



RESIDENTS AND FRIENDS OF COW HOLLOW spent Saturday afternoon cleaning up and burning trash at the Cow Hollow Park. They were assisted by twelve Oregon National Guardsmen from the Ontario unit, two trucks, and Gene Stephens' caterpillar tractor. After cleaning up, plans for the attractive little park include a picnic area, toilet facilities, drinking water, and leveling of the baseball diamond. Funds were raised from the sale of hunting permits during the last pheasant season.



GRANGE NEWS

POMONA GRANGE

Malheur #33 Pomona Grange members met Saturday, November 17, at Oregon Slope Grange Hall with Master Ross Harvey presiding.

Reports of Granges were given by Vale Master Orville Nichols; Big Bend Assistant Steward Bill Andregg; Oregon Trail Master Ernie Metcalf; and Oregon Slope Master Ross Harvey.

A letter from Assistant Stewards Mr. and Mrs. David Jacoby stated they had moved from the community and would be unable to continue in the office. Members elected Mr. and Mrs. Ernie Metcalf to fill the office.

In a report by Ernie Metcalf for Agriculture Committee it was stated that the shortage of steel products such as pipe and wire would be of great concern to farmers. Metcalf, who is Manager of Cenex at Nyssa, stated that orders for wood burning stoves was amazing.

Frank Sherwood, Legislative Committee Chairman stated that among the many shortages was the lack of wood to burn. One member was heard to remark that one couldn't even find sage brush any more.

During the Lecturer's program four members of Vale Grange, Elwood and Effie Standage, Priscilla and Allen Westcott put on a skit entitled "Saving Father's Sight". It illustrated the dangers in using pesticides. The group was introduced by Vale Lecturer Dot Nichols.

Since it was close to Thanksgiving, ten members assisted Pomona Lecturer Ellen Jones in giving thanks in an unusual way. These Grangers read cards saying, "I am thankful I can write my name and address; that I know what the words add and subtract mean; that I can read road signs; that I can read the newspapers; that I can read a recipe for pumpkin pie; that I can help my third-grader with home work; that I can read the Bible; that I can vote."

This particular way of saying thanks was to illustrate how fortunate most Oregonians are and how handicapped approximately 60,000 other Oregonians are, because for one reason or other they haven't learned to read or write.

Fortunately, there is something all Grangers can do to help and Pomona members were urged to find out about the possible 600 people who could be aided in Malheur County. A Laubach Literacy workshop was conducted in Ontario at TVCC in October and approximately 25 women from Ontario, Vale, Nyssa, and Weiser, took the training. Since that time, students have been assigned to several tutors and more students are waiting to get started. Information about other Tutor Training Workshops can be obtained from Dale Haynes, TVCC Learning Center, telephone 889-6493, Ext 44 or from Mrs. Eleanor Smith, office coordinator, 510 S.W. 3rd Ave. Portland Oregon 97204.

The Laubach method has been used to aid adults and children in 105 countries in 314 languages. It was written in English in 1945 and was updated in 1966. The New Streamlined English Course begins at zero literacy and progresses to the 7th grade. It is not necessary to have formal teacher training to become a Laubach Tutor. Students are assigned on a one-to-one basis. They work together on an average of three hours a week at a location that is mutually convenient.

Prior to the meeting, luncheon was served by women of Oregon Slope Grange. Tables were decorated with pumpkins and turkeys. Table Grace was led by Chaplain Mrs. Orville Nichols.

The next regular Pomona meeting will be held February 23, 1974 at Ontario Heights Grange Hall. Lunch will be served at noon by the hostess. All grange members are urged to attend.

OREGON TRAIL GRANGE

Oregon Trail Grange met its regular session Thursday, November 5, with Master Ernie Metcalf presiding.

Legislative Committee member Astrid Stephen reported that there are at least 20 new laws affecting food. She also reported on control of insect pests by the use of lady bugs and wasps.

During the Lecturer's program Assistant Stewards Don and Clara Somers conducted a guessing game concerning Thanksgiving menus, nuts, and Pilgrims.

Members were reminded of the installation of officers to be held Thursday evening November 29 at 8 p.m. at Oregon Trail Hall. County Deputy Dale Teter and the installing team will have charge of the ceremony. All Malheur County Grangers are urged to attend. A potluck lunch will be served following the meeting.

The next regular grange meeting will be held Thursday evening, 8 p.m., December 6. Hosts for the evening will be Mr. and Mrs. Duane Drydale and Deryl Leggett.

Biology Students Tour Portland

Friday morning at dawn, students of the Biology II classes departed for Portland to tour OMSI, and the Oregon Coast. On the way they made a stop at Bonneville Fish Hatchery but unfortunately because of the pouring rain the stop was shortened to a few minutes only. They did see the young salmon, ponds of trout and a giant sturgeon. After the stop they continued to Multnomah Falls where they viewed the second highest falls in the U.S.

Nyssa High students arrived in Portland later that evening and were allowed to go shopping at Lloyds Center.

Saturday morning everyone boarded the bus at 7 a.m. and departed for OMSI, where they viewed scientific equipment and displays. A film on UFO's was shown in the Planetarium and different kinds of shapes of UFO's were shown that had been spotted by people.

