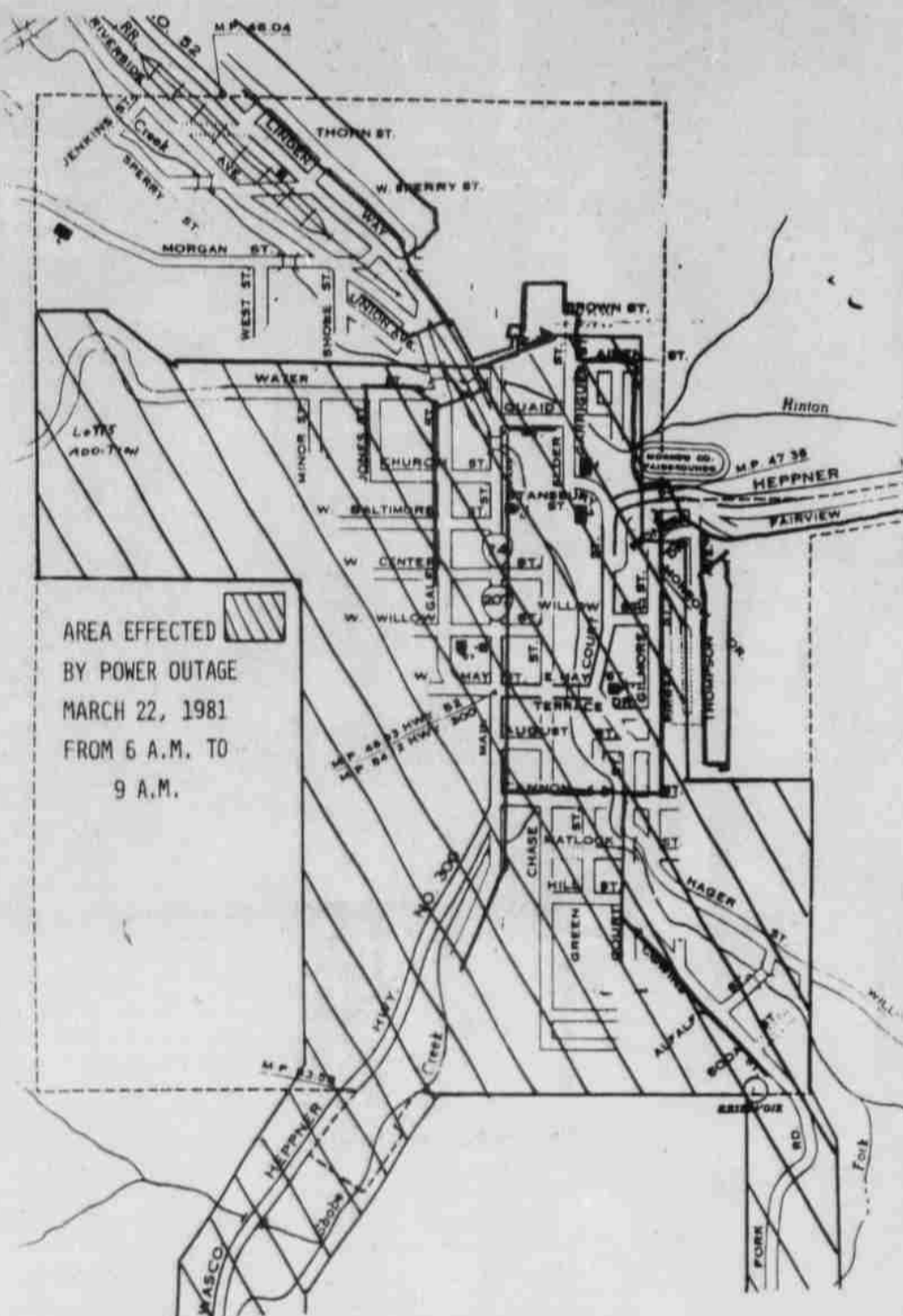


## Columbia Basin plans power shutoff in parts of Heppner



AREA AFFECTED  
BY POWER OUTAGE  
MARCH 22, 1981  
FROM 6 A.M. TO  
9 A.M.

