

### Eastern Oregon's Response to Breathmobile Overwhelming

"First response to the Christmas Seal Breathmobile in eastern Oregon has been overwhelming," said Anthony Haberlach, Eastern Regional Director of the Oregon Tuberculosis and Respiratory Disease Association.

The Breathmobile drew over 900 men and women during the thirty-one hours it operated in Pendleton, La Grande, Enterprise, Baker and Ontario from December 5 through December 12 on its first tour of eastern Oregon.

"In spite of the unusual below zero temperatures in eastern Oregon during the tour we were really impressed with the public's reaction to the Breathmobile program," Haberlach said.

"The crowds that went through the Breathmobile indicated that it will be filling a real need as it tours throughout Oregon," Haberlach said.

The Breathmobile is part of the Association's programs to improve respiratory health in Oregon, and is supported entirely by Christmas Seal contributions, memorials, bequests and special gifts.

Numbers of persons receiving the breathing tests in each community were 272 in Pendleton, 129 in La Grande, 152 in Enterprise, 162 in Ba-

ker and 145 in Ontario. This is a capacity turnout as each person is given a printed out test result form and a person to person explanation of his performance by technicians on the unit.

The Breathmobile health van will be returning to eastern Oregon in March to John Day, Condon, Fossil and Heppner and again to Pendleton, La Grande, Enterprise, Baker and Ontario for a more extensive testing period in about six months.

The three most common respiratory diseases--emphysema, chronic bronchitis and asthma--rank fifth in cause of death in Oregon. Emphysema alone is the fastest growing killer disease in the United States today, killing and disabling more people than lung cancer--70,000 lives a year.

Cigarette smoking is the most important single cause of emphysema and other respiratory diseases, according to Haberlach.

The Christmas Seal Breathmobile will provide an opportunity for 25,000 Oregonians to get their breathing test during the first year of operation. It is hoped too that the Breathmobile will inspire Oregonians to support their Christmas Seal Association in this endeavor for better respiratory health.

### SS Law Changes Disability Filing

If a worker has died since December 31, 1969 and he was off work for more than 6 months because of his disability, the family should contact the Social Security office by February 1, 1973.

Under recent changes in the social security law if a worker met the requirements for disability and died before an application for disability was filed, the family can now file a claim and receive any back payments due. But remember, an application must be filed with Social Security before February 1, 1973 if the death occurred between January 1, 1970 and October 30, 1972.

For deaths after October of 1972 a claim for disability must be filed within 3 months of death.

For more information call, write or visit the Social Security office at 204 SW 4th Avenue, Ontario, Oregon or phone 889-3146.



THE NYSSA EIGHTH GRADE BASKETBALL team have now won four games and lost one in their 14 games scheduled for the 72-73 season. They won their games with Kuna, Vallive, Weiser and Payette and lost their game against Fruitland. They have averaged 19 points per game better than their opponents.

Pictured in the front row left to right are Vernon Lords, coach, Mike Franklin, manager; Steve Johnson, Mike Kurtz, Charles Alonzo, Jeff Hipp, Tim Mecham and Larry Wood.

Back row left to right are Gary Smith, Ron King, Dirk Sappe, Alberto Escobedo, Rick Orr, Gary Sparks, Mayo Rios and Mike Ausman.

### Oregon Ag Director Warns Against Cutting Beef Herds

New marketing patterns emerging as a result of increased populations and rising incomes throughout Europe, the United Kingdom and Asia have led Oregon Director of Agriculture Irvin Mann, Jr., to warn United States producers against cutting their beef herds.

Speaking to the Umatilla County Cattlemen's Association on December 9, Mann stated that under proper management, the domestic cattle industry could expand production with minor fluctuations in herd size and still be in good shape for a long time to come.

He cited the differences in consumer preferences for beef in the countries making up the principal world beef markets, which have resulted in certain types of production by their traditional suppliers. Demand is growing at such a pace, Mann said, that these suppliers soon won't have the herds to support any other export pro-

grams which could hurt United States market potential.

He cited Great Britain, where butchers are demanding a total ban on beef exports because of a shortage at home and an artificially high price.

"U. S. cattlemen need to fight the temptation to reduce cowherds materially. For the long-term picture, it appears that increases in world beef production will be racing the domestic cattle industry against rising population and rising incomes.

"Properly managed, and with minimum peaks and valleys in numbers, the cattle business in the United States should be good for a long time to come," the agriculture director said.



### CONSUMER GUIDE

**COUNT THE COST.** Bank credit cards are considered by many consumers a convenient way to finance purchases over a period of time. But when making the decision to buy this way, don't forget to add the cost of credit to the purchase cost.

Bank credit cards are being offered by more and more banks, and more people are using them. In less than four years, credit outstanding from bank credit cards soared from \$633 million to nearly \$4 billion.

**LOOKING AHEAD.** Most retired workers receive monthly Social Security checks, but a survey by the Social Security Administration showed that only about a third of the persons newly entitled to benefits were receiving a pension or retirement pay from their most recent job.

When planning for your own retirement, calculate what your Social Security benefits will be. (The Post Office can provide you the leaflet, "Your Social Security.") Obtain an estimate of the pension you will receive from present or past employers. Then decide now--while there's time to save and plan--what you will need in the way of additional income or savings to supplement your retirement income.

