

Heart Fund donations asked

Mary Gilman of Heppner, Morrow County Heart Fund Chairman, is circulating a letter and information asking for donations to the Oregon Heart Association.

In the letter, she says that last year more than 10,000 Oregonians died of heart disease or stroke before they reached the retirement age. The Oregon Heart Association is fighting for your life, Gilman's letter says, in an effort to reduce early death and disability caused by heart disease and stroke by using research, professional and public education, and community service programs.

The Oregon Heart Association spends 34 percent of its money on research, 17 percent on education, 15 percent on community programs, 7 percent on administration, 5 percent on fund raising and 2 percent on organization and development.

Last year, \$777,225 was donated to the Oregon Heart Association with \$313,392 going to research, \$138,339 going to public education, \$96,441 to professional education, \$86,173 to community service, \$80,665 to fund raising and \$62,215 to administration.

Research includes grants-in-aid and cardiovascular research. Public education includes news releases and radio and TV public service announcements. Professional education includes scientific sessions and hospital, nursing home in-service classes. Community service activities include nutrition, blood pres-

sure, stroke and CPR community sessions.

A pamphlet of facts about the Oregon Heart Association says that heart and blood vessel disease is the number one killer but the rate has started to go down since 1974. Heart and blood vessel diseases kill 54 percent while all other disease kill at 46 percent.

By intensifying cardiovascular research and transmitting the results to the medical profession and to the general public, the heart foundation says the rate will continue to drop.

The heart association says that heart disease can be lessened by adopting a lifestyle that includes regular physical activity, a diet low in cholesterol and saturated fat which controls weight, control of high blood pressure and diabetes, the elimination of smoking and excessive stress, and periodic physical examinations.

The association also wants to teach the general public to learn to recognize the early warning signs of heart attack and stroke and prepare survival plan.

Heart foundation money has aided research that has developed the heart-lung machine, artificial heart valves, arteries, pacemakers and discovered effective controls of high blood pressure and set emergency procedures for cardiopulmonary resuscitation.



Ruby Roberts rejoices after being chosen "Queen for a Day."

'Queen for a Day' crowned

Much to her surprise, Ruby Roberts was crowned "Queen for a Day" at the Lone United Church of Christ March 2 during the 200th anniversary celebration of the Sunday school movement.

The event started at 9:45 a.m. and included the Sunday school program and morning worship and a party afterwards when ice cream and cake were served.

The Rev. Cathy Barker, pastor, said Ruby Roberts was honored for her many years of dedicated work with the Sunday schools in Lone. She began teaching preschoolers when she was 15-years-old and continued for many years with the same age group.

"She just never advanced!" quipped Lucile Rietmann, who has taught with her.

Don Bristow led the tribute to Mrs. Roberts beginning with a song by the group for which he had written special words. She was outfitted with a cape, a crown and a corsage, and was seated in a big chair beside a child's table and

chairs that were reminiscent of her Sunday school classroom.

Several people spoke of their fond memories of Mrs. Roberts. Some who had taught with her, some who had children in her classes and others who were her students remembered their associations "with joy."

The honored queen then led the crowd in several Sunday school songs—much to everyone's delight. She was presented with a scrapbook of cards, pictures drawn by the children, and photographs of the day Carmen French had assembled the scrapbook and Judy Jepsen presented it.

The teachers who had taught with Mrs. Roberts and the present staff of teachers were given corsages and were thanked with applause.

The day's celebration continued with more songs, games and refreshments. The cake, baked by Marian McEligott, was a sealed-down replica of the Education Building with children around it.

Lone news

Eva Hamlett • 422-7557

Mr. and Mrs. Berl Akers attended the 50th Anniversary of the Crook County Grange at Prineville last weekend.

The 304th Air Rescue Squadron at the Portland Air Base was chosen as the best in the nation and was selected as the unit to serve at the Olympics at Lake Placid, New York. The unit was divided into two groups, each group serving half the time. Among the first group leaving Jan. 27 and returning to Portland Feb. 12 was a former Lone resident, Sam Barnett.

I had held this item hoping to get more information on their duties in New York.

