

The Ward E. Lundys Honored On 55th Wedding Anniversary



Mr. and Mrs. Ward E. Lundy were honored on their 55th Wedding Anniversary, January 24 at the Eastside Cafe Lions Den with a banquet hosted by their children, Mr. and Mrs. Ward C. Lundy, Mr. and Mrs. James Mitchell, Mr. and Mrs. Leonard Phillips, Carrol Morgan and guest Duane McPheeters. Also attending the occasion were the couples grandchildren, Mr. and Mrs. Leonard Phillips Jr., Mr. and Mrs. Tim Phillips, Mr. and Mrs. Mike Runcorn and Mat, Mr. and Mrs. Dallas Goff, Rick Phillips, Krysten Runcorn and guest Steve Siler. Chinese and American cuisine was served along with an anniversary cake noting the couples 55 years together.

HEART ATTACK! THE SILENT EPIDEMIC

(This is the first of a series of three articles presented during Heart Fund Month by the Oregon Heart Association to inform readers of this newspaper about the latest advances in combating heart attack.)

If a contagious epidemic ran rampant throughout Oregon, striking down more than 7,000 persons, a state of disaster would be declared and the halls of our State Legislature would echo with demands for preventive measures, while across the state men, women and children would line up in emergency immunization centers.

An epidemic is taking place in Oregon. Heart attack and other blood vessel diseases are killing more than 10,000 men and women annually . . . 7,000 from heart attack.

Why don't Oregonians react to this epidemic as they would to any other mass killer disease?

Some of the reasons may be in the fact that these diseases, which are the state's leading cause of death, are not contagious, although there may be a family history of cardiovascular disease. And, public apathy can also be explained by the mistaken feeling that death is inevitable and nothing can be done about it.

Unlike other epidemics, there is no mass immunization against these diseases. But, there are things every man and woman can do to help protect themselves and their families from this ruthless health menace.

Medical science has yet to discover the underlying cause of the blood vessel disease, atherosclerosis, which corrodes and narrows the arteries and sets the stage for heart attack and stroke. However, research studies have revealed ways to control the progress of this disease, and thereby help individuals reduce their risk of being victimized by heart attack, stroke, high blood pressure.

In extensive studies of the personal and medical histories of heart attack victims, certain habits, or risk factors are revealed which show that thousands of Oregonians, especially those in the prime of life, are endangering their lives by the way they live.

The common conditions and habits that medical scientists have discovered are high cholesterol levels in the blood, high blood pressure, cigarette smoking, obesity, and lack of exercise. It appears that any one of these risk factors increases the chances of a heart attack and stroke, and that a combination of two or more multiplies this risk.

Many of these conditions start early in life. By the time a great many Oregonians reach their thirties or forties, they may unknowingly have high blood pressure, and the beginnings of blood vessel disease. During these prime years of life they are already potential heart attack victims.

A person can harbor several of these risk factors without realizing he is a candidate for heart attack and stroke. As a precaution, and to increase his chances of living longer and healthier, the Oregon Heart Association recommends that all individuals take the following steps to protect their lives:

• See your doctor regularly for a physical checkup. This will enable him to find out if you are one of the thousands of Oregonians who suffers from high blood pressure or a high

blood cholesterol without realizing it.

• Eat less saturated (animal) fats and cut down on foods with high cholesterol content.

• Don't smoke cigarettes. Studies have revealed that men who are heavy smokers have twice the risk as non-smokers of having a heart attack.

• Maintain normal weight for your height and age.

• Adopt a program of regular, moderate physical activity compatible with your age and physical condition.

These are simple health rules that any family can follow without a radical change in their life-style. The immediate benefits would be the reduction of risks which may eventually result in heart attack and stroke. Atherosclerosis starts early in life. Therefore it is especially important that every member of the family, including the children, learn and practice these good health habits.

What happens when these risks go untreated will be discussed in the second article in this series.

Kingman Kolony News

BY DALE WITT PHONE 372-2183

KINGMAN KOLONY—Mr. and Mrs. Wayne Robb and Julie and Mr. and Mrs. Gabriel Astoreca and Audrie went to the Winter Carnival Sunday at McCall. There was a large crowd. The roads were fair, and they enjoyed the carnival.

Tuesday Mr. and Mrs. Arnold Strawn and family of Caldwell and Mr. and Mrs. Paul Carter of New Plymouth visited their parents, Mr. and Mrs. Lester Strawn and helped their father celebrate his birthday.

Mr. and Mrs. Arnold Strawn and family of Caldwell were Sunday afternoon visitors of his parents, Mr. and Mrs. Lester Strawn.

The Pollyanna Club had a Coffee for Heart and March of Dimes Thursday afternoon at the Herschel Thompson home. 24 people attended and \$36.20 was collected for Heart and March of Dimes.

Mr. and Mrs. Herschel Thompson took her mother Mrs. Marie Earp to the hospital in Nyssa on Friday. She was found to have a light case of pneumonia, and remained in the hospital for further care and treatment.

