



SHANNON KELLY

Soroptimist award to Shannon Kelly

Shannon Kelly has been awarded the annual Soroptimist Youth Citizenship Award for Morrow County high school seniors.

Sandra Palmer, daughter of Mr. and Mrs. Roger Palmer, was also named a winner, and received a \$10 prize from the local chapter.

Miss Kelly received a \$25 U. S. savings bond and is eligible for regional and federation competition, which offers a total of \$2,500 for the final winner. She is the daughter of Mr. and Mrs. Robert Kelly.

Both girls are seniors at Heppner High School.

The girls were selected on the basis of their activities at home, at school and in the community; and on a short essay submitted on Citizenship Responsibility in the Family, Community and the World.

Cassie Chapel, Ione, was last year's award winner.

Shannon Kelly's application which won her first place in the Soroptimist Citizenship contest contained these statements:

"If I should be the successful recipient of this award I would use the award to help further my education. I plan on attending a junior college for two years and continuing in an upper-division college, concentrating on botany and music. My goal, after completing my education, is to be a music instructor at the college level, or to work in or own a plant nursery."

In answer to the question, "What do you consider your citizenship responsibility in the family?" Shannon wrote: "I am a member of a very close-knit family. I help make decisions and carry them out as best I can. I have specific duties that I must perform, both physically and mentally, just as every other member has. I try to gain as much experience as I can from my family and its activities. Cooperation and understanding best sum up the attitude of myself and my family."

In stating her views of her citizenship responsibilities in her community, she wrote: "My community is very important to me. I feel that by taking an active part in it, I can learn to become a responsible citizen. This is

Nutrition course offered by mail

Of special interest to parents of preschool age children is an Oregon State University correspondence course called "You, Your Child and Food."

Extension Home Economist Molly Saul says this three-lesson course is designed to help parents learn to create a healthy eating environment for their children.

Because family eating patterns serve as models for the eating habits young children learn, parents will have an opportunity in this course to evaluate their own eating habits. They will also learn about the child's food needs. Suggestions will be given for creating an atmosphere in which the child can enjoy his experiences with food.

Information on snacks, vitamin pills, eating breakfast, overweight problems and health foods will also be included in the course. Although the course is designed for parents of preschoolers, Mrs. Saul says that the nutrition information is basic and would apply to anyone.

The lessons will be mailed from the Umatilla County Extension office each week for three weeks. The information

in the course was prepared by a nutritionist at Oregon State University. Mrs. Saul will personally review each assignment turned in. The course is non-credit and no grades are given. No educational background is required.

Monday, Jan. 20, is the deadline for enrolling in this course. The first lesson will be sent out Jan. 27. There will be a \$1 registration fee to cover the cost of materials used. Interested persons may register for the course by telephoning or visiting the Morrow County Extension Office, Heppner, 676-9642.

Gospel singers to perform at churches

Heppner and Lexington Christian churches will be hosting the Gospelites from San Jose, Ca., Jan. 11, 7:30 p.m., at the Heppner Christian Church.

The evangelistic group tours the United States to present the gospel message through concerts and revival meetings, camp meetings, television, radio, fairs, retreats and schools. They sing to live piano and guitar in the "soft Nashville" manner. Their sixth record album has just been released.

The Gospelites will also appear at the Lexington Church of Christ at 9:30 a.m., Jan. 12, and at the Heppner Christian Church at 11 a.m.

NEWLYWED SERVICEMAN VISITS FAMILY

Mr. and Mrs. Wayne Schwarzin (the former Edna Gray of Manila, P.I.) who were married in the Philippines last year, left Heppner on Jan. 2 to report at the Miramar Naval Air Station near San Diego on Jan. 8.

The young couple has been in Morrow County since Dec. 24 visiting with his parents, Mr. and Mrs. Pete Schwarzin, and other relatives.

NEW DAUGHTER FOR THE BOB PAULLUSES

A daughter, Christain Angela, was born to Mr. and Mrs. Robert Paullus about 10 a.m. Sunday morning at Pendleton Community Hospital. Grandparents are Mr. and Mrs. Leonard Weatherford, Long Creek; Norman Paullus, Heppner; and Mrs. Clara Dunagin, Bend.

'DECORATIVE CUTIES' TAKE FIELD TRIP

The Decorative Cuties Home Improvement Club of Heppner made a field trip to Hermiston, Jan. 4, visiting the Patchwork Pantry and Anita's Floral Shop.

