

Relax... You'll Live Longer

By L. E. REYNOLDS
Associated Professor of Physical Education, Central Washington State College

As the years go by an increasing number of men spend more and more time SEATED. This can be attributed either to their work or to their leisure or both.

Every "boob tub" spectator places himself in the apex of the fleet halfback or the low scoring golfer and visualizes his own name on the lips of all the fans.

Our hero not only succeeds in relieving the fame of yester year but also make the headlines again. This time he may be an "all American" choice for the cardiac ward of the nearest hospital.

The old saying that you can't teach an old dog new tricks may be misleading here. With scientific approach to body conditioning, our hero's "machine" can be retrained.

The first suggestion is for a thorough physical examination. If our hero gets a clean bill of health, the real work begins.

Business firms, agencies and organizations concerned with personal physical development and maintenance take the lead in suggesting activities of progressive intensity designed to encourage our "all-American" to regain bodily efficiency.

Logging clubs are springing up all over the U. S. Men who realize how little they exercise and how important it is for them, arrange to meet at a regular time to walk and jog alternately for as long as an hour daily.

A great deal of good can be done individually. A person can start by changing a few individual habits: walking a few blocks to the office daily instead of driving.

Check your health status with your physician to make sure you're OK to start. Then, with a clean bill of health, begin gradually to work out the effort slowly.

It would be necessary to raise personal exemptions to \$200 per person, or by way of example, \$8,000 for a family of four.

One of the finest municipal golf courses to be opened in Washington is the new Spanaway 18-hole layout near Tacoma.

CONGRESSMAN LLOYD MEEDS announced approval by the U. S. Department of Housing and Urban Development of the Workable Program for Community Improvement

of Makah Indian Reservation, Neph Bay, Washington. Formal approval of a community's Workable Program is necessary before it becomes eligible to receive Federal aids in the form of loans and grants for urban renewal programs and for Federally aided low-cost housing, and more liberal FHA mortgage insurance to assist in the private redevelopment of urban areas and for rehousing displaced families.

This approval does not constitute approval of any specific Federal aid, Congressman Meeds explained. The Workable Program is being developed by the community of how it intends to use its own public and private resources to eliminate slums and blight. Once its program is approved, it can apply for the Federal aids to supplement local resources as needed. The community must show reasonable progress each year under its Workable Program in order to obtain certification and remain eligible for the Federal aids.

Insurance Requirements
If you plan to drive to Canada for a visit to EXPO '67, the treatment of a Canadian personal liability and property damage insurance meet Canadian requirements.

The advice comes from Mrs. Dorothy Goldborough, manager of the Automobile Club of Washington's Domestic Touring Bureau. Almost all Canadian jurisdictions have a minimum limit of \$85,000 "inclusive" which term too widely used in the United States.

In essence, in Canadian parlance \$85,000 "inclusive" means there is \$25,000 of liability insurance available to settle bodily injury or property damage claims. Both injury claims only, there is a maximum of \$35,000 available. If there is both injury and property damage liability, a priority of \$50,000 is allocated by law to bodily injury and a priority of \$5,000 to property damage claims.

Mrs. Goldborough points out that as far as the American tourist is concerned, the simple step he should take if he intends to travel by car in Canada is to ask his insurance agent for a Canadian Non-Resident Inter-Province Motor Vehicle Liability Insurance Policy. Although this is not required in all Canadian provinces, it is a comfort to have in the event of an accident in which you need to prove financial responsibility.

Check with your insurance agent in most cases. If your policy does not meet the \$85,000 minimum requirement, additional short-term liability insurance can be obtained for a small additional premium. Mrs. Goldborough said.

SENIATOR GORDON SANDISON SPONSORS MEASURE
The Legislature has passed a Memorial to Congress urging that federal income tax exemptions be set at \$1,000 per person. It passed the Senate 85-5 and the House, 85-5. Senator Gordon Sandison (D-Port Angeles) sponsored the measure.

Under its terms, SJM 9 asks President Johnson and Congress to raise the personal income tax exemption with moderation, to a total of \$1,000 per person. The Memorial pointed out that in 1959, before World War II, the personal exemption was \$2,500 for a man and wife and \$400 for each and "more life to your years."

