

Faulty Shock Absorbers and Winter Driving Do Not Mix

Modern automobiles are equipped with shock absorbers to improve control and smooth out the ride. But, if the shocks are "shot," the western motorist faced once again with snowy and icy roads is taking his life in his hands.

Poor shock absorbers cause an auto to dip, bounce and sway dangerously, according to the Insurance Information Institute. The car literally goes in "leaps and bounds."

up in a tight spot with an uncontrollable vehicle.

Being aware of "shot shock symptoms," the Institute concluded, helps drivers evade the "expert" who, while filling your gas tank, tries to convince you that your shocks need "immediate replacement." Chances are that if your auto doesn't exhibit the "symptoms," it doesn't need the "treatment."



That advances in propulsion, miniaturization of electronics and the use of antiship missiles now make it possible to combine a lethal capability with a small crew in a small boat?

That the U.S. Navy total of 37 small warships (missile boats, torpedo boats, fast gunboats and fast patrol boats) is far behind the U.S.S.R. with 425, Red China with 100, Yugoslavia with 100 and many other nations?



The Institute suggested that owners watch for proper performance, especially during the winter months. Excessive dipping of the front, or swaying when reducing speed or driving over bumpy roads, are signs that the shocks need a check and probably replacement. Other signals include a "mushy" ride or too much "heeling" on moderate turns.

Fast braking causes the front end to nose down, which puts a strain on the front shocks in particular. Rough road surfaces also reduce the useful life of shock absorbers. Some develop leaks, even on the most carefully driven cars, thus reducing safety and efficiency.

If faulty shocks are suspected, the road-wise auto owner schedules a visit to his regular service station or the dealer who maintains his car. Preventive maintenance helps avoid that nasty "shock" of winding

ADRIAN NEWS

ADRIAN - Mr. and Mrs. Bill Looney and Mary were Christmas eve guests of Mr. and Mrs. Clifford Looney and family in Ontario.

Mr. and Mrs. Al Goss and boys of Lakeview came Friday to visit Mrs. Robert Long over the holidays. Mr. and Mrs. Wayne Sparks of Bellingham, came Friday to visit his mother, Mrs. Robert Long. David Looney of Portland came with Mr. and Mrs. Wayne Sparks and is visiting his parents, Mr. and Mrs. Bill Looney and Mary. Miss Delatorre of Brazil, who is an exchange student, came Friday evening by plane to Boise and was met by Mr. and Mrs. Bill Looney and Mary, where she will spend the next three months.

Mrs. Schafer, Mrs. Mores, Mrs. Gosard, Mrs. Freel and Mrs. Franklin of Adrian attended the AKH Home Extension group Christmas luncheon Thursday at the Myron Osborn home.

Mrs. Robert Long took Mr. and Mrs. Al Goss and boys and Mr. and Mrs. Wayne Sparks to dinner at the Eastside Cafe in Ontario, Saturday evening and from there they went to the home of Mr. and Mrs. Clifford Looney in Ontario and spent the evening.

The following group attended the Coffee Klutch Christmas party at the home of Mrs. Bill Toomb in Kingman Colony, Wednesday—Mrs. Sue Ashcraft, Mrs. Robert Long, Mrs. Mable Piercy, Mrs. Gladys Thomas and Mrs. K. I. Peterson.

Mr. and Mrs. Mervil Hutchinson and girls of Nyssa were Christmas eve luncheon guests and overnight guests of her parents, Mr. and Mrs. K. I. Peterson.

Mr. and Mrs. Oscar Schafer were guests of Mr. and Mrs. Jack Elliott, Saturday evening.

Mr. and Mrs. Carl Begeman were Thursday evening guests of Mr. and Mrs. Oscar Schafer. Last Monday, Mrs. Roy Mecham of Nyssa and Mr. and Mrs. Neil Bohanon of McCord Air Base near Tacoma, Washington were luncheon guests of Mrs. Mable Piercy.

Kathleen Deffer had a birthday party at her home Saturday evening. She was 16 years of age. 25 guests attended. Games were played by the group followed by refreshments.

Mr. and Mrs. Fred Deffer and family were Christmas eve guests of Mr. and Mrs. Donnie Brewer.

The Old Timer



"The difference between an optimist and a pessimist is that the latter is better informed."



NOODLES BECOME AN EASY AND elegant classic with Monterey Jack Cheese. Become a dairy gourmet! The dairy world offers an exciting and colorful array of foods that can be put together to make easy but elegant creations. Once you start balancing one rich, wholesome flavor with another, you will be delighted with the possibilities for exciting recipes. Especially in the area of cheese today we find a mind-boggling assortment to suit everyone's fancy—mild to mellow.

