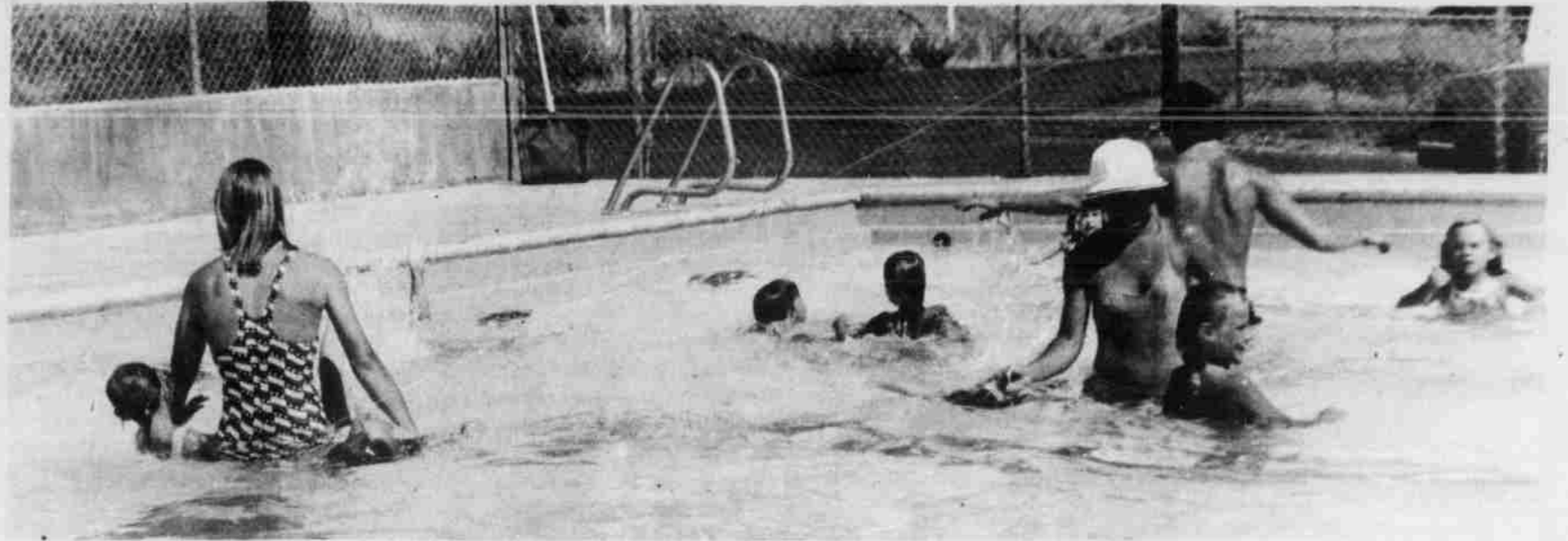




Just floating around

Youngsters enrolled in the first session of Red Cross swimming lessons at the Heppner Pool learned the basics of floating on their back from the lifeguard staff. To pass the course, students had to pass a number of requirements such as holding their breath for 10 seconds in the water. The first session ended Friday and a new class began Tuesday. Swimming Instructor Diane Holland says the most difficult skill for the beginners seems to be learning to float on their backs.



With a little coaching beginning swimmers take to water

Steamboating across the water, treading water, diving board drill...sounds like a swimming course for adults.

But actually, that's what youngsters learned in the first session of Red Cross swimming lessons taught at the Heppner City Pool, which ended Friday. Head instructor, Diane Holland, announced Friday the names of the youngsters who passed the final swimming test of holding their breath underwater for ten seconds, floating on the back and stomach, gliding and kicking 20 feet and jumping in deep and shallow water. Passing the test were advanced beginners, Jason Palmer, Jaci Sumner, Wendy Mitchell, Ted Schwarz, Brian Padberg and Sherry Piper; beginners, Sarha Kennedy, Clark Wallis, Michelle Wallis, Chris Stroda and Swimmers, Lana Reid, Tareena Nash and Jody Padberg.

Working with youngsters five to seven years old, Ms. Holland and her two assistants, began Thursday's program with a warm up steamboating trip across the pool. As the hour wore on, the youngsters were advanced to the deeper ends of the pool until reaching the diving board drill where each had a chance to walk to the end of the board and jump or dive into the cool waters. Some of the more reluctant divers were helped into the water by Instructor Scott McEwen and handed into the arms of Ms. Holland.

