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EASY TWO CHEESE CANNELLONI

8 manicotti shells
Boiling water
1 (10 or 12-ounce) package frozen spinach
1 pint creamed small curd cottage cheese
1/4 cup instant minced onion
1/2 teaspoon basil, crumbled
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/8 teaspoon pepper
2 tablespoons lemon juice
Herb Sauce
1 (8-ounce) can tomato sauce
1/2 cup grated Monterey Jack cheese
Drop shells into boiling water. Simmer 5 minutes. Drain carefully. Defrost spinach and drain thoroughly. Mix spinach, cottage cheese, minced onion, basil, salt, nutmeg, pepper and lemon juice. Stuff into parboiled shells. Pour half of Herb Sauce in baking dish. Place filled shells in single layer on sauce. Cover completely with remaining sauce. Pour tomato sauce in a lengthwise strip over cannelloni. Sprinkle with grated Monterey Jack cheese. Cover with foil. Bake in 375 degree oven 45 minutes or until heated through. Makes 4 servings.
HERB SAUCE: Melt 1/4 cup butter and blend in 3 tablespoons flour, 1 clove garlic, minced, 1 teaspoon basil and 1 teaspoon salt. Stir in 2 cups milk. Cook, stirring over medium heat until mixture thickens and boils. Stir in 2 tablespoons chopped parsley.

Nyssa Girl Unhurt Car is Demolished

A 17-year-old Nyssa girl escaped injury early Monday morning when her car went out of control just north of Nyssa on Highway 20 and sheared a telephone pole before it crashed through a fence and came to a halt in a field. Oregon State Police said the driver was Nancy Lynne Ross. The automobile she was driving was nearly demolished. Police said the vehicle snapped the pole and then went across a yard and through a fence on the Noah Bass property. The accident occurred about 3:30 a.m. Police said no citations had been issued.



Salem Scene

There's a saying as old as show business itself. It involves the difficulty spectators have enjoying the show if they can't identify the players—and that means they should buy a program. Salem watchers don't have that problem, because after five months of the 57th session of the State Legislature, the players have achieved a relatively high degree of identification. But no matter how much information is disseminated through the Oregon Blue Book, numerous pamphlets and handbooks published at public and private expense—Capitol spectators still have lots of trouble with the legislature's nomenclature. The system of names for procedures related to the law-making process developed over a long period and doesn't necessarily hold from one state to another. When it comes to Congress, the uninitiated observer might figure solons talk a language all their own. The Salem spectator who becomes mystified by legislative nomenclature usually can resolve his problem by consulting the dictionary—but not always. For instance, there's ORS. These initials stand for Oregon Revised Statutes—that vast body of law enacted every two years. From there one might go to biennial. Simple, or biennial legislature meets every two years—biennial sessions—as opposed to annual sessions every calendar year. The next logical step might be bicameral, as opposed to unicameral. The former means we have two "houses" in our legislature—a Senate and House of Representatives. Some bodies combine both and that's an unicameral legislature. Then there's the Upper Chamber (or house) and Lower Chamber. The Senate gets the first distinction and the second applies to the House of Representatives. The session convenes when it meets. And it adjourns when it stops meeting. But it adjourns sine die only once. That's when it adjourns without setting a specific time for convening again. One might say it means permanent adjournment. But with the Oregon Legislature that's not quite accurate and at the rate special sessions occur, adjournment sine die might disappear in the near future. Standing committees are pretty easy to understand. And joint committees obviously contain members of both houses. Special committees function for a specific period of time and interim committees normally function between sessions. Conference committees are specially appointed to iron out differences between measures passed by one house and also passed by the other in amended or slightly different form. Conference committee members from both houses attempt to find a compromise version acceptable to both sides. The legislative calendar is a booklet printed daily listing status of bills and other pertinent data relative to the daily business of the legislature. The journal on the other hand, contains all legislative business in chronological order. Lawmakers meet on the floor. That doesn't mean they can't find chairs. Each house has its own floor and that happens to be the chamber or place in which the formal business of lawmaking occurs. Remonstrances are delivered from the floor and consist of just about anything a lawmaker wishes to talk about. Privileges are extended to visiting dignitaries and former legislators giving them honorary and temporary rights of current lawmakers. This is opposed to legislative immunity, which means permission to do certain things the ordinary citizen might land in the pokey for—say like exceeding the legal speed limit in one's automobile. This is an iffy thing and some high-ranking lawmakers have been pinched in spite of their so-called immunization. Majority and minority leaders are easy to figure. They're the elected leaders of majority and minority parties in each house. The whip of each party in each house is entrusted with enforcing party discipline. The Speaker is the elected leader of the majority in the House of Representatives and that chamber's presiding officer. The Senate opts for a more readily understandable master of legislative ceremonies. Also elected