HUD Grant To Makah Indians
Congressman Lloyd Meeds announced approval by the U. S. Department of Housing and Urban Development of the Workable Program for Community Improvement

Flat Income Tax Proposal

The effect of Governor Evans' flat income tax proposal now is becoming well known among the taxpayers of the state.

As proposed by the Governor, his flat rate tax is the highest income tax—in the lowest tax bracket—imposed by any state in the nation.

The imposition of a flat rate income tax cannot be justified on the basis of a reduction in the sales tax. Governor Evans knows that the sales tax would be reduced equally, under a graduated net income tax program, and more so.

Typing these two concepts together and pretending benefits from the reduction of the sales tax would be the same.

When the Governor's program is examined closely, it becomes obvious that it will leave state tax burdens on substantially the same income groups, as now suffer from our highly regressive and inequitable tax structure.

The principle of "ability to pay" is totally ignored. It will become highly impatient and irritable. His judgment is often impaired. A strong man may become weak and prone to tears.

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HELEN KATHLEEN PILLER BECOMES A BRIDE

Dr. George Jorden and Rev. George L. Jefferson performed the ceremony when Helen Kathleen Piller became the bride of James Alden Jacobs at the University Methodist Temple in Seattle on March 19, 1967.

The bride is the daughter of Mr. Frank Piller and the late Frank Piller of Seattle. The bridegroom is the son of Dr. and Mrs. Joseph Alden Jacobs of Urbana, Illinois.

The bride wore a white satin beaded floor length gown with a chapel length train caught by a bow at the natural waistline. The fingertip veil was attached to a beaded pillbox hat. The bride's bouquet was a group of white orchids and lilies.

Mrs. George Fraker, of Forks, was the matron of honor. She wore a moss green floor length, "A" line empire waist gown, with cascades of pleated chiffon at the sleeve and carried a bouquet of vivid pink tulips.

Mrs. James Ransom and Miss Meredith Jacobs, sisters of the groom, were bridesmaids. Alice Stewart was best man and James Ransom, Duane Johnson, Ashish Chatterjee and Joseph T. Tennah, were ushers.

A reception followed at Preston Parlor. Mesdames John Burlingant of the bride, Elizabeth Barstow, Vern Black, Adolph Tescher and Miss Kathleen Holmes presided.

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Little Strokes

An often unsuspected cause of mental and physical incapacity is a series of "little strokes," says Today's Health Guide, the American Medical Association's book of health information for the American family.

A stroke occurs when the blood supply to a part of the brain is reduced or completely cut off. This can be caused by a blood clot or by hemorrhage—bleeding from an artery in the brain.

When the nerve cells of a part of the brain are deprived of their blood supply, the part of the body controlled by these nerve centers cannot function normally.

"Little strokes" may start when a person is in the 30's or 40's striking silently at night or passing almost unnoticed as a sudden dizzy spell, momentary blackout, or just a few moments of confusion.

The stroke itself is not severe enough to compel the patient to seek medical aid, but some permanent brain damage remains just the same.

A formerly kind, gentle person may become highly impatient and irritable. His judgment is often impaired. A strong man may become weak and prone to tears.

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SUNSET LANES BOWLING...

LATE FRIDAY NITE MIXED
Standings W. L.
Kennedy-Richardson 33 19
Burns & Clark 33 19

EARLY FRIDAY NIGHT
MIXED LEAGUE
Standings W. L.
Nagel & Lyda 36 14

SPORTS
Daryl R. Smiley of Forks has been named to the President's Honor List at Western Washington State College at Bellingham, for scholastic achievement.

SHOVEL BRIGADE
Sport diggers for razor claims are reminded of the following regulations:
March 1 through May 31—Daily digging 24 hours a day—June 1 through September 15—Daily digging from 12 midnight until 12 noon only.

Million Dollar Facility For Makah's
An economic development administration grant and loan totaling \$791,000.00 will help establish a fish protein and oil extraction plant at the Makah Indian Reservation.

Peninsula Truck Lines, Inc.
Furniture Moving and Storage, General Freight Service Between Seattle, Port Angeles, and the WEST END

BOB'S TEXACO SERVICE
Forks Agent

Watch For RIC-SHA
W. E. Painters Inc. of Lynnwood, Washington, has won the contract to paint the Hoh River Bridge and approaches.