At the Lone City council meeting March 4 it was agreed to again bring attention to the dangerous traffic situation that exists on highway 74 within the city limits. Everyone who lives or has business in Lone is urged to write letters to the persons listed below and any other public officials who might help. Four suggestions were agreed upon: (1) reduction of the speed limit to 45 mph within the city limits, (2) posting signs indicating dangerous intersections (3) widening the highway to three lanes to provide a left hand turn into business along the highway, (4) installing a yellow flashing light at the junction of Ella Road and highway 74.

The traffic includes small cars, semi-trucks, school buses and logging trucks. I urge you to write today to W.E. Schwartz, Region Engineer, P.O. Box 850, La Grande, OR 97850; and Roger

Lang, Region Fed. Aid Spec. Region 5, P.O. Box 850 La Grande, OR 97850.

Mr. and Mrs. Robert Drake have moved from Gresham to The Dalles, where Bob is working for General Auto Supply Co.

A birthday party took place March 5 at the home of Helen Pettyjohn, honoring Dianna Hams and Bonnie Ball. Other guests were Sharlene Arends, Debbie Morgan, Gladys Drake, Teresa Hendricks, Eva Hamlett, and hostesses Mildred Morgan and Helen Pettyjohn.

A wedding shower and reception for Davina and John Lindstrom took place March 7 at the Lone Legion Hall. Helping Davina with the gifts was Terry Taylor. The tea table was centered with a large decorated sheet cake flanked by white paper mache wedding bells, cake, coffee and punch were served by the hostesses Terry Taylor and Billie Akers.

Bunchgrass Rekekah Lodge met at the home of Edith Matthews March 6. Plans were made for the visitation of the Rebekah Assembly President March 13. A no-host luncheon at Beechers preceded the meeting.

Lone was a deserted city over the weekend as a majority of citizens traveled to Baker to attend the Class B State Basketball Tournament in which the Lone High School basketball team participated. Dates to Remember: March 13—United Church of Christ clothing drive, March 19—Senior Citizens potluck dinner at UCC Social Room.

Social Security rep coming

A Social Security representative will be at the Heppner Neighborhood Center to help citizens between 10 a.m. and noon tomorrow.

Next week there will not be blood pressure clinics in Heppner Tuesday or in Lone Wednesday.

Pat Brindle says there is still some money available for persons who fit the guidelines for help with energy costs. The maximum allowance to any qualifying applicant who files for help and is approved is \$318. Already 94 applications have been filed in south Morrow County.

Brindle also reminds everyone that the center is eager to receive refund coupons and the box tops and labels needed to obtain the refunds. These coupons are not the cents off coupons—but although the Heppner stores are not able to do much about the refunding, the center will see that the

coupons and the necessary box tops and labels will be taken or mailed where they will bring back the refund money. The center has a listing of items needed for refunding posted on a bulletin board which she encourages folks to study.

Senior dinners coming next week in Morrow County include: at Irrigation March 17—tomato juice, turkey supreme with vegetables, sweet potatoes, buttered beets, cottage cheese and pear salad, hot birthday cake and ice cream.

At Heppner, March 18—tomato juice, Irish stew, molded cabbage and pineapple salad, cheese packet corn bread and jelly, frozen dessert squares. At Heppner and Lone March 19—Swiss steak, mashed potatoes, buttered beets, tossed salad, biscuits and jelly, peaches and cookies.

Pioneer Hospital Notes

Patients at Pioneer Memorial Hospital in Heppner who have been admitted and were still in the hospital Monday are Marilyn Vance and Ellis Saling, both of Heppner, and Homer Mankin of Lone.

Also admitted for the week ending March 10 but who have been discharged are Edna Bailey, Marilyn Post, Charlotte Doherty and Earl Bonner, all of Heppner; and Pauline Robbins of Lexington.



Lois's Beauty Shop

We are happy to announce the return of

Barbara-McCarl Coiner on March 18

Barbara will be with us Tuesday, Thursday and Saturday. Men's hairstyling is one of her specialties. Call 676-9603 for the operator of your choice.

Charleen • Barbara • Lois

AAUW hosts guest speaker

Lone and Heppner members of the Heppner Branch of the AAUW met March 8 at Beecher's Cafe in Lone for a salad luncheon. Hostesses for the meeting were Lone members.

Guest of honor and speaker for the meeting was Marilyn Outslay of Aloha, Oregon Division Membership Chairman for AAUW. She spoke on the value of small branch membership and stated that nearly one-half of AAUW branches in the state are from small cities. She was able to

point to many and varied accomplishments by small branches in the state.