Columbia Basin Electric Co-op has announced that electricity will be shut off to parts of Heppner Sunday, March 22 from 6 to 9 a.m.

Co-op officials say they will be replacing poles and wires on May Street. Shaded areas of the accompanying map show areas to be affected by

the outage.

For more information concerning the outage, call Columbia Basin Electric Co-op, 676-9146.

## Spray Rodeo kickoff dance set March 21

Plans are in full swing for the 34th Annual Spray Rodeo May 23 and 24 and the 16th Annual Eastern Oregon Half-Marathon May 23.

Rodeo may be furnished by John Rattray of Condon. Announcer will be Jake Grossmiller of Arlington.

The rodeo events which are NRA approved will be bareback riding, calf roping, saddle bronc riding, bull dogging, barrel racing, wild cow milking, bull riding, and wild horse race.

Other Races will include kid's pony race, ladies race, men's race, and relay race.

Grand marshal will be Virgil Davenport and parade director will be Valarie Howell. For further information call her at 468-2737.

Gary and Jeri Wight will be in charge of the Half-Marathon and for further information they can be reached at 468-2501.

## Creative Arts group to meet

The Morrow County Creative Arts group will hold a meeting March 23 at 7 p.m. at the Wagon Wheel meeting room in Heppner.

A no-host dinner is planned with guest speaker Mary Lou Carlson of Boardman. Anyone wishing to join the group may inquire by calling Betty Mills, 676-5546.

A workshop is being planned for April 9 and 10 to be held at the Morrow County Fairgrounds dorm building. Robert Walton of Leavenworth, Wash. will be the artist in charge. Walton is well known for his mountain scenes of the Cascade Range.

meet the court, which consists of Sandra Kroske of Spray, Clara Clark of Long Creek, Paula Goodard of Condon, Tami Johnson of Canyon City, Shelley Reasoner of Dayville, and Cammie Moyer of Heppner.

## Ione Garden Club plants wildflower seeds



Loree Hubbard (left) and Edith Nicholson plant wild flower seeds at the Wells Springs Cemetery which were collected last fall.

Ione Garden Club, in cooperation with Blue Mountain District No. 10 of Oregon State Federation of Garden Clubs, completed their Historic Preservation project for 1981 last Thursday, March 12.

The Ione club chose to collect native wildflower seeds and plant them at the Wells Springs Cemetery, located on the Morrow County bombing range to increase vegetation at the site.

Rachel Jackson of Hermiston, district director of the Blue Mountain district, encourages each garden club within the district to have an individual local Historical Preservation project as well as a district project.

In the district project, the Ione Garden Club, in conjunction with other clubs in the district, will plant a native plant garden at the Echo Bank site, said clubmember Delta Huber.

## Kitchen gardening program presented to Ione Garden Club

"Gardening from my Kitchen" was the fun program presented by Theta Lowe of the Heppner Garden Club for members of the Ione Garden Club when it met on March 11 at the home of Carol McKaig with Delta Huber assisting.

Theta showed how to "proof" seeds with a meat tray, sponge and damp paper towel; use breakfast orange peel in a blender as a room freshener; capture snails under grapefruit shells in the garden; use gelatine to feed house plants; and use a mirror

or foil to prevent flying insects from bothering plants.

Members brought their favorite garden magazines.

Coming activities of the club include the plant sale on April 29; planting of wild flower seeds at the Wells Springs Memorial; a party on March 17 for patients at the Pioneer Memorial Nursing Home; selection of the Yard of the Month the week of March 25; and the district meeting of Oregon Federation of Garden Clubs at Milton Freewater on April 15.

**DON'T MISS THIS!**

This is the last day to get in on **Big Cash Bonuses** When You Buy!

Call or stop by for details

**Ron McDonald** 676-9921

**Chevrolet Inc.**

## Applications due now for 4-H camps

By BIRDINE TULLIS, Extension Service

This is the last chance to apply to attend 4-H counselor and leadership camps at Camp Hancock and Suttle Lake. Eighth grade through high school may attend Hancock; high school age may attend Suttle Lake. Call 676-9642 now.