Survey In Kindergarten Being Held
Forks Elementary School is now holding a survey to determine the number of children that are to be enrolled in the kindergarten and first grade for September, 1967.

Library Week... April 16-23
The Friends of the Library met April 4 to make plans for the year to be held at the Forks Memorial Library on April 16.

Weather Report
Mrs. Olive King, Cooperative Observer, Forks, Washington

1915 New York to San Francisco \$20.70
1967 New York to San Francisco \$1.00

Peninsula Tel. & Tel.
FORKS, WASHINGTON PHONE 374-6212

FORKS RAINDROPS

WHAT BECOMES OF THE INDIVIDUAL?
We refer to great lengths to develop a workable society in which vast multitudes of people of all races, creeds and colors can live amicably and in comfort.

Everywhere we turn, compulsion is being substituted for free choice, and overall, we hear the click of the computer sorting and cataloging people like they were so many nuts and bolts—mere components of a great, complicated social machine.

As the rules and regulations multiply, what is to become of the individual who may prize his freedom more than his security? In fact, what may become of the machine itself, built on a structure of man-made laws that defy nature's laws? The great danger in the social machine that is rising around us today is arbitrary power.

It is well to recall the words of John Locke who lived in the Seventeenth Century: "The end of the law is not to abolish or restrain, but to preserve and enlarge freedom." The preservation of individual freedom should remain the highest goal of human existence.

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Tyce-Sappho News

By Mrs. J. E. MERRITT
Paul Muma visited on Monday and Tuesday of last week with his father, Bill Muma...

APPOINTMENTS WITH Dr. T. D. Munkeby

OPTOMETRIST
MUST BE MADE BEFORE THURSDAY IN ORDER TO WARRANT HIS TRIP TO FORKS

CLASSIFIED ADS GET RESULTS

REALTY
McCORMICK & THEBERGE, Inc.
SEQUIM, WASHINGTON

LISTINGS WANTED

SEQUIM OFFICE 688-4771

CLASSIFIED ADVERTISEMENTS

FOR SALE—1941 Jeep and almost new Kenmore Range. Phone 374-6797.
WANTED—across river front or view property. Call Forks 6263 after 5 p.m.
FOR SALE—1965 Chevrolet Super Sport, 4-speed, \$1950.00. Phone 374-6696.

New Officers For VFW Auxiliary

Fletcher-Wittenborn Auxiliary to Post No. 9106 met Monday evening in the VFW Hall for a very important business meeting...

Commercial Clean Season Closed

The commercial razor clam season closed Friday, March 31. The season opened March 20 in the area between the Copalis River and Joe Creek...

4-H Club DOINGS

The Prairie Dogs 4-H Club met at the home of our leaders, Mr. and Mrs. Warren Paul on March 25. We discussed the 4-H Fair and County Fair...

WHY NOT SAVE BY MAIL

Take the quick, easy way to do your saving. Save with our regularly each month, by mail. It's just paid, both ways.

ELECTROLUX

New machines, parts, supplies, bags service repairs, 16 years in Forks. 683-5609 or write Route 1, Box 229, Sequim, Wash. 98282.

FOR ALL BUILDING MATERIALS

Angela Gravel and Supply Co. Complete and prompt service. ANGELAS GRAVEL & SUPPLY CO., INC. Fort Angeles, Phone 457-3371.

STATE OF WASHINGTON DEPARTMENT OF NATURAL RESOURCES

NOTICE OF SALE OF FOREST PRODUCTS VALUED AT NOT MORE THAN \$25,000
Notice is hereby given that on Monday the 17th day of April, 1967, commencing at ten o'clock in the forenoon...

CASH SALE

Forest products will be sold on a cash basis. Minimum acceptable bid will be \$1,295.50. On or before April 17, 1967, at 10:00 a.m., each bidder must make a minimum deposit of \$129.55...

STATE OF WASHINGTON DEPARTMENT OF NATURAL RESOURCES

NOTICE OF SALE OF VALUABLE MATERIAL ON STATE LAND
Notice is hereby given that on Tuesday, the 25th day of April, 1967, commencing at ten o'clock in the forenoon...

