-6111.

Betty Crocker Contest Set

College scholarships, from \$500 to \$5,000, are available to all high school seniors through the Betty Crocker Search for Leadership in Family Living, formerly the Betty Crocker Search for American Homemakers of Tomorrow.

An invitation to enroll in the program will soon be mailed to all high schools across the nation. Schools new to the event are invited to write the Betty Crocker Search, P.O. Box, 1113, Minneapolis, Minn., 55440, for information.

Enrollment deadline is October 31.

On Tuesday, Dec. 3, each participating school will administer a 50-minute written examination. Prepared and scored by Science Research Associates, Inc., Chicago, this general knowledge and attitude examination is the first important step of the scholarship program.

From the examination results, a Betty Crocker Family Leader of Tomorrow will be chosen for each participating school. School winners are acknowledged with special awards and their examinations are entered in state competition.

Each State Family Leader of Tomorrow receives a \$1,500 college scholarship while every state second-place winner receives a \$500 grant. The state winner also earns for his or her school a 20-volume reference work, "The Annals of America" from Encyclopaedia Britannica Educational Corporation.

State winners accompanied by a faculty advisor will be the guests of General Mills next spring on an expense-paid educational tour, which will include Washington, D.C., and Williamsburg, Virginia. A special event of the tour is announced by the All-American Family Leader of Tomorrow, who's scholarship will be increased to \$5,000. Second, third, and fourth place winners in the nation will receive scholarship increases to \$4,000, \$3,000 and \$2,000 respectively.

The Betty Crocker Search is on the advisory list of the National Association of Secondary School Principals.

Timber Route Home Study Group Meets

New members are invited to attend the Timber Rt. Home Extension Study Group which will meet Tuesday, September 10 in the West Oregon Electric building for their first "get-acquainted" meet of the year at 1 p.m.

Officers for the group are chairman, Betty Fuquay; vice-chairman, Helen Hall; secretary-treasurer, Jeanie Marxer. Hostesses for the meeting will be Zola Christensen and Betty Fuquay.

Senior Citizen News - - -

We have logged 2,205 miles on Sr. Citizens car and van for the month of August and over 60 passengers. There were only three days that there was not trips during the month.

Charles Maddox of the Rehab. office in Portland has been transferred to Salem office. Anyone requiring his services call 280-6836 Portland Ore.

There are 3 persons from Vernonia who enjoy visiting the nursing home once a week in St. Helens; anyone who has the time and would like to bring cheer to the shut-ins, a car leaves our center every Tuesday at 9 a.m. Call us for an appointment to go along. They are generally gone until 2 or 3 p.m.

May we remind all you folks who are not Sr. Citizens or members, are welcome to COLCO Transportation services.

Our business meeting and pot-luck will be here at the Sr. Citizens center, Friday September 6 at 12:30. All Sr. Citizens are welcome.



Q. If I can't find new canning lids in the store, may I use paraffin or candle wax?

A. Paraffin and candle wax are not recommended for canning. Spoilage bacteria, yeast or molds may enter the food before the paraffin is poured. In addition, the poured solidified paraffin may shrink or have imperfections which allow spoilage organisms to enter.

Spoiled food means money lost. In vegetables, it could also result in deadly food poisoning if Clostridium botulinum bacteria grew and produced toxin.

Always follow reliable canning directions for canning food. They include filling the jar with food, putting on new lids and screw bands and processing the jars of food according to directions. After processing, check lids for a vacuum seal.

Q. Would buying a can sealer and cans be a good way to beat a canning jar and lid shortage?

A. You need to consider the cost of the can sealer (\$75 and up) and cans. Have you located a place to buy cans?

If you decide to buy a can sealer, you need to take special care to test the sealer to be absolutely sure it is in proper adjustment to give a seam that makes a tight vacuum seal. An airtight seal is essential to prevent spoilage and food poisoning.

Directions for testing the can sealer for proper adjustment are available from your local county extension office.

Q. I just bought a new freezer. How much food can I freeze at one time?

A. For top quality frozen foods, you want the food to freeze as fast as possible. This means freezing only one to two pounds of food for each cubic foot of freezer space. Spread the food packages, not touching each other, on shelves close to cooling coils. After 24 hours, frozen foods may be stacked to conserve space.

Q. How cold is cold in a freezer?

A. Your freezer should hold a steady 0 degree Fahrenheit. Freezer temperatures that fluctuate up and down cause large ice crystals to form. This causes softening of the foods.

Q. Is there something I can add to keep frozen fruits from darkening?

A. Add ascorbic acid, (vitamin C) to the cooled syrup or sugar or plain fruit when packing light colored fruits such as sweet, pitted cherries, apples, apricots, peaches, figs, and prunes. For specific information, see freezing directions available from the county extension office.

