

### 4-H float trip in store for 18 lucky 4-Hers

A float trip down the Willamette River that combines outdoor living with camp leadership skills is in store for 18 Oregon 4-H members in June, reports John Nordheim, Morrow County Extension agent.

"This is the first time such a program has been offered in connection with 4-H Summer Week at Oregon State University June 15-20," points out John Abell, OSU Extension 4-H youth specialist. "It's an experimental program to test the idea of developing teen leaders for outdoor education programming."

The 18 selected for the trip will start their journey down the river at Corvallis. The group is expected to travel approximately 30 miles during their three and a half day expedition.

They will be making a number of stops to observe historic sites, river geology and wildlife, and to learn about the Willamette Greenway system," the specialist explains.

The program will be conducted by Louise Storm, Coos County 4-H leader and active camper, and Frances Price, Glendale 4-H leader and teacher. Accompanying them will be Lyle Spiesschaert, Washington County Extension agent.

The trip is designed to acquaint young people with expedition planning and camping skills, to teach them about river navigation and teamwork as they paddle six-person rafts, and about such camp counseling skills as conducting nature programs, and leading camp recreation.

All 4-H members participating must be intermediate or advanced swimmers. Morrow county 4-H members in the ninth grade who are interested in participating in the program must apply to the OSU Extension Service in Heppner by May 1. Applications from each county will be screened by the state 4-H office and the delegates selected will be notified about June 1, Nordheim adds.

### Health workshop April 27

A workshop for nurses and other health care professionals called "Focus on Cardiovascular Drug Therapy" will be offered in Pendleton, April 27, and Baker, April 29 to persons registering before April 24.

The workshops, sponsored by Nursing Education, Eastern Oregon State College, in cooperation with Eastern Oregon State College, will cover anti-hypertensive drugs, new drugs and other treatments now being developed for cardiovascular therapy.

Instructors will include Steve Zimmerman, director of pharmacy services at St. Elizabeth's Hospital in Baker, and Brian Westerfield, a clinical specialist in primary health care and faculty member of the University of Oregon Health Sciences Center School of Nursing at EOSC.

The cost for each workshop is \$15 including lunch. Registrations must be received by April 24. For more information or to register, contact Eleanor Rosenquist, Pendleton Community Hospital, 2001 S.W. Nye, Pendleton, or Yvonne Johnson, St. Elizabeth's Hospital, 3325 Pocahontas Road, Baker.

The workshop in Pendleton will be held in a meeting room at Far West Federal Savings and Loan. The workshop in Baker will be held at the Kopper Kitchen.

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Canned Ham	\$8.34	\$7.48	86¢

\*Was Prices Based On Regular Shelf Prices As Of January 21, 1981.

- Round Roast \$2.18
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- Sliced Beef Liver 98¢
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