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A Weekly Newspaper, Published Every Thursday at Forks, Clallam County, Washington

FRAN ECHTERSON MANAGING EDITOR
SUBSCRIPTION RATE - ONE YEAR (In Advance) \$3.50
DISPLAY ADVERTISING, Per Column Inch 70¢
CLASSIFIED ADVERTISING, 16¢ a word; Minimum Charge - 10¢
NOTICES, HEADERS & RESOLUTIONS - 20¢ Per Line

THANK YOU

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ELEMENTARY LIBRARY

In a room surrounded by nearly 5000 books, and with a full time librarian, the students of the Forks Elementary School are in the unique position of having the only such known exclusive facility in Clallam County.

LIBRARY CLUB

Under the leadership of Mrs. Betty Jones, elementary librarian, a library service club has been formed. The membership of approximately 35 fifth and sixth grade students check books in and out, and puts the volumes back on the shelf.

LIBRARY AID TEACHERS

All as elementary school teachers are scheduled for a period in the library. They anxiously await this event for, in addition to checking in and taking out new books, they have a story hour. Mrs. Jones reads a story or a part of one to the youngsters.

COOPERATION WITH LOCAL LIBRARY

A close working relationship exists between the Forks Memorial Library and the Clallam County Library. The various classes of the elementary school are scheduled for a period each week to go to the Forks Library to obtain books.

IF HEARING IS YOUR PROBLEM BELTONE Is Your Answer

BUY LOCALLY AND BE ASSURED OF CONTINUING SERVICE & QUALITY!
YOUR EXCLUSIVE BELTONE REPRESENTATIVES: Helen Moore, Helen Johnson

SPRING SELLING SPREE

- POWER BRAKES AND STEERING - RADIO - LOADED - GUARANTEED
'64 COUNTRY SQUIRE 9 PASS. - \$1845.00
'61 FORD GAL. 2 DOOR - \$645.00
'61 MERC STA-WAGON - \$425.00
'60 CHEV V-8 H-TOP - Bargain Price
'58 FORD STA-WAGON 4 DOOR - \$225.00
'63 GAL 500 XL - \$595.00
'65 1 TON FORD FLAT BED - \$2199.00
'59 F-100 PICKUP 6 CYL. - \$300.00
USED HONDA 90 TRAIL - \$275.00

Steve Kormendi, Circuit Minister for Jehovah's Witnesses in the Peninsula area, has announced the selection of a location for the semi-annual assembly.

The Beauty of Spring

On March 21st, another new Babe was born. We call it Spring, and with it's birth, many new things of beauty.

Spring Is Wake-Up Time

Washington State Heart Association officials waking up those lazy muscles with a regular exercise routine. That good old-fashioned bicycling of physical tiredness will help you sleep better, too.

Clallam Bay Honor Camp Wins Award

Annual safety awards for honor camp programs directed by the Department of Natural Resources were announced at 1066 Clallam Bay and Washougal.

CLASSIFIED ADS GET RESULTS

"OUTDOORS UNLIMITED"
The North Cascades sprawl across nearly one-third of Washington. The lower forests and river valleys are managed under a multiple use concept.

