

## Health-age, blood pressure clinic offered at no charge

A free blood pressure check and computerized "Health Age" appraisal will be available March 20 in the Adventists' Community Services Mobile Unit located in front of Murray's Drug Store.

"Aging can be hastened or delayed by as much as eleven years depending upon your health habits and lifestyle," say Dr. Don Hall, director of Health Education for the Adventist Church. "Recent studies have shown that a simple health habits such as not smoking, eating a good

breakfast, getting regular exercise, etc., can significantly influence one's longevity."

The computerized Health Age Appraisal Program is based on a study by Drs. Belloc and Breslow on Health Practices and Longevity. A simple questionnaire along with a blood pressure check and height and weight data are fed into a computer for analysis. Participants receive a copy of their "Physiological age" (how old you really are) and an "Achievable age", which is based upon compli-

ance with the computer's health recommendations.

While the computer can't guarantee anyone a longer life, the suggestions made may help in achievement of a healthier, happier life. This program is conducted as a community service of the Seventh-day Adventist church.

## Leichieter in Force in Germany

Pvt. Jeffery A. Leichieter, son of Mr. and Mrs. Larry D. Leichter, Boardman, Ore., recently participated in the first return of Forces to Germany (REFORGER) exercise to be held in winter.

REFORGER 79, a strategic mobility exercise, demonstrates the U.S. capability to move by air and sea to reinforce NATO rapidly in a crisis situation.

The REFORGER units join U.S. units stationed in Germany and allied elements for the exercise in an area between Northern Baden-Wuerttemberg and Eastern Bavaria.

Army National Guard and Army Reserve units also are included in REFORGER, one of NATO's largest annual exercises.

## Heppner BMCC evening classes are open yet

Pre-registration is well underway for Blue Mountain Community College evening division classes in Morrow County.

Three classes in southern Morrow County—Field Bird Identification, Tole Painting and Tennis—are filling rapidly, according to BMCC evening division coordinator Nancy Brownfield.

Registration forms are available in the BMCC flyers, mailed early last week. Persons interested in taking any of the spring term classes being offered are urged to contact Mrs. Brownfield at 676-5039.

Other classes being offered locally include golf, batik, film series, American government, jogging, auto mechanics for women, expectant parents, drawing-painting, and italic calligraphy. Although not all of these classes are limited to enrollment, pre-registration is helpful for instructors.

A count of those interested in batik is especially helpful, as materials need to be purchased so that everyone taking the course will be able to complete a batik project.

Information concerning any of the courses being offered may be obtained by contacting Mrs. Brownfield.

## BMCC budgets to voters on April 3

Blue Mountain Community College's 1979-80 operating budget was approved by the BMCC Board of Directors following a public hearing, March 6.

The budget will go to the voters on April 3 for approval of a tax levy totaling \$2,150,945. The entire college budget was approved by the board in the amount of \$3,941,350.

In regular meeting session, the board voted not to renew teaching contracts for two college instructors. The two are: Lon Kongsle, mechanical technology instructor, and Grey Elliot, English instructor.

Kongsle requested and was granted informal hearing time in the meeting to explore

reasons for his termination. Extensive information was presented to the board concerning Kongsle's performance as a teacher and as a member of his department. After the hearing, the board considered the matter in executive session. After reconvening in open session the

board voted unanimously to not offer Kongsle a contract for the 1979-80 school year.

Retrenchment in the English Department was given as the reason for the board's decision to terminate Elliot's contract.

## Tom Day hits 19 points to keep VanMarter on top

Tom Day racked up 19 points to spark Van Marter to a 68-34 victory over Johnston during Town Team Basketball League action on Sunday.

The win allowed Van Marter to maintain its status as the only unbeaten team in the city league. Frank Pearson chipped in 12 points to become Van Marters number-two scorer in the contest. Johnston's Dave Mitchell was high point man in the losing effort, with 12.

Second-place Eckman had its hands full in limiting the team's season record to just one loss. On Sunday, they squeaked past Lane by a scant margin of 41-40. Dave McLaughlin was high point man for Eckman with 17, while Lane's Pat Campbell connected for 11 points.