Summer's official start is still a month away, but already warm, sunny days are sending sportsmen and sightseers to the area's many streams and lakes. Among their favored spots from the long Memorial Day weekend to the "outdoor" season's end will be the four major parks Idaho Power Company maintains in its Hells Canyon development for no-fee public use. The free recreation facilities, including Hells Canyon Park seen here from high on the Idaho mountainside, total more than 31 landscaped acres beside the man-made lake the development creates. Easily and safely accessible by paved roads, the tree-shaded parks provide trailer-camper spaces, picnic areas, rest rooms, and boat docks and launching ramps. At last report, sportsmen were taking trout, smallmouth bass and crappie from Brownlee, Oxbow and Hells Canyon lakes.

by the majority, he is simply the President.

A lobbyist is a lay advocate of a particular point of view. An incumbent is someone re-elected to the same office and holdovers are Senators attending their second session prior to facing re-election at the end of four-year terms. Constituents are the folks back home, those who live in a lawmaker's election district.

There's the emergency clause. It enables a bill to become law upon passage. Without it a new law lies around in limbo until 90 days following adjournment sine die. An engrossed bill has been printed with amendments. It becomes re-engrossed when amended again and reprinted. This gets complicated because if a bill is amended as many as five times it could wind up engrossed re-engrossed re-engrossed. This seldom happens be-

cause sessions don't last long enough to accommodate the process.

There are more—such as pages, those attractive boys and girls who run errands for lawmakers—and honorary pages, usually younger offspring of constituents entrusted with the dubious honor of delivering relatively unimportant messages.

Mason's is a book of legislative procedure. Its tenets are invoked on the floor from time to time. But each house develops its own rules and these don't always agree with lawmaking's traditional book of Hoyle.

The list continues but the occasional observer should get by with a passive knowledge of the foregoing. Omitted purposely are slang designations such as turkey—because one man's bad bill might be the most important piece of legislation introduced by another.

Missing also is any attempt to define jargon arising during consideration of specific issues. An example this session might be acupuncture. Everyone knows this is the oriental art of healing by inserting needles into the hide of the healer's patient.

But this art also involves moxibustion. And you won't find that in your Collegiate Webster's. Sponsors of the bill tell you it involves the use of a heated object in related therapy. Getting the needle from someone is one thing. Getting a hot needle is something else. And without speculating on the success of the acupuncture bill, the medical profession may find it necessary to have its own nomenclature publish an explanatory list of terms if folks start receiving doctor bills for moxibustion.

Journal Classifieds
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1972. The busiest year in our history.

Our cards went through a lot last year. More people had them tucked into billfolds and purses than ever before (our membership rose 11% putting us over a half million). More people used them than ever before (we handled over 678,000 claims, a 20% increase over 1971). And in handling those claims, we paid out more money than ever before (\$50.4 million, a 16% gain over 1971). But significantly, even though our work load was up last year, our cost of handling that load was down. Our ratio of operating expenses to income dropped last year from 7.53% to 7.15%. That simply means last year our members

received the greatest return on their membership dollar ever. For every dollar we received, 91.32 cents of it came back to our members as a paid medical bill with 1.53 cents going into a reserve for future benefits. The highest return of any similar plan in the Northwest.

But Blue Cross of Oregon is doing more than just paying bills promptly and efficiently. We're working hard to do something about improving the quality and accessibility of health care and stabilizing costs. We've increased our support, in both manpower and dollars, to Comprehensive Health Planning associations. We're working with several groups

to investigate alternative health care delivery systems. We're working with hospitals throughout the state in Utilization Review Programs to assure quality care while helping them to contain costs.

We're doing all this (and a lot of other things you never hear about) because we want the people of Oregon and Southwest Washington to have more than just efficiently paid health bills.

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