SHOES FOR THE ENTIRE FAMILY

30 to 50% off
Ladies and Girls Go Go Boots
Children's Go Go Boots
50% off

SALE ENDS APRIL 10th

SACKETT'S DEPARTMENT STORE
FORKS, WASHINGTON

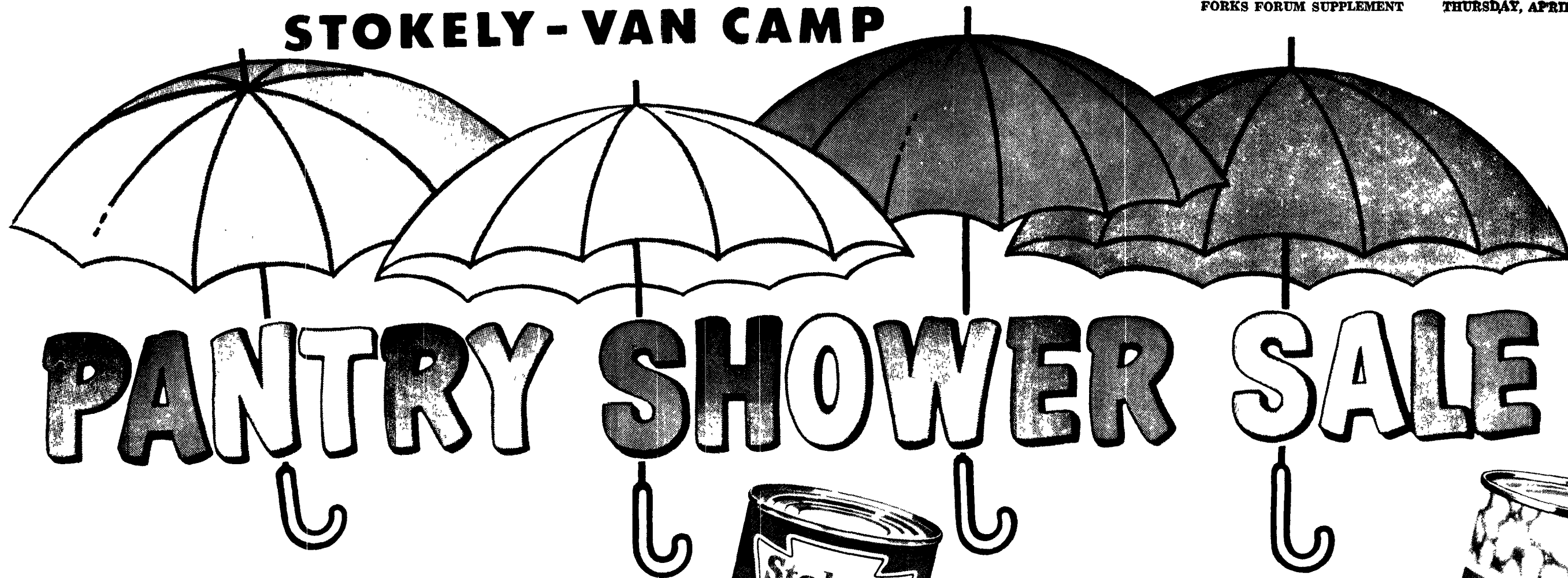
Ship via 'Black Ball'

For Direct Daily Service
PORT ANGELES AND SEATTLE
FAST CONNECTIONS ON PORTLAND AND CALIFORNIA FREIGHT
HEAVY HAULING - VOLUME RATE
FORKS AGENT - City Cash Market 374-6081

Ship via 'Black Ball'

Just about anything in the scripture
One can find justification for just about anything in the scripture





(PACKED BY CENTENNIAL) 25 LBS. - HOME BAKERS SIZE  
**KITCHEN QUEEN FLOUR** - - - - - **\$1.98**  
THE 38 OZ. SIZE - ONLY  
**CRISCO OIL** - - - - - **69¢**  
10 OZ. INSTANT MJB - \$1.85 - 3 LBS.  
**MJB COFFEE** - 2 lbs. \$1.29 - **\$1.98**  
CRISCO 3 LBS.  
**Shortening** - - - - - **79¢**  
IMPERIAL  
**Margarine** - **3/\$1.00**  
(REG. 49¢)  
**Bisquick** - - - - - **39¢**  
NALLEY'S - FULL QUART  
**Mayonnaise** - - - - - **49¢**



NO. 2 1/2 FREE STONE  
**4/\$1.00**  
CABLE CAR - Irregular Slices



NO. 800's  
**5/\$1.00**  
HONEY POD - EXTRA SWEET

SNODOX  
**Orange Juice**  
FRESH - FULL QT.  
**39¢**

Large Avocados - - - **3/25¢**  
 Red Delicious Apples - **15¢ lb.**  
HEADS  
 Jumbo Lettuce - - - - **2/25¢**  
 Fancy Asparagus - - - **19¢ lb.**



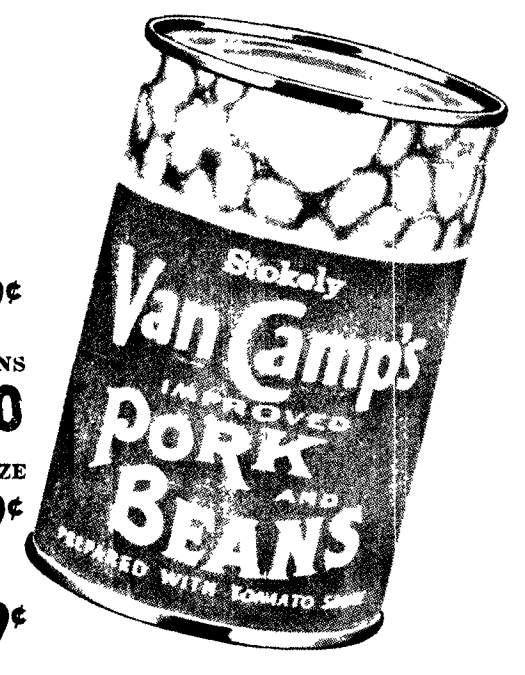
**5/\$1.00**  
308's FARM STYLE - SHELLIE BEANS



