

Extension Units Select Officers For Coming Year

By BIRDINE TULLIS
County Extension Aide

New officers for Morrow County Extension Units were introduced at the recent Extension Achievement Day. Officers for the units are elected at this time, but do not take office until fall, as units normally do not meet over the summer months.

Officers for next year of the Heppner Day Unit will be Ginger Keithley, chairman; Maxine Gray, vice-chairman; and Anna Schwarzin, secretary-treasurer.

Leading the Pine City unit will be Barbara Witherrite, chairman; Helen Currin, vice-chairman; and Helen Black, secretary-treasurer.

Heppner Evening Unit officers will be Pat Cassidy, chairman; Claudia Hughes, vice-chairman; and Donna Bergstrom, secretary-treasurer.

Rhe Creek officers include Joyce Grasser, chairman; Marilyn Bergstrom, vice chairman; and Muriel Palmer, secretary-treasurer.

New officers for the Irrigon unit have not yet been elected.

4-H News

Horse club leaders are reminded of the Regional 4-H Horse leader training clinic to be held April 26 at the Round-up Grounds in Pendleton. A varied program is planned for the day. John Kosow, Extension Specialist 4-H Youth Development, and Dean Frischknecht, Extension Animal Science Specialist from Oregon State University, will be present.

The clinic will offer help to leaders on western horsemanship, English horsemanship, trail horse class, play day classes, judging horses, performance and showmanship, and 4-H policy and insurance.

Others who will be on hand to help with classes during the day are Ron Davis, Olex; Mrs. Charmaine Beck, Walla Walla; Mrs. Marilyn Lieuallen, Adams; and Mrs. Elaine Akes, Milton-Freewater.

All 4-H horse club leaders are urged to attend this informative clinic.

Program for the day starts at 9:55 a.m. and is planned to be completed by 4:30 p.m.

Mrs. Frank (Hazel) Hamlin returned last week from spending time visiting her son-in-law and daughter, Mr. and Mrs. Joe Wright at their home in Gresham. Mrs. Hamlin is recovering from a broken arm and other injuries she received last month while at work.

Council Advises Eating More Wheat

For better health, eat more wheat products. That's the suggestion from the Agri-Business Council, which notes that 570,000 Americans succumb from coronary diseases each year.

By reducing the amount of saturated fats in the diet and turning to bread and cereal foods as a primary source of needed calories, the chance of a heart attack is lessened.

Until recently, the American Heart Association advised housewives that most breads and cakes were taboo, implying that they were carriers of large amounts of saturated fat. Continued research has proved the fallacy of this theory, until today the American Heart Association concedes that bread may indeed be the "staff of life."

This complete reversal by the American Heart Association is good news to Oregon housewives, bread lovers, and diet-watchers alike. Besides being an excellent source of needed calories, wheat products are also bearers of protein, calcium, B-vitamins and iron.

It's also good news to Oregon's 7,500 wheat growers, who have been plagued with bad news and poor prices for the past several years.

Oregon's wheat crop is grown on 824,000 acres. This year's yield is expected to be 302 million bushels. Eighty-three percent of this \$45 million crop is grown east of the Cascades.

Studded Tires Due Off May 31

Studded tires must be removed by the end of May, the Oregon Traffic Safety Commission reminded motorists today.

Under Oregon law, studded tires are legal between October 1 and May 31.

The tires embedded with hard metal studs provide more traction on ice and snow during inclement weather conditions but only serve to "rough up" and increase pavement wear during the spring and summer.

According to the Commission, removal is urged as soon as possible not only for the sake of the road surface but also to save wear and tear on the tires themselves.

The Commission advised owners to mark each tire position on the car as they are removed so the tires can be placed on the same wheel next fall. Studs wear at a slight angle which causes them to lay over to one side. Changing the location of the tire on the car may cause the holes to become enlarged and permit the studs to fly out.



GOVERNOR TOM McCALL signs statement approving Youth Temperance Education Week as officers of Oregon Youth Temperance Council watch. From left are Jeannie Lucero, Salem, president; Margie Anderson, Medford, corresponding secretary; Governor McCall; and Robert Harger, Medford, treasurer.

Governor McCall Supports Youth Temperance Week

An expression of faith in the "innate decency and dignity of Oregon's young people" was part of the challenge given by Governor Tom McCall when officers of the Oregon Youth Temperance Council met in his office recently to receive the Governor's statement in support of Youth Temperance Education Week, April 20 to 26.

"Arm yourselves with enduring resolve," he told them, "to help remove from our homes and highways the scourge of alcohol-induced tragedy."

Youth Temperance Education Week is promoted annually by the Youth Temperance Council, the youth organization of the National Women's Christian Temperance Union. During this week there is a special emphasis on getting information concerning the dangers from the use of alcoholic beverages, tobacco and narcotics into the hands of young people through news media, schools and churches. In Oregon the YTC sponsors a poster and essay contest and packets of literature are distributed in schools.