Kevin Rountree pumped in 24 points to lead Forest Service to a 56-40 win over Smith. Lee Padberg chipped in 17 points

for the Forest Service, and Don Papineau was Smith's high point winner with 12.

Gary Watkins and Mark Huddleston each made 12 points to help bring Watkins to a 60-37 trouncing of Greenup. Greenup's high point man was Clint Barber with 11.

Next Sunday, March 18, Forest Service will meet Eckman. Watkins will face Lane. Greenup takes on Van Marter and Smith will battle Johnston.

## Morrow riders fare at WW college rodeo

Several Morrow County riders fared well during last weekend's Walla Walla Community College Rodeo, attended by representatives from 11 college and junior college teams.

Jerry Gentry, president of the Oregon State University rodeo club, placed second in the steer wrestling finals. Janice Healy of Blue Mountain Community College took first place in the barrel race, followed by BMCC teammate Dawn Peterson in second.

Cindy Dougherty of Walla Walla Community College placed fourth in the first go-around of barrel racing, seventh in the first go-around of breakaway roping, and

finished second in the roping finals. Cindy tied for second for all-around cowgirl honors.

Tim Daly of BMCC qualified for the finals in calf roping.

Walla Walla Community College's boys' team took first place in the rodeo, the second of the collegiate season.

## Chamber asks clubs for new information

Morrow County service clubs and organizations are being asked to send information about their group to the Heppner-Morrow County Chamber of Commerce for inclusion in a new brochure to be printed this summer.

Information needed includes: name of group; mail-

ing address; publicity chairman or secretary and phone number; meeting dates and time.

The information is needed as soon as possible and should be addressed to: Club List, Box 1232, Heppner, Oregon 97836.

## Hospital Board to meet

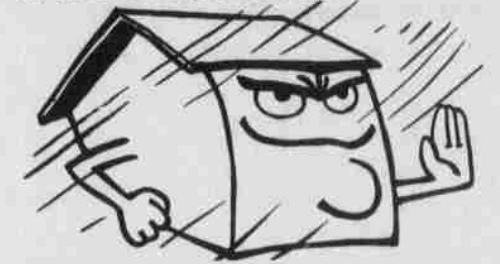
The Pioneer Memorial Hospital Board will meet in regular session Tuesday, March 20 at 7:30 p.m. at the hospital.

At their meeting the board decided to request program information from various hospital management groups and it is hoped that some responses will have been received for review by the board.

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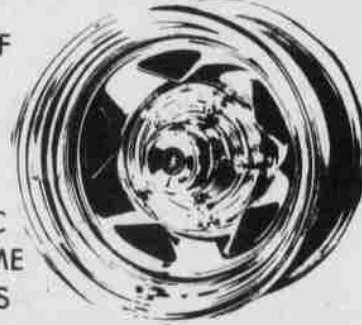


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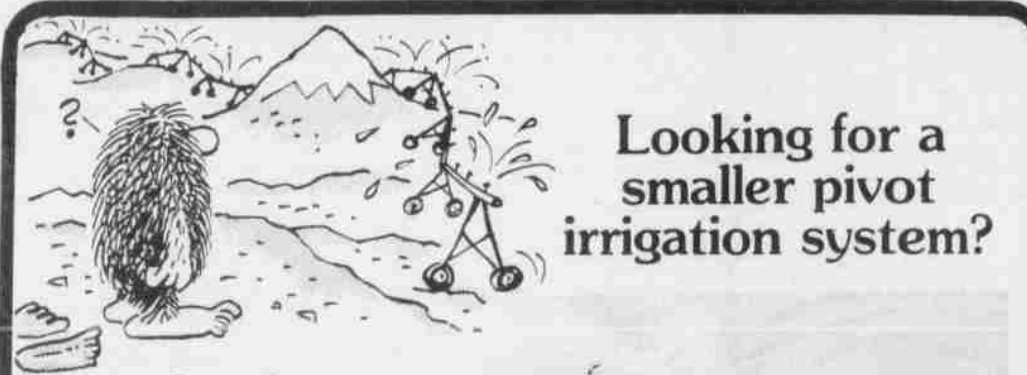
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