Monterey Jack is a subtle but flavorful cheese, originating in the Monterey peninsula area. In this recipe, it is set in perfect harmony with rich sour cream and fresh butter to turn ordinary noodles into a gourmet masterpiece. The subtle flavors of these dairy ingredients enhance one another to make a luscious dish hearty enough for an entree, but equally beautiful as a side dish. Bright green chives and red pimiento add color and zest to the combo.

Similar to their well-known relative milk, these dairy foods are rich in complete, top quality protein, vitamin A, calcium and phosphorus. These essential nutrients play an important role in cell-building and bone-strengthening. The Oregon Dairy Products Commission reminds us that they are especially needed in the diets of growing children, but are also important in those of healthy adults.

What could be more enjoyable than good nutrition in this delicious form? With Noodles Monterey, serve crisp fresh vegetables, and fresh fruit for a satisfying, nutritious and scrumptious meal. Discover the delights of the dairy case, and you'll be an affirmed dairy gourmet for life!

NOODLES MONTEREY 2 tablespoons chopped pimiento
6 ounces spiral egg noodles Cook noodles as package directs until barely tender. Drain.
(about 4 cups) While still hot combine with butter, sour cream, chives, cheese and pimiento. Put into baking dish. Bake in 325 degree oven 20 minutes. Makes 4 servings.



A toast to the brand New Year! May it hold many good things for you. Thank you for your loyalty.
DORITY BEE BOARDS
John Dority



See our world united through understanding. We share with our good friends and neighbors this prayer for peace, and we wish for you, too, a future filled with success and happiness. Thank you, and Happy New Year.

PARKER LUMBER AND HARDWARE - ADRIAN

Health Program Wed., January 3

Harold W. Hatten, M.D., Boise Chairman, Preventive Medicine Committee, Treasure Valley Comprehensive Health Planning Agency announced that a meeting of this committee will be held Wednesday, January 3, 1973 at 7:30 p.m. to review and comment on three proposed health plans for Oregon and Idaho.

One of the plans for Oregon include the Oregon Emergency Medical Service Plan which will permit extensive training for emergency medical personnel, evaluate and upgrade ambulances so they meet federal guide-lines. A major objective is to improve emergency care in rural areas.

The other plan will re-organize the Oregon Department of Mental Health by the establishment of three divisions. They are: Mental Illness, Mental Retardation and Mental Rehabilitation and Development. There will be an administrator of Mental Health and three directors heading each of these areas. The establishment of an Alcohol and Drug Abuse Dept. under Mental Health will also be discussed.

The Comprehensive Health Service System for Idaho will also be reviewed. This plan will include training of emergency care personnel, para-medics, nurses, and physicians who indicate an interest. The objective is to have at least one ambulance attendant per ambulance trained under this program. Evaluation and upgrading of ambulances will be included.

The Treasure Valley Comprehensive Health Planning Agency must review and comment on all health programs that affect citizens of Treasure Valley that are supported by federal grants. Anyone interested in the above plans are invited to attend this meeting which will be held at the Easter Seal Center, 1090 Federal Way, Boise, Idaho

LET'S COMMUNICATE!



WHEN IT COMES TO TALKING TURKEY, YOU'D HAVE TO GO A LONG, LONG WAY TO TOP A CALIFORNIA GOBBLER NAMED TOM, THE HEAVIEST TURKEY EVER RECORDED—TOM'S 1966 WEIGHT WAS 70 POUNDS!

Budgets Required Before Federal Funds Are Spent

Local governments will be required to submit budgets before appropriating and spending any funds received from federal revenue sharing.

In a letter mailed to all Oregon cities and counties, December 5, 1972, Department of Revenue Director Charles H. Mack said that these local governments must submit supplemental budgets if any of the revenue sharing money is to be spent prior to preparation of their next budgets.

"If the local governmental unit decides not to spend the funds immediately," Mack said "its governing body should create a special fund into which revenue sharing money is placed until such time as the revenue sharing is budgeted, appropriated, and eventually spent."

Local governments have two years from receipt of the money in which to obligate and spend it.

The Oregon law also requires public hearings on the supple-

mental budgets as well as publication of the budgets.

Oregon's Local Budget Law (ORS 294.326) considers as exceptions to the prespending budget requirement any funds received as grants, gifts, bequests, or trusts for specific or special purposes.

However, "The receipt of revenue sharing money by a local governing unit IS NOT an exception," Mack said. "Revenue sharing money and interest earned from its investment must be budgeted before it can be spent."