Debra Sartain entertained the group with songs and music using an interesting variety of stringed instruments.

Included in the business meeting were reports from the Artifactory, presentation of a slate of nominees for next year's officers and plans for a trip to Camp Hancock, May 31 and June 1. President Liz Curtis presided at the meeting.

Peace officers meet

The Morrow County Peace Officers Association met for the first time this year Feb. 12.

New business included election of officers. A motion was made and carried to keep the same officers as last year—

chairman Doug Rathbun, vice-chairman Dennie Wilson, and secretary-treasurer Debbie Hyatt.

There was discussion re-

garding the firing range, detoxification facilities, and jail costs.

A presentation given by the Juvenile Department and the Children's Services Division concentrated on procedures for officers and policies regarding runaways and the placement of children in foster homes. They emphasized the need for foster homes in Morrow County.

Local couple to marry

Mr. and Mrs. Tony Seitz and Mr. and Mrs. Ed Wilson invite all friends and relatives to the wedding of Shawna Seitz and Tracy Wilson on Saturday March 22 at 1 p.m. at St. Patrick's Roman Catholic Church.

There will be a reception at the Elks Club at 6 p.m.

Heppner hospital heart system updated

Additional components have been added to the heart monitoring system at Pioneer Memorial Hospital at a cost of \$6,340, according to A.K. Felt, administrator.

Now, in addition to being able to monitor two patients at

the central nurses' station, one more may be monitored both in the patient's room and at the central console. Felt said.

A permanent record strip may be produced at either location.

Felt said the new equipment

is portable with alternate battery power so if the need arises, it can be used anywhere as a monitor and defibrillator.

He said the funds for the purchase came from the capital budget passed at the last election.

Cook by time... or cook to temperature in the Touchmatic™ Radarange™

MADE ONLY BY **Amana** Model RR-9TA

Even holds at temperature to tenderize economy cuts of meat

Exclusive Rotawave™ Cooking System
A rotating shower of power that cooks more evenly and cooks most foods faster than ever before! 700 watts of cooking power.

Amana made the first microwave oven with a memory. This model remembers to defrost, hold and cook. Or it can switch from time to temperature controlled cooking automatically. Even remembers the time of day.

A wide range of Cookmatic™ power levels because different foods cook best at different speeds. **Saves energy.** Cooks most foods with 50% to 75% less energy than a conventional electric range. **Stainless steel interior.**

Ask why Amana is the only microwave oven manufacturer to earn a U.S. Government exemption from displaying a warning label.

\$100⁰⁰ OFF LIST PRICE, Next 2 Weeks Several Other Models On Hand

Lott's Electric with considerable Discounts

1980 Morrow County Fair & Rodeo

RODEO KICK OFF DANCE '80

Saturday, March 15

Dancing 9:00 p.m.-1:00 a.m.
Fairground Pavilion Heppner

Singles \$3⁰⁰ Couples \$5⁰⁰

Head down Heppner way and dance to the beat of Blue Sage

1980 Morrow County Fair & Rodeo

August 17-20	August 22-23-24
--------------	-----------------

1980 Fair & Rodeo Court

Introducing

Queen Lori Edwards

Princess Lottie Laughlin

Princess Nancy Miller

Births

Tiffany O'Neal
Tiffany Dawn O'Neal was born March 2, 1980, at Pioneer Memorial Hospital in Heppner, the daughter of Kathy and Richard O'Neal. She weighed 8 pounds, 6 1/2 ounces.

The grandparents are Mr. and Mrs. Ray O'Neal, Jr. of Heppner and Mr. and Mrs. Robert Powers of Fossil. Great grandparents include Mr. and Mrs. Ray O'Neal, Sr., of Prineville and Mr. and Mrs. Lewis Miller of Kimberly, Ore.

Bobbie Coatney
Mr. and Mrs. Gary Lee Coatney Sr. of Hermiston had a baby girl, Bobbie Jo, March 8 at Pioneer Memorial Hospital in Heppner.

She weighed seven pounds, 13 ounces.

Grandparents are Betty Heath of Hermiston, Mr. and Mrs. Ray Massey of Heppner and Mr. and Mrs. Gene Coatney of Othello, Wash.

Great grandparents are Mr. and Mrs. Carl Harrison of Brookings, Mr. and Mrs. Jim Perkins of Missouri and Myrtle Hughes of Hermiston.