Portland Zoo was the next stop, where the students also ate lunch. Once again the students boarded the bus for the Oregon Coast. There the students collected different kinds of animals and plants to use for their projects in Biology. Unfortunately the tide was an incoming one so few sea animals were collected. Finally after everyone was wet, they boarded the bus and ate supper in Tillamook. They arrived at the motel weary but content because the trip was so fascinating.

Sunday morning everyone was packed and ready to turn around and come home again. They arrived in Nyssa 12 hours later.

The students and Miss Omberg would like to thank the chaperones: Mr. Bailey, Mrs. Kunkel and Mr. and Mrs. Robbins. Last but not least they would like to thank the School Board for making this trip possible.

ANK Garden Club

The ANK Garden Club met at the home of Mrs. Cy Bock in Nyssa, November 6 with Mrs. Joe Cundall as co-hostess. Dessert was served to 21 members and two guests prior to the program. The club members welcomed one visitor from Parma, Mrs. Jody

Iadarosa, and Mrs. Thrash, Loretta Cundall's mother from Texas.

Ron Palmer, floral designer and co-owner of the "Flower Trunk" in Ontario gave a demonstration how to make many beautiful arrangements for the holiday season.

At the business meeting the members voted to contribute to the purchase of Christmas gifts for the senior citizens

in the Nursing Home at the Nyssa Hospital. Also, ANK will give their annual contribution of money for Christmas gifts for the Correctional School in Hillcrest, Oregon.

The next meeting will be the Christmas party at the home of Francis Focht in Nyssa.

Early Egyptians pictured the earth as the bottom of an oblong box whose top was the sky.

COMING EVENTS

FRIDAY, NOVEMBER 23 - United Methodist Church-rummage sale, 9 a.m. to 3 p.m. Golden Age-rummage sale, Western Hotel, 9 a.m. to 5 p.m. SATURDAY, NOVEMBER 24 - Merry Widows, Orma Cleaver home, 6:30 p.m. Golden Age, rummage sale, Western Hotel 9 a.m. to 5 p.m. Recovery, Inc., First Christian Church, 8 p.m.

MONDAY, NOVEMBER 26 - Hospital Auxiliary at the hospital, 2 p.m. TUESDAY, NOVEMBER 27 - Tops #494, Adrian Grade Skl. 7:30 p.m. Yellow Rose Rebekah Lodge #202, IOOF Hall, 8 p.m.

WEDNESDAY, NOVEMBER 28 - Senior Citizens, Methodist Church Social Hall, bring potluck 10:30 a.m. Behel 333, Masonic Hall, 7:30 p.m. Masons and Eastern Stars are specially invited guests.

**Malheur Memorial Hospital
A Report To The People
Gale Christensen, Administrator**

At the time a patient is admitted to the hospital a diet slip is sent to the dietary department by the nursing staff. The type of diet the patient receives is determined by the nature of his illness.

Diet food intake may be considered under two general headings. The nutritionally adequate or balanced diet which maintains and promotes health and vigor and special diets prescribed for treatment or prevention of disease.

There are many kinds of diets. The most common is the general diet for patients who do not require dietary modification for therapeutic purposes. Soft diets are those including liquid foods and those solid foods which contain a restricted amount of indigestible carbohydrates and connective tissue.

The liquid diet is most used pre and post-operatively. It supplies fluids but is of little importance nutritionally. The bland diet is composed of mild flavored foods usually used by ulcer patients. Salt free or low sodium is generally for diseases of heart, blood vessels or kidneys. Fat free or low fat is for gall bladder conditions. The diabetic diet is lower in carbohydrates. Because of these many types of diets the hospital must maintain the most complete dietary facilities in this area.

Each patient is checked on each day to see if he or she is tolerating the diet and if the patient has any likes or dislikes in the food they are receiving. Substitutions are made at the patient's request, if possible.

The diets are prepared by the kitchen personnel. After the diets have been prepared they are put on the tray with the patient's name and type of diet.

All trays are checked before they leave the kitchen to see that each is correctly made up. They are then sent out to the floor of the hospital where they are delivered to the patients by the nursing aides. The aides advise the nurse on duty how the patient ate and what foods were left on the plate. The nurse can then visit with the patient as to why he or she did not eat certain foods. This can then be discussed with the patient's physician and perhaps other items substituted so the patient will eat what is put on their tray.

Word was received that Mr. and Mrs. C. Wayne Oliver of Beaverton (former Cathy McGinley) are the proud parents of a baby girl. Katherine Marie was born November 1, 1973 and weighed 7 pounds and 1/2 ounce. Paternal grandparents are Mr. and Mrs. Wayne Oliver of Ontario. Maternal grandparents are Mr. and Mrs. Harry McGinley of Nyssa.

Mrs. McGinley and Colleen returned home Sunday after spending a few days in the Oliver home helping to care for the new arrival.

November 16 - Mr. and Mrs. Joe Holsonbach, Harper, boy. Mr. and Mrs. Danny Bewley, Ontario, girl.

November 17 - Mr. and Mrs. Stephen Dube, Ontario, boy. Mr. and Mrs. Gary Dentinger, Vale, girl.

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HOLY ROSARY HOSPITAL

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