In another exercise, each instructor guided the youngsters in a back swim across the pool holding their arms underneath the water to keep them afloat.

"It's difficult to teach them how to float on their backs," Holland said.

In a matter of minutes, the youngsters were swimming on their backs across the pool without instructor assistance.

With two instructors treading water in deeper water near the pool's edge, each youngster had the opportunity of jumping in and treading for a few minutes and then climbing out.

Instruction followed in the crawl stroke and in playing a game of underwater swimming through the legs of a row of swimmers. While in the corner of the pool, youngsters formed a circle to play "Ring around the Roses," water style.

When they first began their lessons, says Holland, it was enough for the instructors to get the youngsters to paddle across the pool.

"They get braver as they go. They have to get rid of their fear of the water."

Last week's hot spell seems to spur on the young swimmers, says Holland, but cold, windy weather makes them less willing to plunge into their swim lessons.

She also noted that the girls are a little braver than the boys at that age.

Swimming boards are not used because of Holland's philosophy that the young swimmers need training in floating without artificial objects and doesn't allow nose plugs.

"We want them to know how to clear the water out of their noses if out in a lake or stream."

The youngsters in the first part of Thursday's program seemed to be enjoying themselves and when they were told the class was over, one girl sighed "Ah" with disappointment.

The classes drew a number of mothers watching their

children take the lessons and Ms. Holland says they provide assistance in knowing "how hard to push the child in the program."

This summer's swimming program has also drawn adults to the evening instructional program. Seven or eight

people, including some couples in their thirties and forties are learning how to improve their swimming styles.

The second session of Red Cross swimming lessons starts July 24 and ends August 4.

Curator with museum

Cont. from page 3

The Morrow County Historical Society headed by Delpha Jones, Lexington, has been a great help to her historical work, says Rachel, who maintains records of each item loaned and donated to the exhibits.

Whatever you are interested in, the museum seems to have a ready supply of historical items, from antique phonographs with their cone-shaped

speakers to a collection of typewriters.

Schoolchildren who enjoy their visits to the museum write thank you letters to the museum director for what they have seen and like many

other items, they are stored in a special place until they come back five or six years later to witness their own historical record.

Governors pick avoids controversy

Cont. from page 2

controversy concerning appointment of an acting director. It was not surprising then, for Gov. Atiyeh to pick a young, forceful individual—intimately familiar with the agency—to guide it in the future.

A native of Utah, Frank came to Oregon with his parents in 1962 and attended Portland schools. After graduating from Cleveland High, the government administrator-to-be had an eye on a career in law.

Academic scholarships—bolstered by employment as a baseball umpire and house-painter—enable Frank to achieve a bachelor's degree at the University of Oregon in political science.

He heard about the Executive Department's administrative training program while on the waiting list for admittance to the University's College of Law, applied, became a trainee and started climbing rungs that led to his April DOE appointment.

Although present duties leave little

time to ponder his early career aspirations, Frank finds himself in a position where reasoning and logic prevail. Quick to admit these traits were honed during training and experience as a budget analyst, the new director hopes to apply the same attributes in the course of fulfilling the Department's expanding role.

And expand it has. DOE budget for the next two years has nearly quadrupled to more than \$12 million. Staff has expanded to 57 people and the tasks before them will affect the very way of life for Oregonians in the future.

After helping shepherd Gov. Atiyeh's energy program through the Legislature, Frank is anxious to involve all segments of society in achieving solutions to the energy dilemma. Conservation will continue to be a big part of the program and become more sophisticated.

Forecasting energy needs will continue as a prime policy requirement. But

Frank hopes it can also include reports on the manner those needs can be met.

Development of alternate energy sources will be the Department's major emphasis in the near future. Task forces will probe gasohol, solar, wind, water and geothermal energy sources along with those to be derived from forest and agricultural residues.

Hearings will be conducted throughout the state and Lynn Frank earnestly solicits public participation. He's anxious to conclude the talking stage in which the energy situation appears to have been stalled and wants to start doing things about it. He hopes to unite the various factions that so far have been talking mostly about each other. Together, he believes, all interests can—by reasoning logic—recognize what is practical and that which is not.

And once this level of understanding is achieved, he sees effective and harmonious solutions.

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