Mr. and Mrs. Gary Thompson and family of Nyssa were Sunday dinner guests of her parents, Mr. and Mrs. Herschel Thompson. Mr. and Mrs. Robert Long of Adrian were Sunday afternoon visitors.

Mr. and Mrs. Jim Phifer visited Mr. and Mrs. Charles Bowers Sunday afternoon.

Mrs. Bill Toomb visited Mr. and Mrs. Chas. Bowers Sunday afternoon.

Tuesday afternoon Mrs. Mary Hatt of the Owyhee Area had Mrs. Elsie Diven, Mrs. Doris Coster, and Mrs. Bill Toomb in for an afternoon of playing cards.

Steve and Larry Callhoun of Emmett were weekend guests at the Myron Osborn home.

Mike Osborn, who is in the Navy, stationed at Treasure Island, was home for the weekend. He graduated from basic training January 28 and is now going to Demage Control school at Treasure Island Navy Base.

Peggy Rhodes of Parma was a weekend guest at the Frank Rhodes home. Sunday they were all dinner guests at the Wayne Rhodes home in Parma.

Hostesses in addition to Mrs. McLean are Mrs. Carol Knothe, Mrs. Jean Mann, Mrs. Audrey Sheldon, Mrs. Mary Patrick and Mrs. Florence Sharp.

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Herb Sez ...

It would be silly for me, or anyone else, to deny the fact that pollution or overpopulation are problems. These and many other items are problems that have been with us for a long time. They didn't spring into being over night and are not going to vanish over night. Too many people are pounding on the panic button, demanding an immediate change in everything. Very frequently these demands are made with absolutely no regard as to how these changes should take place. The vast majority of people are going to drive to work, use electricity, insist upon products manufactured in this world and eat vegetables produced with chemical fertilizers.

I find I'm unable to subscribe to the Arthur Godfrey school of thought about the world coming to an end in the next few years. I have never been too far away from the United States so I'm unable to vouch for the condition of other nations but by traveling from coast to coast in this land of ours I feel that the death of the United States is greatly exaggerated. Take this population explosion for example. I wrote, "There's plenty of room in the United States for an increase in population IF they are spread out." To enlarge upon this statement; If all of the people in the United States, every man, woman and child were placed in the states of California, Oregon and Washington they would have the same population density as the nation of Japan now has. This would leave us with the other 47 states without a living soul in them. From this I feel the United States is not overpopulated, certain areas yes, but not the nation as a whole. This problem could never be cured with the placing of barriers at the entrance of states with small population.

I'm not trying to imply that it would be pleasant, beneficial or harmonious to have a population as thick as Japan's, but it's not proper to bad mouth the United States when we still have the best of everything to be had. While traveling across the nation I saw hundreds of miles of beautiful forests, thousands of miles of clear blue skies, hundreds of clear lakes, hundreds of miles of beautiful deserts and thousands of acres of

ACTIVITIES IN ARCADIA

BY AVO MOELLER PHONE 372-2733

ARCADIA - Mr. and Mrs. Richard Edmonson and daughter from Drews, Oregon spent last weekend with his parents Mr. and Mrs. Everett Edmonson. The Arcadia Club served lunch at the Ann Tensen sale Wednesday, February 9. Mrs. Dick Corn, Mrs. Don Bullard, Mrs. Tom Drydale, Mrs. Evert Edmonson and Mrs. Clyde Bowers were in charge.

Mr. and Mrs. Barney Oglesby from Orange, Calif., were overnight guests January 27 in the home of Mr. and Mrs. George Moeller. Mrs. Fred Norman, Scott and Lance were dinner guests.

Mr. and Mrs. Clyde Bowers visited Saturday evening with Mr. and Mrs. Cecil Houston and Mrs. Houston's sister, Mrs. Ruth Taylor who is visiting from Huron, South Dakota.

Mr. and Mrs. Johnny Carroll and family from Boise visited Sunday in the Henry Carroll

wonderful farm land. Yet while visiting with a beautiful woman if you should happen to concentrate your attention to a small mole on the side of her chin, I suppose she would be ugly as sin. Most of us can always find what we're looking for, if we look hard enough.

home. Father Simard of Nyssa called at the home of Mr. and Mrs. Clyde Bowers, February 6. Mr. and Mrs. Parley Feik and Mr. and Mrs. C.R. Kesler attended open house Saturday evening for Mr. and Mrs. Dick Esplin in their new home.

Mr. and Mrs. Don Bullard and family were dinner guests Sunday in the Otis Bullard home. Linda Richardson of Boise visited her sister Mrs. Dennis Cindell February 2. Todd Cindell accompanied her home for a weeks visit.

Mrs. George Hust and Ruth Taylor visited Karen Hust and Marie Rudgers in Boise Monday.

One of the first things to turn green in the spring is Christmas jewelry.—Hilton A. Evans, The Deposit (N.Y.) Courier.

Advocate.

