

### Bowlers Roll State Honors, Gain Sweepstakes In District

Competing with bowling enthusiasts from the entire state of Oregon, Rick Wilson, Pat Eastman, Ronnie Wilson and Kurt Marostica garnered second place honors in the senior boys' division. Another local team comprised of Marian Kunkel, Sara Marcum, Vickie Rookstool and Vanessa Zerbel took fourth place in Bantam Girls' division. Bantam teams are made up of youngsters 12 years of age and under.

#### OTHER WINNERS

Rick Wilson and Kurt Marostica came in second in Senior Boys; doubles, Patsy Wilson, Nancy Wilson, Debra Fangen and Sara Marcum all took sixth place honors in the various divisions.

Nyssa students captured the regional sweepstakes with the following victories:

SENIOR BOYS--Rick Wilson, Pat Eastman, Ronnie Wilson, and Kurt Marostica.

JUNIOR BOYS--Kevin and Scott Engstrom, Harry and Hal Brendle.

JUNIOR GIRLS--Pam McPartland, Kris Marostica, Patsy and Nancy Wilson.

BANTAM GIRLS--Marian Kunkel, Sara Marcum, Vickie Rookstool and Vanessa Zerbel.

HANDICAP SINGLES--Kurt Marostica, 548; Hal Brendle, Kevin Engstrom, 644 each;

### Nyssa Bulldogs Whip John Day

Nyssa built up a six-run lead in the first six innings and then stood off a last inning challenge to defeat Grant Union of John Day 9-8 in an Oregon A-2 baseball game Saturday. Craig Lewis got the win for Nyssa, number five in six A-2 games.

### Vallivue Trounces Bulldog Nine 10-0

Vallivue pitcher, Mike Meyers hurled a two-hit shut-out to topple NHS 10-0.

Bulldogs have now earned a 11-7 mark compared to a 12-3 record for the Falcons.

Steve Ross was handed the loss for the Bulldogs. Bryan Feik sustained a hand injury when hit by a ball. - NHS Bulldog.

### AHS Antelopes Bounce Melba

Adrian snared the SRV A-3 league crown Friday afternoon as the Antelopes nipped Melba 4-2 in a well played baseball test.

The two rivals showed identical perfect league marks before the game. Adrian finished its league efforts with a 5-0 record and Melba ended 4-1. Over-all Adrian is 7-2 and the Mustangs 5-3.

Mike Ihl helped his Idaho teammates to close the gap in the fifth frame when he rapped a single which accounted for two runs. Duncan paced the Adrian offensive with two hits, two runs scored and one RIB.

### Heart-Helping Eating Tips

In a series on heart-helping diets which concluded recently, readers have been advised by the Oregon Heart association to control their intake of foods rich in cholesterol and saturated fats.

To do this some changes in eating habits are necessary, but many favorite dishes can be retained.

TO CONTROL INTAKE OF CHOLESTEROL-RICH FOODS: Eat no more than three egg yolks a week, including eggs used in cooking. Limit use of shellfish and organ meats.

TO CONTROL THE AMOUNT AND TYPE OF FAT YOU EAT: In most meat meals for the week, use fish, chicken, turkey and veal; and limit beef, lamb,

### OREGON TEACHERS STARTING SALARIES UP \$300 FROM '68

Starting salaries for Oregon public school teachers are now in the \$6,200-\$7,000 range -- up from last year's \$5,900 -- \$6,800 -- according to Kathryn Smith, Oregon State University director of teacher placement.

"The average for the first-year teacher with a bachelor's degree will be about \$6,500 for the academic year," Mrs. Smith noted. This is approximately \$300 above the 1968-69 average for beginning salaries.

Those with master's degrees generally receive an additional \$200 to \$300 for first-year teaching, she explained.

The OSU teacher placement director indicated that some 500 school district personnel and college officials visit the placement bureau each year seeking and interviewing candidates. Thousands send in vacancy notices.

"An oversupply of teacher candidates exists in such fields as speech, social sciences, boys physical education, and biology," she stressed. But there are teacher shortages, she noted, in industrial arts, agriculture, vocational education, girls physical education, the advanced mathematics-physics-chemistry field, women's guidance, and developmental reading.

In addition, Oregon school districts are asking for more men teachers for elementary schools.

Mrs. Smith reported job offers from the nation's community and four-year colleges also come to the OSU placement office. These requests are for highly-trained personnel and set as a minimum qualification, a master's degree in the subject matter field to be taught.

Of OSU's graduating class of 2,500 seniors--the Class of the Century, honoring the OSU Centennial--almost one-third will go into teaching.

is the solvent-thinned type, wrap the roller in plastic film to prevent drying out. When you're using water-thinned paint, better rinse out the roller when you stop. If latex paint dries, it is difficult to remove from the roller nap.

pork and ham to five moderate-sized portions per week. Choose lean cuts of meat, trim visible fat and discard the fat that cooks out of the meat. Avoid deep-fat frying; use

cooking methods that help to remove fat - baking, boiling, broiling, roasting or stewing. Restrict use of fatty 'luncheon' and 'variety' meats like sausages and salami.

Instead of butter and other cooking fats that are solid or completely hydrogenated, use liquid vegetable oils and margarines that are rich in polyunsaturated fats. Instead of

whole milk and cheeses made from whole milk and cream, use skimmed milk and skimmed milk cheeses.

More information may be obtained from the Oregon Heart

association by securing the leaflet, "The Way to A Man's Heart," and the companion booklet on "Recipes for Fat-Controlled Low Cholesterol Meals."

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BIRDSEYE - 10 OZ. **PEAS WITH BUTTER SAUCE 3/89¢**

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