The federal government has laid down two principal requirements in reporting use of these funds. State and local governments must provide an accounting of the end use of the revenue sharing money and any interest received, and they must provide a record showing that the money was used for one or more of the required expenditures in Section 103 (a) of the Revenue Sharing Act.



Welcome, New Year



When the clock strikes twelve, it's time to welcome the great New Year and to thank our loyal friends.

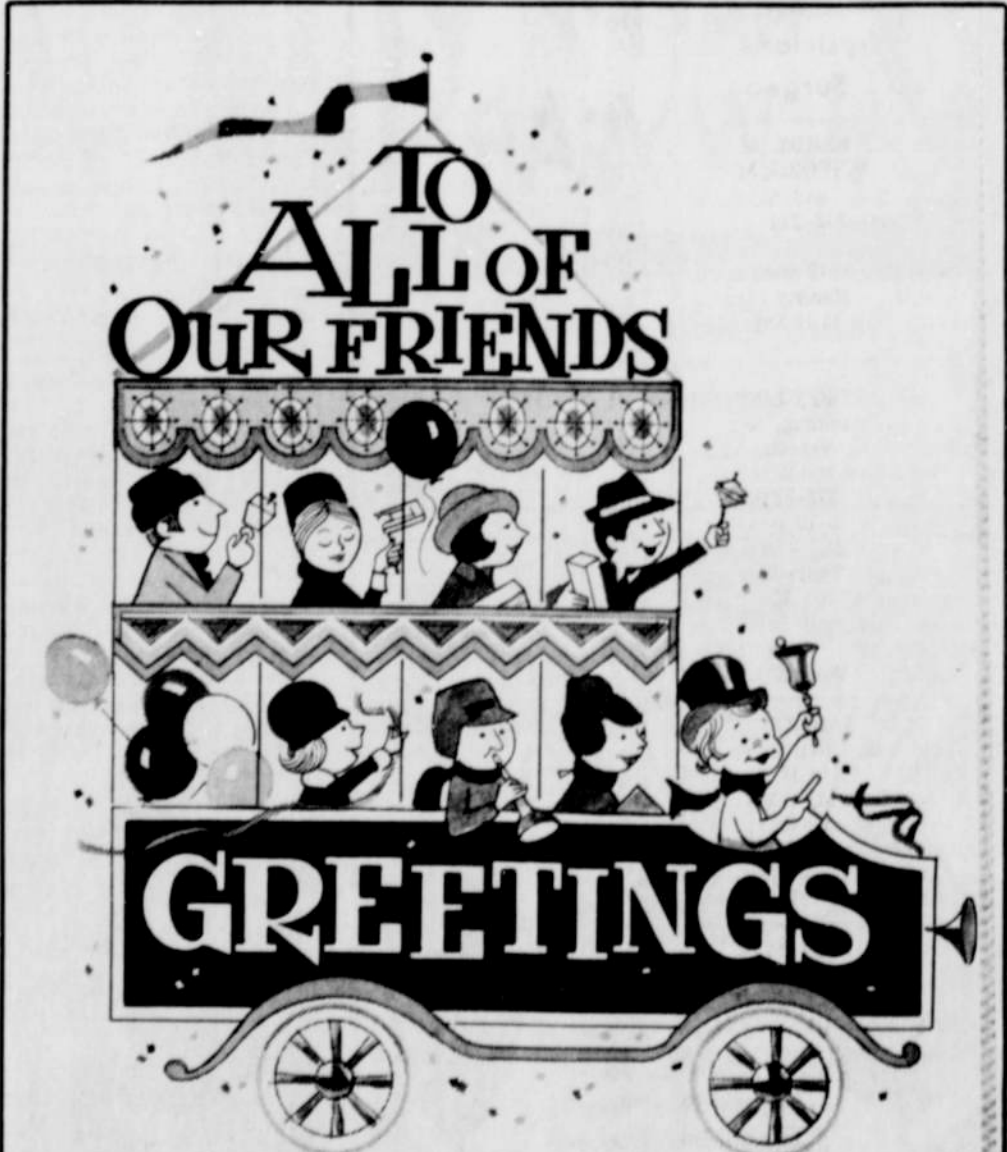
Howard's Shell Service



With all good wishes for the **NEW YEAR**

To all our customers... May happiness, health and good fortune be yours and your family's in the New Year. And for the trust and support you have given us, our thanks!

Johannesen-Adams Motors, Inc.



Double-decker good wishes for the New Year go out to you and yours. Thanks for your support. It has been a pleasure serving you.

MICHAEL'S PHARMACY