

## "Seven Seeing Skills" For Driving Safely

With increased numbers of autos, pedestrians and school-buses back on the road for the fall school season, the Oregon Optometric Association is advising drivers to "safety check" their vision before taking to the streets and highways.

"At least 90 per cent of driving decisions are based on what the driver sees," Dr. James D. Minnick, president of the Oregon Optometric Association said.

"In today's high-speed and sometimes crowded driving environment, a driver has to make life-and-death judgments quickly and often. Usually, the deciding factor involves his eyes. Seeing and perceiving a situation is the first crucial step in driving safely."

Dr. Minnick, an optometrist in The Dalles, gave seven visual skills which studies by the American Optometric Association have shown are essential to safe driving:

1. Visual acuity--your ability to focus and see clearly with both eyes separately as well as together, particularly at a distance. The American Association of Motor Vehicle Administrators recommends a minimum 20/40 visual acuity for drivers.

2. Peripheral vision--your ability to see over a large area without moving your eyes or head. "seeing out of the corner of your eye" increases your total field of vision. Essential for picking up vital information not in the direct line of view, such as a child near

the curb. The normal field of vision is 180 degrees.

3. Depth perception--your ability to judge relative distances between objects, or between and object and yourself, especially when both are moving. Essential for passing slower vehicles, for judging the speed of other vehicles, and for stopping "in time" at red lights, stop signs and crosswalks.

4. Night vision--your ability to see under low illumination, also to see in the presence of glare and quickly recover from its effect on vision. Vehicle aids to night vision include clean and properly aimed headlights as well as clean, unscratched windshields.

5. Eye coordination--your ability to quickly, easily and automatically point both eyes at the same object; the eyes must work together as a team. The driver with poor eye coordination may experience double vision, especially at night.

6. Accommodation--your ability to quickly and easily change the focus of your eyes from a distant object to a near object, and vice versa.

7. Color perception--your ability to immediately recognize various colors and distinguish them from others.

A periodic "safety check" in the form of a professional vision examination makes good sense for everyone in the driving environment, Dr. Minnick advised. "To be a good driver you must know your visual limitations so you can compensate for them by playing it safe."

### NEWS FROM BIG BEND

BY GOLDIE ROBERTS

**BIG BEND** - The Big Bend Extension Study Group met Tuesday afternoon with Mrs. Veri Bishop, Mrs. Elma Witty and Mrs. Adele Dockett assisted. There were fourteen members and three guests present. Mrs. Nelle Leigh of Parma showed slides of her recent trip to Europe as the program. Mrs. Edythe Prosser accompanied Mrs. Ed Maurer of Wilder and Mrs. Al Kiestler of Homedale to Caldwell Friday afternoon where they attended the wedding of Lydia Hahn and Francisco Badiola.

Mr. and Mrs. Ross English returned home Saturday evening from a week spent looking for a location at Klamath Falls, Oregon. Little Jay stayed with his grandparents, Mr. and Mrs. Darrell English while they were gone.

Mrs. James McGinnis, Mrs. Dyre Roberts, Mrs. Varner Hopkins and Don Case attended funeral services in Parma Tuesday afternoon for Mrs. Plin (Della) Case. Don acted as a pallbearer for his aunt. The Cases used to live where Pearle Abbott lives. On Monday of this week the same people accompanied by Mrs. Edythe Prosser attended funeral services for Mrs. Chet (Fern) Purdy, the youngest daughter of Mrs. Plin Case at the Parma Chapel. Don also served as a pallbearer for his cousin.

Becky and Susie Carroll of Sunset Valley visited Kelly Allisop Saturday afternoon.

Steve Prosser and Holly Beers of Pilot Rock, came Friday evening to spend the weekend with Mrs. Edythe Prosser and her guests, Mr. and Mrs. Bud Prosser. Other guests for the weekend were Mr. and Mrs. Delno Brock of Ontario, Mr. and Mrs. Tom Buckles and Joey of Vale were Saturday supper guests also.

Mrs. Dyre Roberts and Mrs. Clyde Riggs of Parma called Mrs. Phil Church and Mrs. Wilbur Roberts in Wilder Wednesday afternoon. After school Kelly Allisop and Judy Lovitt attended a birthday party for Susie Carroll at their home in Sunset Valley.

Harold DeGross of Los Angeles is visiting his sister, Mr. and Mrs. Boyce Van De Water.