The trip was to observe new crafts and materials to be used in future club projects.

Youth will tour Europe and Japan

David Richards, Irrigon, a sophomore at Blue Mountain Community College, has been accepted as a member of the 4-H Citizen Ambassador Program which will take him on a tour of Europe next summer, including Russia and Hungary.

David, son of Mr. and Mrs. Pete Richards, has completed 10 years of 4-H membership with emphasis on livestock production. In addition to 4-H, he was an outstanding FFA member at Riverside High School. David's future plans are in the field of pharmacy.

The Citizen Ambassador Program is available to 4-H members 16 through 20 years of age, with expenses paid by the member. While on tour the young people have short stays with host families, as well as meeting with youth in camps, club meetings and parties. The tour will leave from Washington, D. C., in mid-June, and continue through July.

Four Morrow County girls have applied to participate in

the Oregon 4-H Japan Labo Exchange which will take them for a summer of fun and new experiences living with host families in Japan this year.

Janette Piper and Julie Grieb, Lexington; Kathy Palmer and Alice Abrams, Heppner, are the four applicants for the trip. Any 4-H member ages 12 through 18 was eligible to apply. Orientation meetings, and other preparations for the trip will be included in plans.

At the same time the Oregon group is on tour in Japan, another group of young Japanese students will be visiting in host family homes in Oregon. The program operates on a five-year plan.

Oregon 4-H offers a wide variety of international programs for youth. Anyone interested in further information may call Birdine Tullis, Morrow Extension Office, 676-9642.

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59¢

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2 oz. **45¢**

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1 lb. **55¢**

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8 oz. **49¢**

Standby whole kernel Corn

303 tin **3/89**

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8/\$1

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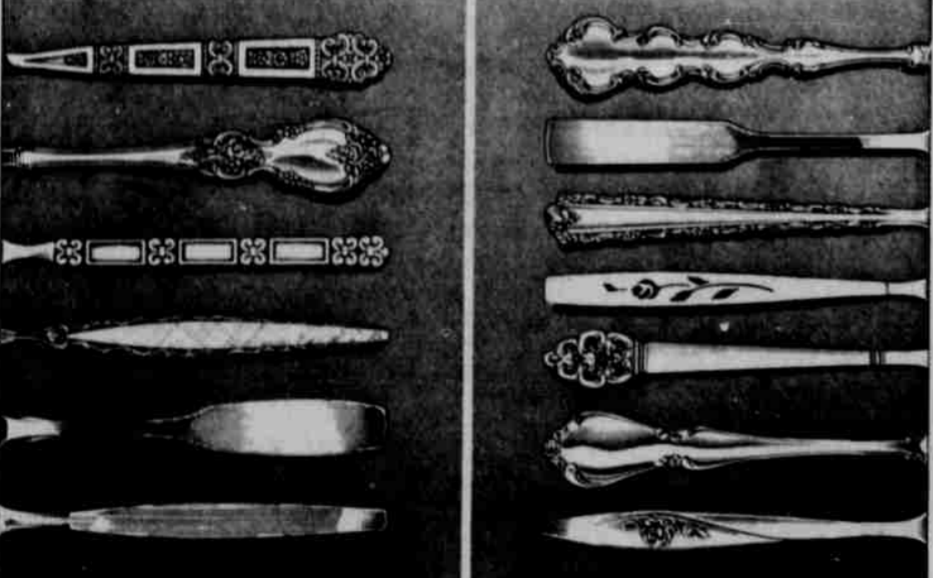
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Soroptimists pick committees

At its Jan. 2 luncheon and business meeting the Soroptimist International Club of Heppner named several committees for future projects.

The club is committed to helping solicit in the community for Cancer Society Research in the early spring. Lenna Smith and Mary Bryant are in charge of this effort.

Looking ahead to the 1975 bicentennial-themed parade, a float committee is ready to brainstorm for ideas and materials for another prize-winning float. This year's float committee includes Barbara Paullus, chairman, and Mary Van Blockland, Nadine O'Brien, Marge Eckman and Mary Eleanor Gilman.

Club President Marlene Peterson announced that the speakers for the Jan. 9 program meeting will be Betty McDonald of the welfare office and Mary Roberts of the children's services.