



THE NYSSA CORN CANNERY churned into action last Saturday as American Fine Foods started its plant on Locust Avenue. Some patience was needed in ironing out all the wrinkles, but the cannery is now in full swing, working around the clock.

Homemakers May Use Alternate Sweeteners

Because of the rising cost of sugar, many homemakers are asking about the use of alternate sweeteners in food preservation. According to Helen Conner, Extension Home Economist, in Malheur County, homemakers have several choices.

Sugar can be decreased or omitted altogether in canning and freezing. Ripe fruits may be canned in water, fruit juice or a very light syrup (1 cup sugar and 3 cups water) instead of a medium or heavy syrup. Many families find they even like the finished product better with less sugar. Small fruits such as berries can be frozen whole on trays (without sugar) and then packed into freezer containers.

Mrs. Conner offers a word of caution to homemakers—we cannot eliminate sugar in jams and jellies as sugar is essential for a high quality product which keeps well.

Corn syrup could be substituted for half of the sugar in canned fruits. 1 cup of corn syrup is equal in sweetening to 1 cup sugar.

Artificial sweeteners are available for use in home food preservation by people on physician prescribed, diabetic or low calorie diets that includes the use of saccharin as an approved part of the diet.

Many people find saccharin to have a bitter after taste when used in high concentrations such as in canning syrups. Heating seems to bring out this after taste. Before using it on a large scale it is recommended that consumers try small experimental batches to test for acceptability.

A fact sheet designed primarily for those on therapeutic diets requiring the use of artificial sweeteners is available at the Extension Office in Ontario City Hall. The sheet is entitled "Preserving Foods at Home Without Salt or Sugar."

With overweight a major nutritional problem in this country, most of us could well afford to cut out some of the sugar in our diets. Often times, out of habit, we add sugar to foods that really do not need additional sweetening.

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Salem Scene

by Jack Zimmerman

Governing Power Accrues to Those Who Seize It

Almost any discussion of government these days involves local control.

And regardless of initial controversy, participants usually achieve consensus regarding its loss.

In fact, the so-called loss of local control, or a desire for more of it, seems to pervade the news at every level—locally, nationally and internationally.

In lands less free than ours, a desire for local autonomy is readily understood. Americans generally are sympathetic to those who seek more control of their destiny. In view of our traditional freedoms then, it is more than incongruous that our own government appears to be drifting toward greater centralization.

If Oregonians object to such a trend and wish to reverse it, the keys lie in understanding the processes by which we are governed and demonstrating a willingness to participate.

Playwright Maxwell Anderson wrote: "As water finds its level, power goes to him who can use it." Stated more strongly, the admonition more aptly warns: Power accrues to those who seize it.

And in our government today, the relationship between power and money becomes quickly apparent. Not too many years ago Oregon counties were bemoaning the fact that they levied property taxes which partially funded largely locally controlled welfare programs. Counties were relieved of this tax burden. And in the process they also lost a measure of control over how the funds were spent.

Much legislation enacted by the Oregon Legislature implements programs adopted by Congress. And that local legislative implementation more often than not is hastened by knowledge that failure to go along means loss of federal funds which pay the biggest share of the bill.

Once Congress acts, an agency is created to carry out the program. Our Legislature in turn creates another agency to work with its federal counterpart. The federal Environmental Protection Agency and Oregon's Department of Environmental Quality are examples.

Our Environmental Quality Commission appears to retain a degree of local autonomy. But it too must answer to federal requirements of EPA.

Another example is the current national administration's campaign plank involving law and order. Oregon is but one state involved in revising criminal procedures to strengthen this worthy concept.

Senate Bill 40 was enacted by the 1971 Legislature revising substantive portions of Oregon's Criminal Code. Senate Bill 80, passed in 1973 calls for revision of procedures involving crimes and their prevention.

Effective January 1 this year, SB 80 calls for the drafting of proposed standards and goals for criminal

Mrs. Vicki Mosier and daughter Christie of The Dalles came Saturday to spend a week visiting her parents, Mr. and Mrs. George DeHaven.

Mrs. Grace Bawtenheimer of Roswell was a Friday evening dinner guest of her niece, Mr. and Mrs. George DeHaven.

procedures to be placed in effect in 1980. In the more heavily populated portions of our state, many of the proposals already are standard procedure.

But less populated regions are discovering they're terribly behind the times. Some fear they face the prospect of raising seemingly impossible amounts of local funding to catch up—or lose what control they now have by relinquishing law enforcement procedures to some higher level of government capable of meeting the new proposals.

Now and then the problems become ludicrous. One agency will establish rules that conflict immensely with the orderly operation of another agency. Oregonians are witnessing this type of conflict currently between the DEQ and the Transportation Department.

In this case implementation of the Federal Clean Air Act by the Department of Environmental Quality may require a five-year renewable permit for operation of an existing stretch of state freeway!

All of these developments occur in the open. Our government is not conducted in secret. Each new rule, regulation and law is accompanied by an opportunity for the public to object if it wishes. And as often as not, new regulations are modified by citizen participation.

Loss of local control occurs when the public ignores the opportunity to participate—or when it figures the whole thing is too complicated and would rather spend its time in other pursuits.

The Lincolnshire governmental ideal—of, by and for the people—includes a responsibility that is heavier than shouldering one's share of the tax burden. That burden becomes too great only when the governed permit the power to govern to slip into the hands of those waiting to seize it.



THIS ROCK HOUND (literally) happily keeps predators away that might threaten the treasure his rockhound owners dig up during their visit to the thunderegg beds of Succor Creek.



THE UNITED METHODIST CHURCH ice cream and cake social attracted approximately 600 persons to the elementary school grounds last Friday during the Thunderegg Days. The large gathering enjoyed home-made ice cream and the singing of the Son Shiners, a traveling gospel singing group from Nyssa.



In Italy, it was believed that a man who balanced a ball of flax on his head in a yellow plate would be able to rid himself of a headache caused by the sun!

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