**5/\$1.00**  
308's - ALL THE FINEST FRUITS

White Ox  
**Gloves**  
OR SHINGLEWEAVERS  
**49¢**

PALM DALE - NO. 800 CANS  
 Cut Asparagus - - - - **39¢**  
NO. 800 TINS  
 Van Camp Tamales - **4/\$1.00**  
THE BIG 40 OZ. FAMILY SIZE  
 IXL Chili - - - - - **69¢**  
DENNISON'S - 24 OZ. TINS  
 Meat Balls & Gravy - - **59¢**



NO. 2 1/2's  
**S & W Clams**  
CHOPPED or MINCED  
**3/\$1.00**  
**4/89¢**

Carnation Tuna - - - **3/89¢**  
AMERICAN'S FAVORITE - 12 OZ.  
 Spam - - - - - **49¢**  
 Hormel Vienna Sausages **5/\$1.00**  
HORMEL  
 Deviled Spam - **5/\$1.00**

A.B.C. VANILLA SANDWICH  
**Cookies**  
(REG. 69¢)  
**59¢**

Angeles Sherbets  
PINTS  
**4/\$1.00**  
PACKED IN RE-USABLE PLASTIC FREEZER CARTONS  
 Orange - Pineapple - Lemon  
 Raspberry - (MIX or MATCH)



ANNUAL  
**SCHOLARSHIP DINNER**  
SERVING BAKED STEELHEAD, VENISON SWISS STEAK  
 ELK MEAT BALLS, FRIED CHICKEN - A TERRIFIC  
 SMORGASBORD OF HOME MADE GOODNESS!  
 APRIL 21st - CONGREGATIONAL CHURCH  
 6 THRU 8 O'CLOCK  
 ALL PROCEEDS GO TO THE GRADUATES OF  
 THE FORKS HIGH SCHOOL

**5/\$1.00**  
308's - CREAM or KERNEL

**MEATS**

FRESH SMOKED  
**PICNIC HAMS** **39¢ LB.**  
 Sliced Picnics - - - **45¢ lb.**  
U. S. GOOD AND CHOICE  
 Rib Steaks - - - - - **98¢ lb.**  
LARGE SIZE 80¢ LB.  
 Short Ribs - - - - - **39¢ lb.**  
U. S. CHOICE  
 Chuck Steaks - - - - **49¢ lb.**  
DOUBLE SMOKED  
 Summer Sausage **89¢ lb.**  
 Beef Roasts - - - - - **69¢ lb.**  
WASTE FREE  
 Bulk Sausage **39¢ lb.**  
 PRIME Rib Roast **79¢ lb.**  
 FRESH Cod or Snapper **45¢ lb.**

Liquid Prell - - - - (REG. \$1.00) **79¢**  
 Cream Rinse - - - - (REG. \$1.00) **79¢**

**PAY & SAVE FOODS**  
FORKS, WASHINGTON APRIL 6-7-8-9

**HOUSEHOLD**

BISSELL - FOR ALL HOUSEHOLD JOBS - (REG. \$1.69)  
**UPHOLSTERY KIT** **98¢**  
 Personal Ivory - **4/25¢**  
(REG. 89¢)  
 Bold - Giant - **69¢**  
46 OZ. (REG. \$1.75)  
 Bravo Wax - **\$1.35**  
GLADE ALL SCENTS (REG. 50¢)  
 Room Deodorant - **39¢**  
 GIANT Ivory Snow - - - **69¢**  
(REG. \$2.59)  
 Jumbo Dash - **\$1.98**  
PINK - BRILLIANT SHINE - FULL QUART  
 Liquid for Dishes - **49¢**  
CUTRYTE - 100' ROLLS (REG. 89¢)  
 Plastic Wrap - **25¢**