

Senior Citizen News

By Justine Weatherford

The new senior bus was put to good use last Saturday when quite a group of nursing home residents were bussed down to Main Street to enjoy the parade.

More outings will be planned for older citizens and shut-ins in the area soon.

Homemaker Helper Chairman Sue Jepsen urges all seniors and others who may be interested to come to the Medical Insurance Workshop she has arranged for Wednesday, September 5, at 1:30 at the Ione United Church of Christ.

Menus for senior dinners for the first week in September include, on Sept. 4, at Heppner: beef stroganoff over rice, almond-mandarin vegetables, raisin and carrot salad, corn-

bread and apricot pudding with topping. On Wednesday, Sept. 5 at Ione and Heppner mealsites: pot roast with vegetables and gravy, cottage cheese molded salad, bran muffins and rice custard with topping.

Two win blue ribbons

Jyl and Becky Hobbs of Irrigon have won blue ribbons in 4-H presentations at the Oregon State Fair in Salem.

Becky won a blue ribbon for her canned vegetable entry and Jyl, for a hiking meal.

Son of Boardman man assigned to Fort Ord

—Pfc. Larry A. Sutherland, son of Mrs. Violet Walters, 1013 Ann Arbor Street, Flint, Mich., recently was assigned as a combat engineer with the

7th Infantry Division at Fort Ord, Calif.

Sutherland's father, Perry A. Sutherland, lives in Boardman, Ore.

Heppner sailor visits Hong Kong

Navy Aviation Structural Mechanic 2nd Class Rory K. Stillman, son of George F. and Virginia Stillman of 210 W. Speery, Heppner, Ore., recently visited Hong Kong.

He is a member of Attack Squadron 94, based at the Naval Air Station, Lemoore, Calif. His squadron is currently embarked aboard the aircraft carrier USS Kitty Hawk operating as a unit of the U.S. 7th Fleet.

During the remainder of the cruise, the Kitty Hawk will be combining regular training operations with an extensive search of the Gulf of Thailand and the South China Sea,

looking for Southeast Asian refugees in distress. Additional port visits are scheduled in Japan, South Korea, and the Philippines.

The Kitty Hawk is 1,062 feet long and displaces more than 80,000 tons. She carries a crew of 2,800 officers and enlisted men, plus 2,150 personnel assigned to an attack aircraft wing. She is capable of carrying 85 jet aircraft and can travel at speeds in excess of 30 knots.

A 1972 graduate of Heppner High School, Stillman joined the Navy in May 1972.

Saddle winners

Saddle winners in the 1979 Morrow County Rodeo were Jana Steagall of Lexington, all-around winner (middle) and surrounded by the Morrow County Fair and Rodeo Court, Princesses Lori Edwards, Jennifer Wenholz and Queen Debora Palmer and the County Calf Roping Champion, Blair Philippi of Boardman. The all-around saddle was donated by the Morrow County Grain Growers and the calf roping saddle by the Kinzua Corporation. Jana tied with points with another cowboy and her win was decided on the amount of money collected.

Navy man completes leadership course

—Spec. 5 Richard L. Wadholt, son-in-law of Mrs. Carol Sweeney, Oregon Street, Irrigon, Ore., recently completed the Primary Leadership Course at Fort Benning, Ga.

The course develops leadership, supervisory and managerial skills appropriate to shop or office environments for soldiers in grades E-4 and E-5 who have been selected by

their commanders as having potential to become, or advance as, noncommissioned officers.

It is designed to train combat support, combat service support and combat arms

personnel not eligible to attend the Primary Noncommissioned Officer Course-Combat Arms.

PGE ENERGY UPDATE

Passive Solar Folder Offered

Hot off the press is PGE's new passive solar folder which is full of information on how to catch the sun and make it work for you in your home. Passive solar systems in buildings and residences go beyond conventional energy-conserving features such as insulating, double glazing and weatherstripping. These sunshine systems use the building, the site and landscape design to collect, store and transfer solar heat to produce energy savings well beyond those found in conventional energy conserving homes. The folders are available at all PGE offices free of charge.



Trojan Providing 50% Of PGE Customer Needs During Low-Water Period

The Trojan nuclear generating plant has been operating very well and during July had a total net output of more than 668 million kilowatt hours while operating at a capacity factor of 83.2 percent. In August the plant has continued to operate at near or full power, supplying up to 50 percent of the needs of the company's 470,000 customers during the low water period.

Pressure Cookers Are Back

You are realizing substantial energy and time savings over conventional saucepan cooking when the little round gauge on top of the pressure cooker does its little dance and starts hissing small streams of steam. Pressure cookers have been around a long time, but now they're making a come-back as time and energy savers. Not only do they cut cooking time as much as one-third to one-half, but they tenderize the less expensive cuts of meat—all this with 26% to 42% less energy.