Older 4-H'ers are reminded

that project summaries and record books are due in the Morrow Extension office by April 2 to apply for national awards. Other applications due are for state fair student staff and 4-H summer week counselors. Applications are available at the Extension office.

MARCH: NATIONAL NUTRITION MONTH

"Pep Up Your Prime Time."

Exercise, Eat Right, Enjoy" is the theme that dieticians will promote throughout March for the ninth annual celebration of National Nutrition Month.

"A sound diet and moderate exercise are a winning combination," notes Carolyn Raab, OSU Extension Food & Nutrition specialist. "Getting the most out of life requires both. Being fit has taken on a new meaning for increasing numbers of Americans.

Carolyn recommends the following guidelines for a healthy diet. Begin with min-

imum daily servings of the essentials:

Two servings of milk or cheese, four to five ounces of meat, poultry, fish or an alternate (such as dried beans and peas, chili, eggs); four servings of fruits and vegetables (including a deep green or yellow vegetable for vitamin A and a citrus fruit or other source of vitamin C); four servings of whole grain or enriched breads and cereals. Add more of these foods or others as needed to meet your energy quota. National Nutrition Month is sponsored by the American Dietetic Assoc. and its affiliates in the 50 states, the District of Columbia, and Puerto Rico.

National Nutrition Month is an excellent time for youth and adults to examine their daily food intakes and evaluate eating habits. Snacks count, too, and should be nutritious, especially for active, growing youth.

## Correction

The Gazette-Times amends the March 12 report that Theata Lowe was appointed to the Morrow County Senior Citizen Advisory Council.

Theta Lowe's appointment was deferred to a future date by Morrow County Court.

## CSD has new manager

Morrow County Children's Services Division has a new manager, Dianne Piatt assumed her position on February 6. Before assuming her new position, Piatt had fourteen years of experience as a CSD caseworker in the Portland metropolitan area. She replaces Pat Wilson, former manager who retired at the end of the month.

Although new to the area, Piatt is not unfamiliar with Morrow County, having visited relatives in the area since childhood. She says she is excited about living and working in Morrow County and expects to become involved in various community organizations and activities.

Piatt says she is concerned about the lack of foster homes in the three counties served by her office and hopes to actively encourage families who might be interested in

providing foster care to apply for certification.

Of special concern to her is the lack of an emergency shelter home where children could be temporarily placed in times of family crises. Interested families should call 481-9482 in Boardman or 384-4252 in Condon.

## Parents Anonymous

Losing your cool with your children? Parents Anonymous can be of help to you and your family. You can phone the Parents Anonymous phone number any time day or night for assistance.

These phone calls are absolutely anonymous, you need not worry about having to identify yourself, simply let them try to help you when you need it. Phone Parents Anonymous - 567-2707.

**Spaghetti & Lasagna Feed**

**March 21 \$4 6:30 p.m.**

**Music**  
Fri.-Mar. 20  
Sat.-Mar. 21  
**Richard Johnson's Moving On**

**Fri. Night Prime Rib & Seafood**

**HEPPNER ELKS 358**

## Spring SPECTACULAR

<p><b>APPLES</b></p> <p>Red &amp; Golden DELICIOUS</p> <p><b>4lb 99¢</b></p>	<p>SNOW'S New England <b>Clam Chowder</b></p> <p><b>15oz 89¢</b></p>
<p><b>Lettuce</b></p> <p>3 HEADS FOR <b>\$1</b></p>	<p>KRUSTEAZ <b>Pancake Flour</b></p> <p><b>\$2.99 7lb</b></p>
<p><b>FRESH MUSHROOMS</b></p> <p><b>\$1.69 lb</b></p> <p>Country Style</p>	<p>WESTERN FAMILY <b>APPLE SAUCE</b></p> <p><b>16oz 39¢</b></p>
<p><b>SPARE RIBS</b></p> <p><b>\$1.39 lb</b></p>	<p>WESTERN FAMILY <b>Bacon</b></p> <p><b>\$2.09 pkg</b></p>
<p><b>Family Pak Pork Chops</b></p> <p><b>\$1.69 lb.</b></p>	<p><b>Central Market</b></p> <p>GROCERY MEAT 676-9614 676-9288</p>