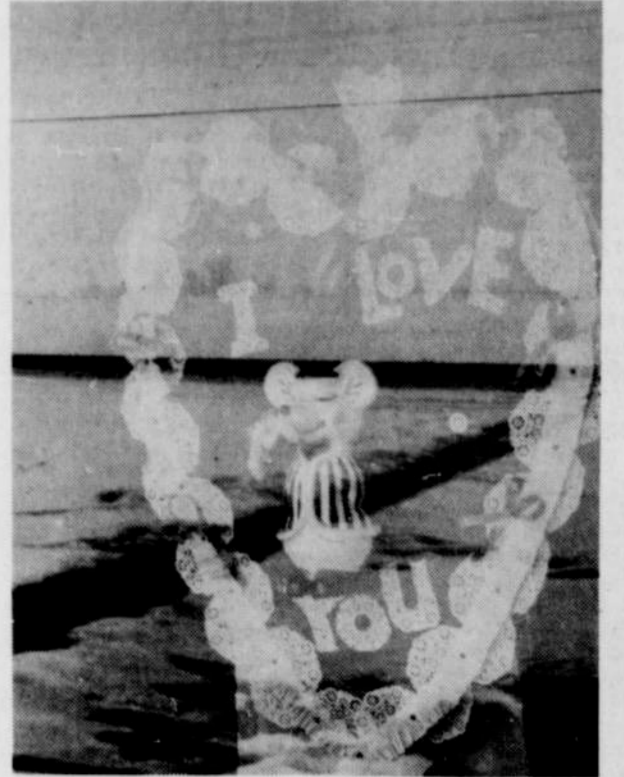
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Valentine's Day Feb. 14



This large valentine in the front window of the Jake Fischer home on Alberta Avenue reminds us that "LOVE" is predominant next Monday, Valentine's Day. Reflections in the window also remind us that spring weather is still around the corner, and winter is still very much with us.

OREGON AWARDED GRANT FOR RSVP

A \$121,000 grant has been awarded to the State of Oregon for operation of Retired Senior Volunteer Programs (RSVP) that offer retired persons an active role in the community through volunteer service.

Local groups throughout Oregon that would like to set up an RSVP center in their community may apply for a share of this grant through Senator Bob Packwood, Room 6327 New Senate Office Building, Washington, D.C. 20510. Those eligible for an RSVP grant include public agencies or private-non-profit organizations that are well established and experienced in operating community-service programs.

There are 321,000 Oregonians, ages 60 and older, who are eligible for volunteer service in RSVP. Senior volunteers serve in a variety of organizations and places including courts, schools, libraries, day-care centers, hospitals, nursing homes, boy scout offices and other community-service outlets.

Funds are distributed through ACTION, a new government agency that unites all federal volunteer agencies such as VISTA and the Peace Corps into one agency.

TURKEYS

"A" GRADE

49¢

lb.

USDA GOOD & CHOICE

HAM

PICNIC STYLE

49¢

lb.

FRESH FROZEN

RIB STEAK

USDA GOOD & CHOICE

\$1.09

lb.

HAM

PICNIC STYLE

\$1.00

3 lbs.

FRESH FROZEN

RIB STEAK

USDA GOOD & CHOICE

89¢

lb.

CABBAGE

FRESH, GREEN

10¢

lb.

CARROTS

FRESH CRISP

29¢

2 lb. BAGS ea.

TOMATOES

5-PACK TRAYS

\$1

3

TOILET TISSUE

ZEE

\$1.12

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PER CARTON STOCK-UP & SAVE!

JOY LIQUID DETERGENT W/FREE TOY 32 oz. BOTTLE 79¢

NORTHERN FACIAL TISSUE 150 CT. PKGS. 5 for \$1.00

NABISCO CHIPS AHOY COOKIES 2 Pkgs 98¢

WESTERN FAMILY PORK & BEANS 3 for 79¢

TANG SALAD DRESSING 32 oz. BOTTLE 59¢

COFFEEMATE COFFEE CREAMER 16 oz. JAR 79¢

BAKE-RITE SHORTENING

3 lb. CAN

69¢

SUNNYSIDE EXTRA LARGE EGGS 2 DOZ. 89¢

PASCO ORANGE JUICE 6 oz. CANS 5 for \$1.00

we welcome FOOD STAMP SHOPPERS

SALE DATES FEBRUARY

GOOD FOOD COSTS LESS HERE

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THUNDERBOLT MALL - GOLD STRIKE STAMPS TOO!

AAUW To Meet At McLean Home

The Association of American University Women will hold a dinner February 14 at 7 p.m. at the home of Mrs. Joy McLean in Ontario.

The program was prepared by Donna Strauss. The main speaker will be Robert Harrod from the Malheur I.E.D. and he will speak on "School and Municipal Budgets Development".

Hostesses in addition to Mrs. McLean are Mrs. Carol Knothe, Mrs. Jean Mann, Mrs. Audrey Sheldon, Mrs. Mary Patrick and Mrs. Florence Sharp.

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