U.S. Senate Passes Northwest Power Bill

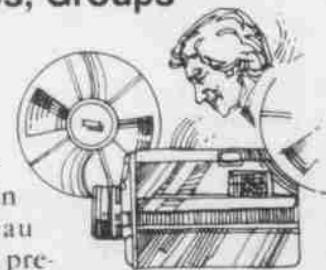
A power bill that places emphasis on conservation, provides rate relief for residential and small farm customers of investor-owned electric utilities, such as PGE, and creates a governors' council to guide the future of energy in the Northwest was passed by the U.S. Senate in early August. It's an important first step toward lower power costs for residential and rural customers. The bill will go to the House in the next few weeks for consideration. Of the bill, Senator Mark Hatfield told the Senate: "Without any doubt, I predict (the legislation) will be viewed in the future as the most important bill ever to have affected the Pacific Northwest." PGE agrees. Write your U.S. Congressman and urge his support.

What You Don't Know Can Hurt You

With more and more utility lines being placed underground — especially in new residential developments — it's a good and safe idea to know what you're getting into before you start digging drainage ditches or fence holes, for example. Electric cables could be buried without warning signs and digging into them could mean unnecessary and expensive service interruptions or worse — it could hurt you. We surely don't want that to happen. If you have underground service in your area, call your nearest PGE office before digging — it's better to be safe than sorry.

PGE's Speakers Available to Clubs, Groups

Looking for a program for your service or social club? PGE has a number of knowledgeable speakers in its Speakers' Bureau who are available to present a wide assortment of subjects, ranging from energy conservation to zucchini freezing, for luncheon, dinner or evening meetings. To arrange for a speaker, a film or slide presentation, program chairpersons are invited to call 226-8501 or write PGE Speakers' Bureau, 121 S.W. Salmon St., Portland, OR 97204 for a folder describing the programs that are available.



Thought for the Day

"Life is a progression from the helplessness of infancy to the independence of youth to the interdependence of adulthood." Frank Tyler

PGE Portland General Electric

Births recorded in area hospitals

Mr. and Mrs. Dan Sweeney, Heppner, are the parents of a son, David Joseph, 7 lbs., born Thursday, Aug. 23, at Pendleton Community Hospital. He joins a sister, Shannon, at home.

Grandparents are Mr. and Mrs. Gilbert Simpson, Pendleton, and Mr. Jerry Sweeney, Heppner.

Great-grandmother is Mrs. Venie Anderson of Brookings.

Mr. and Mrs. Vern Seal, Odell, Ore., are the parents of a son, Jarren Levi, 6 lbs. 5 oz., born Tuesday, Aug. 21. Mrs. Seal is the former Tamie Brannon.

Grandparents are Mr. and Mrs. Robert Laughlin, Heppner; Mr. and Mrs. William Brannon, Heppner; Mr. and Mrs. Dean Kinne, Odell; and Mr. and Mrs. GERAL Seal, Pendleton.

Great grandparents are Mr. and Mrs. Carl Spaulding, Mrs. Ilene Laughlin and Mr. and Mrs. Herman Bletell, all of Heppner; and Mr. and Mrs. Harold Boyer of Baker.

Ex-assessor

travels to Heppner area

Tom Wells, Morrow County Assessor from 1938 to 1943 when he left to go into the service, was a visitor to Heppner Friday afternoon. Wells has retired as a millwright for Ft. Vancouver Plywood in Vancouver, Wash. He left Heppner in 1960.

Final summer rites set at Hope Lutheran

Final summer Thursday night services will be held Thursday, Aug. 30, at 8 p.m. at Hope Lutheran Church.

Heppner Elks

set pinochle

Pinochle starts September 12 at the Heppner Elks Club. Those interested, should contact Irene Samples, 676-5800 or 676-5777.

★ LABOR DAY WEEKEND ★

FOOD SPECIALS

FRIDAY AND SATURDAY AT THE COURT ST. MARKET



Carrots
1-Lb. Bags
45¢



Corn
8 ear
89¢

Noctarines 49¢ lb.

Peaches 49¢ lb.

Colery 35¢ each

Lettuce 2/79¢



Whole Fryers 69¢ lb.



Picnic Ham 89¢ lb.

30th ANNUAL BOYS'EN 2 FOR 1 PAINT SALE

BUY 1 GET 1 FREE



EXTERIOR
VI-KO LATEX HOUSE PAINT
\$16.99 gal. 37.1 fl. oz. FREE

- Durable Flat Finish
- Long Lasting Colors
- Quick Drying
- Soap and Water Cleanup



INTERIOR
DREEM FLAT LATEX WALL PAINT
\$14.99 gal. 37.1 fl. oz. FREE

- High Hiding
- Easy to Apply
- Washable Finish
- Soap and Water Cleanup

Lexington Lumber Yard **Lexington 989-8586**

New Arrivals

BY **LADY QUEEN**

Cotton Blouses
sizes 38-46

Stretch Denim Jeans
sizes 30-40
For full figures

HOUSE-FASHION
Heppner 676-9426