One of the highlights of Youth Temperance Education Week this year will be the annual Intercollegiate Oratorical Contest on Alcohol and related problems. Oregon has won national and world acclaim for the outstanding speakers which the Oregon WCTU contest has produced.

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College Senior To Study in Iowa

By FRANCES ROSE WILSON

IRRIGON — Don Eppenbach has accepted a position as assistant teacher at Iowa State University at Ames next fall. He will continue his work for his master's degree. He is a senior in Eastern Oregon College at La Grande.

He and his wife, Donna, visited their parents, Mr. and Mrs. Earl Isom and Mr. and Mrs. Elbert Eppenbach, in Irrigon on Sunday.

Former Irrigon resident Robert Holden and Mrs. Holden announce the birth of a son, Robert Lloyd Holden II, on April 6, weighing 4 lb., 6 oz. Maternal grandparents are Mr. and Mrs. Robert Cox of Seattle, paternal grandparents are Mr. and Mrs. C. A. Miller of Irrigon.

Richard Warner of Seattle, Radiation Control Specialist for Washington, was a guest of Mr. and Mrs. Harvey Warner on Saturday. He also visited at the Battle Rand home. He is the nephew of Mrs. Rand and Harvey Warner.

Mr. and Mrs. Joe Coleman of Yakima, former Irrigon residents, visited at the E. A. Stephens home.

Family and friends of Mr. and Mrs. Gene Cunningham gathered at their home in Richland on Sunday. It was their daughter, Michelle's fourth birthday. Those traveling from this area were Mrs. Cunningham's parents, Mr. and Mrs. Elbert Eppenbach, Betty and John, Mr. and Mrs. Earl Isom, Mr. and Mrs. Wayne Eppenbach, Mr. and Mrs. Norman Eppenbach, Mr. and Mrs. Kenneth Matlack, Mr. and Mrs. Larry Marlow and family, Mr. and Mrs. John Cunningham, Mr. and Mrs. Don Eppenbach of La Grande.

Alton Gasser has been attending a training school at Savanna, Ill., for his work in ren-

ovation at Ordnance. Mrs. Gasser drove to Savanna to meet her husband and they returned home Monday.

The Assembly of God Youth choir presented the cantata, "No Greater Love," at the Nazarene church in Hermiston Monday night at the "Sing out." The choir is directed by Mrs. Al Partlow who is also the pianist. Mrs. Delores Pummel is soloist. A number of churches from Boardman, Irrigon and Hermiston take part in the Youth "sing out" once a month.

Alfred Holden of The Dalles, son of Mrs. C. A. Miller, had an accident that took all the fun out of his outing on Mt. Hood. He went over a bank with his snowmobile and fractured a kneecap. He is able to be up on crutches now, according to his parents, Mr. and Mrs. Miller.

Irrigon Club Starts Plans for Celebration

Members of the Irrigon Lions club were visiting businesses and heads of organizations in Heppner on Monday, encouraging interest in their annual Fourth of July celebration.

A full day of old-fashioned festivities is planned by the Irrigon club, climaxing with a fireworks display after dark. Streets will take on a carnival atmosphere with varieties of booths, concession stands, races for children, and other entertainment planned.

Service clubs or individuals are invited to participate by putting in booths, and receiving the benefits from them. Leon LeBlanc at Lee's Texaco in Irrigon is general chairman for the event, and should be contacted as soon as possible to participate.

Morrow County CROP-WEATHER SUMMARY

For week ending April 18, 1968
Light rain favorable affecting grain and hay crops. Winter wheat and winter barley emerged and in stalling or lesser stage; spring wheat 95% emerged and spring barley 80% emerged. Spring pastures excellent — prospects looking good for summer grazing.

Rev. and Mrs. Earl Soward drove to Grandview, Wn., last Sunday morning, where they had the pleasure of spending the day with Mr. and Mrs. Cy (Marie) Dickson, who are from the Soward's former home of Lyman, Neb., where Rev. Soward once served a parish. This was the first opportunity for the couple to get together and visit in 38 years. The couple attended morning church services with their friends and gathered at the Dickson home following the service for dinner with Mrs. Dickson's brother-in-law and sister, Mr. and Mrs. Moore, and her brother and sister-in-law, Mr. and Mrs. Eastwood.

Rev. and Mrs. Robert Wolfe drove to Stanfield last Monday evening, April 14, where they attended a sectional fellowship meeting at the Stanfield Assembly of God church. Others attending the meeting from Heppner included Loa Taylor, Lola Breeding, and Mrs. Joann Smith.

Varieties of wedding and reception invitations at Gazette-Times office.

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