**CHECK THE CHECKER.** Shoppers taking advantage of advertised price "specials" should check to see that the price marked on the item is the advertised reduced price. When clerks are extra busy, they may not have changed the price mark on the reduced items. If this is the case, call it to the checker's attention--it will keep you from being charged the regular, not special price.

**BUY WITH KNOWLEDGE.** Consumer demand for more information about products available on the market has resulted in laws requiring the "truth" in fabrics and food labeling, true interest rates and finance charges, warranties and guarantees that are more explicit and easier to read and

understand, and dated food products that give the purchaser a better idea of their age or freshness.

Do you use the information provided? It costs the manufacturer or seller money to provide these details. But no one profits if the information is not used.

**COMPLAINING CONSTRUCTIVELY.** Have you ever been dissatisfied with a dress you bought? Perhaps it shrank, the color changed, or the seams pulled out.

Rather than complaining to friends or neighbors about the unsatisfactory dress--tell it to the manufacturer. Write out your complaints in detail. Also explain how you cared for the dress. If care instructions on the label were not followed, your complaints may not be valid.

The manufacturer has the responsibility of making a good product, but you, the consumer, have the responsibility of caring for the product as instructed. Often we complain to the manufacturer when we are unhappy about a product, but it really isn't fair to always emphasize the bad features of the products we buy. If you particularly like something, tell the manufacturer that too. A flow of communications between consumers and manufacturers is needed. It's one way of getting the kinds of products we want in the marketplace.

**SMALL STOCK INVESTOR.** Considered. With the small investor in mind, Congress is turning its attention to ways of achieving a faster, safer, cheaper system of buying and selling stocks. The main idea is to get more competition into the market--and thus cut the charges.

Under consideration are the elimination of minimum fees, a central market using computers, bringing over-the-counter stocks into the system, and record-keeping through a data bank. While changes probably will not be immediate, the small investor can look forward to a marketplace more in tune with his interests.

USDA CHOICE PRIME

# RIB ROAST

\$ 1.39

LB.

RESER'S THURINGER, SALAMI, 11 oz. 98¢

MORRELL'S FULLY COOKED, BONE-IN HAM SHANK PORTION LB. 73¢

FRESH LEG OF LAMB LB. \$1.09

WHOLE OR BUTT Portion LB. 83¢

PLUMROSE DEVILED HAM, BACON, LIVER 6 oz. 39¢

MEAT SPREADS 6 oz. 39¢

PILLSBURY OR BALLARD BISCUITS 8 oz. TUBES 10/89¢

COCKTAIL ICE 10 lb. BAG 49¢

KERN'S STRAWBERRY PRESERVES 2-lb. JAR 89¢

PAR-T-PAK BEVERAGES FULL QUARTS PLUS DEP. 7/\$1

NABISCO PARTY 8 oz. SNACK CRACKERS 2/89¢

HUNTS DINNERS 7 VARIETIES 69¢

HOME DAIRIES CHIP DIP 8 oz. 3/\$1

MEADOW GOLD HOLIDAY NOG qt. 39¢

MEADOW GOLD SOUR CREAM pint 59¢

ALL REMAINING CHRISTMAS WRAP, RIBBONS, CARDS, LIGHTS, ETC. 1/2 PRICE

KERNS APRICOT NECTAR 46 oz. 2/89¢

TRADER VIC'S HOT BUTTERED RUM 89¢

TRADER VIC'S TOM & JERRY BATTER 79¢

DEL MONTE TUNA 6 1/2 oz. 2/89¢

FABRIC SOFTENER 96 oz. \$2.39

EDDY'S SNACK RYE & FRENCH BREAD 16 oz. 3/99¢

MJB INSTANT W/COUPON COFFEE 10 oz. 69¢

W/O COUPON \$1.19

GOOD ONLY AT M&W NYSSA

EXP. 12/31/72

WILSON'S SAUSAGE, PEPPERONI FRESH PIZZA 16 oz. 99¢

CHALLENGE, MILD CHEDDAR CHEESE LB. 79¢

PURE PORK LINK SAUSAGE LB. 79¢

OLYMPIA, SMALL OYSTERS 10 oz. JAR 79¢

ARMOUR 8-VARIETIES LUNCH MEAT 6 oz. PKG. 39¢

MRS. FRIDAY'S, BREADED ROUND SHRIMP 14 oz. \$1.79

PHILADELPHIA CREAM CHEESE 8 oz. 3/\$1

ALL WHITE MEAT 5-7 lbs. TURKEY BREAST ROAST LB. 79¢

NALLEYS DILL PICKLES GARLIC, POLISH, BANQUET 48 oz. 59¢

WESTERN FAMILY POTATO CHIPS 14 oz. 49¢

SCOTT PAPER TOWELS JUMBO ROLL 3/\$1.00

GORTON'S MINCED CLAMS 6 1/2 oz. 3/\$1.00

CLOSED NEW YEAR'S DAY

Wishing all of our good friends a New Year filled with health and happiness.

J. C. WATSON CO.

US NO. 1, RED POTATOES 10 LB. BAG 39¢

GREEN SKINNED FUERTES AVOCADOS EA. 12¢

SALTED, IN SHELL FRESH PEANUTS 2 LBS. 89¢

KRAFT'S FRESH ORANGE JUICE 1/2 GAL 89¢

LEMONS & LIMES EA. 10¢

Prices Effective Thursday-Friday-Saturday & Sunday

M&W MARKETS

High Quality Low Prices plus

NYSSA... OREGON