A. Can I use vitamin C tablets when freezing fruits?

A. Yes. Vitamin C in the powder form, tablets or in commercial preparations especially for frozen fruits may all be used. Allow 150 mg. vitamin C for each pint or pounds of fruit. Tablets are sometimes difficult to dissolve. Mash them and dissolve in two tablespoons of water before using.

Q. There are so many containers that could be used for freezing fruits and vegetables. How do I decide which to use?

A. A good container in moisture-vapor proof; strong and durable; easy to handle, seal and label; economical of storage space (square containers fit together to save space). Containers made for freezing include plastic containers with snap on lids, waxed paper boxes with plastic liners, metal cans and widemouth freezer jars. In general, cottage cheese, ice cream and milk cartons and ordinary plastic food storage bags are not suitable for freezing.

Rebekahs Set First Meeting

Due to Labor Day holiday, Mt. Heart Rebekah Social Club was postponed to Tuesday evening of this coming week, September 10. It will be held at the home of Mrs. Ella Cline at 7:30 p.m.

According to club president, Evelyn Heath, this is an important meeting for plans are to be completed for activities in the near future, and other plans made for the fall season. All Rebekahs are urged to attend.

Reports given at the July meeting, which was a picnic at the home of Edna Linn, showed 300 tickets sold for the Jamboree breakfast. In addition, the Jamboree queen and princesses and their chaperone were guests of the Rebekahs for breakfast. Funds realized from the breakfast will be applied to the project of painting the outside of the IOOF hall.

Also coming up this coming week is the resumption of meetings by Mt. Heart Rebekah Lodge. The first fall meeting will be Thursday evening, September 12 at 8 p.m. at the IOOF hall. Noble Grand Arlie Emmons urges all members to attend and get the fall season off to good start. Many things of interest are on the agenda.

The social hour following the meeting will be a good time for visiting among members who have not seen each other during the summer months, and for catching up on happenings of the summer.

Lucy Lance Becomes Bride Of Randy Shafer Aug. 24

In a 3 p.m. ceremony Saturday, August 24, Lucy L. Lance became the bride of Randy Lynn Shafer, son of Mr. and Mrs. Lester Shafer, Vernonia. The afternoon services were performed by Arthur Lance, uncle of the bride, in the Kingdom Hall of Jehovah's Witnesses in Forest Grove, which was decorated with baskets of yellow and blue flowers.

Given in marriage by her father, the bride, daughter of Mr. and Mrs. Harvey Lance, Forest Grove, chose a formal length gown of white chiffon over white satin. It was fashioned with a high neckline and long sleeves. She wore a white floor-length veil of illusion and carried a bouquet of blue and yellow rose buds.

Mrs. Rick Hillsbery, sister of the bride, was matron of honor. She was attired in a floor-length gown of yellow satin with white lace bodice and white lace sleeves.

Bridesmaid was Mrs. Sal Scott, sister of the groom. She wore a floor-length gown of blue satin

with white lac bodice and white lace sleeves. Both attendants carried bouquets of blue and yellow rosebuds.

Sal Scott, brother-in-law of the groom, was best man and Rick Hillsbery, the bride's brother-in-law, was attendant.

Following the rites, a reception was held at Forest Grove High School auditorium with approximately 200 friends and relatives gathered to wish the couple well.

Following a wedding trip down the Oregon coast, Mr. and Mrs. Randy Shafer will make their first home in Cornelius.

Ridge Riders Hold Meeting

At the regular August meeting the Jamboree Horse Show report was made and discussed.

A report was given on the over-night Camp McGregor ride August 17-18. There were only 9 riders but everyone had a good time.

The Camp Wilkerson ride details were given for those who were making the ride over Labor Day weekend.

An over-night ride is planned for September 14-15 to Rogers Park. The ride will leave Anderson Park at 1 p.m. Saturday the 14th and there will be a pot-luck dinner at Rogers Park. Sunday there will be games and a trailride. Eleanor Thompson will lead the ride which is for members and their guests.

Pythians To Resume Meets

Vernonia Temple Pythian Sisters, which has vacated during July and August, will resume meetings Wednesday evening of next week, September 11. It will convene at 8 p.m. at the IOOF hall and all members are urged to attend.

On the agenda are the making of final arrangements for the attendance of a local representative at the Grand Temple sessions at Eugene September 15, 16 and 17. Mrs. Irma Chance was named as grand representative at the June meeting prior to vacation. She will be accompanied by Past Grand Chief Lesta Garner who will serve as parliamentarian for the session.

Also on the agenda is the making of plans for the fall rummage sale, and for other activities of the fall season.

A social hour and refreshments will follow the meeting.

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