Big Bend Community extends sympathy to the Noel Tuppeny family for the loss of her brother, Arlo Miller Monday morning.

Mrs. Ben Witty and Mrs. Dyre Roberts attended a TOPS meeting at Boulevard Grange Hall Thursday evening to plan the next DRD meeting.

Mr. and Mrs. Albertus Wiley of Middleton brought some family friends, Mr. and Mrs. Morris Nash of California to see the Veri Bishops Sunday afternoon.

Mrs. Dick Davis attended funeral services for Mrs. Ruby Bronson in Ontario Monday morning. The Bronsons lived in Big Bend at one time on the farm now owned by Mr. and Mrs. Glen Molt.

Mr. and Mrs. Boyce Van

DeWater and Mr. and Mrs. Ernest Seull returned home Tuesday morning from their vacation in Hell's Canyon. The Harvey Bennetts returned on Wednesday.

Fred Hofelt suffered a severe heart attack last Tuesday. He was taken to the Mercy Hospital in Nampa where he is slowly recovering. Two of his sons who are in the Medical profession are here helping care for him.

### ADRIAN NEWS

**ADRIAN** - Mr. and Mrs. Carl Begeman visited Mr. and Mrs. Oscar Schaefer Saturday evening.

Mrs. Mable Piercy had the Koffee Klutch Wednesday. Those attending were Rosie Martinez, Minnie Stam, Mary Laan, Sue Ashcraft, Anna Long, Marie Moore, Effie Peterson and Mrs. Dale Ashcraft of Nyssa.

Sunday, September 17, Mr. and Mrs. K. I. Peterson attended the World War I meeting for Veterans at Vale. They had a potluck dinner followed by a meeting. In the afternoon the Petersons called on Mr. and Mrs. Earl Martin in Vale.

Mrs. Mable Piercy and Mrs. Robert Long went to Murphy to visit Mrs. Long's sister, Mrs. Doris Raynor, Thursday.

Mrs. Bill Toomb, Miss Jeanette Martin and Mrs. Robert Long were dinner guests of Mrs. Mable Piercy, Friday.

Mr. and Mrs. Larry DeHaven and family of Kingman Colony visited his parents, Mr. and Mrs. George De Haven Sunday afternoon.

Mr. and Mrs. Galen Raney of Huntington was an overnight guest of his brother, Mr. and Mrs. George De Haven.

Mrs. Bill Toomb, Miss Jeanette Martin of Clarkston, Washington and Mrs. Mable Piercy were luncheon guests Tuesday, September 19 at the K. I. Peterson home.

Mr. and Mrs. Vernon Parker report the birth of a new grandson, born to their daughter and husband, Mr. and Mrs. David Ramsdell of Battlemountain, Nevada, September 18. He weighed 8 pounds 1 1/2 ounces, and his name is John David. He is joined by a sister Pilar. This is the Parker's second grandson out of eleven grandchildren.

Mrs. Paul Parker and Kim of Ontario were Saturday overnight and Sunday guests at the Vernon Parker home. Paul was at a convention.

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Mr. and Mrs. Boyce Van

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<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>KLEENEX ASSORTED FACIAL TISSUE</b> 280 COUNT PKG. <b>39¢</b> ea.	<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>TOM SCOTT MIXED NUTS</b> 13 oz. CAN <b>59¢</b> ea.	<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>FOLGER'S COFFEE</b> 3-lb. CAN <b>\$2.39</b>
<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>BORDEN'S BREAKFAST DRINK</b> 21 oz. JAR <b>89¢</b> EA.	<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>WESTERN SHORES SPRAY STARCH</b> 22 oz. CAN <b>44¢</b> ea.	<b>PRESTONE ANTI-FREEZE GAL.</b> <b>\$1.78</b> <b>EVERYDAY LOW DISCOUNT PRICE</b>
<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>PEACH THRILL LIQUID DETERGENT</b> 32 oz. BOTTLE <b>59¢</b>	<b>BUDGET S-T-R-E-T-C-H-E-R</b> <b>CANNED POP</b> 12 oz. CAN <b>10¢</b> ea. <b>LAST WEEK TO BUY</b> CASE OF 24 <b>\$2.29</b>	<b>we welcome FOOD STAMP SHOPPERS</b> <b>SALE DATES:</b> <b>BUDGET STRETCHERS SEPT. 28, 29, 30</b> <b>ALL OTHER PRICES 7 DAYS A WEEK</b>
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