

Spotlight on HEALTH

NEW FIRST AID FOR COLD SORES

It has been estimated that 30,000,000 Americans are affected by cold sores and fever blisters.

Although cold sores and crusting fever blisters frequently affect those susceptible to them during "the cold season" when upper respiratory infections are common, they are a problem year-round for many.

Most lesions recur at the same site—around the mouth or nose with most occurring on the lip. However, cold sores can also occur on the nose, cheek or chin.

What causes the problem? Actually the first attack usually occurs in childhood but the virus which is known as herpes simplex may remain latent until the individual reaches adulthood.

Cold sores frequently are triggered by emotional or physical stress, exposure to the sun, debilitating illness and fatigue.

The most common symptoms are tingling, itching, burning and pain which can be quite severe.

There are usually three stages in the development of cold sores and fever blisters: the tingling or burning sensation which is followed in about 12 hours by one or more blisters; the unsightly crusting and drying; the healing process.

Recently, a new formulation developed specifically for cold sores became available. Called Resolve, it is a colorless, tasteless, odorless gel that contains a highly effective anesthetic, dyclonine hydrochloride 1%. Consumer groups who tested the product commented that "it really works."

GOODGOLF

Tips On A Low Score At A High Age
By Jay Hebert

Jay Hebert, touring pro and tournament winner for 30 years, has been commissioned by Standard Brands Incorporated to assist senior golfers by preparing these tips.

Playing the irons shouldn't be difficult for the senior golfer as long as he's willing to settle for shorter distances. But instead of using a five-iron he should switch to a four-iron.

There's a tendency among older golfers to practice less. No matter how long you've been playing, or how skilled you've been in the past, practice still makes—if not perfect—a better golfer. The short game can always use a little tuning-up.

As important as practice is, don't overdo it. A half hour on the practice tee is long enough. Before playing a round, it's a good idea to warm up by hitting 20 or so balls. This loosens the muscles and revs up the thinking process.

Webelos, Cub Scouts receive scouting awards

Local Cub Scouts and Webelos received Scouting awards at an awards ceremony Monday, May 4, at the Pine Wood Derby held at the Elks Lodge in Heppner.

Receiving awards were: Den 1: Jerry Brosnan—Bear; Jess Osmin—one gold, two silver; Craig Angell—one gold, one silver.

Den 2: Kevin Peck—one gold, one silver; Dean Munkers—one gold, one silver; Troy White—Wolf, one gold.

Den 3: Mark Angell—one gold, one silver; Mark Brosnan—one gold; Phillip Estberg—two silver; Eric Connor—one silver.

Den 5: Shane Palmer—Bobcat; Ryan Miller—Wolf; Wayne Plocharsky—Wolf; Raymond Hire—Wolf; Brian Siminoe—Wolf.

Den 6: Ben Turly—Wolf; Jimmy Holtz—Wolf, one silver; Brian Ball—silver.

Many Scouts turned out to enjoy a roller skating party held at the fairgrounds in Heppner Saturday.

PUBLIC NOTICES

The following precincts shall be combined for the June 30, 1981 election:
Hardman, NE Heppner, NW Heppner, SE Heppner and SW Heppner.

Morrow County Clerk
Barbara Bloodsworth

Published: May 28, 1981

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Rocky Webb 483-2315

FIND IT ALL IN THE WANT ADS

PUBLIC NOTICES

INVITATION TO BID

MORROW COUNTY SCHOOL DISTRICT invites bids on the following:

1. Anti-Freeze for automobile use.
2. New tires for buses.
3. Re Cap tires for buses.

Specifications and bid forms are available upon request at the address below.

Bids will be opened at 2:00 p.m. on June 15, 1981 and will be presented to the district board on June 15, 1981 at Lexington.

Bids are to be sent or delivered in sealed envelopes plainly marked Anti Freeze or Tire Bid.

All bids are to be mailed or delivered to the Morrow County School District Office, Box 368, Lexington, Oregon 97139 before the time and date specified above.

The school district reserves the right to reject any and all bids.

Matthew P. Doherty,
District Superintendent

Date May 19, 1981

Published: May 28, 1981

PUBLIC HEARING

The Heppner City Planning Commission will hold a public hearing on Monday June 8, 1981 at Heppner City Hall, 8:00 P.M. A Conditional Use Permit will be considered for P&D Auto Repair 238 & 242 N. Chase Street. Purpose of the Conditional Use request is for repair or maintenance for truck, automobile & farm implements.

Dick Bigelow
Chairman

Published: May 28, 1981

PUBLIC HEARING

The Heppner City Planning Commission will hold a public hearing on Monday, June 8, 1981 at Heppner City Hall, 8:00 P.M. A Conditional Use Permit will be considered for Skow's R.V. park at 378 Main Main requesting modification of a previous permit, which would increase a 20 day stay for recreational vehicles to 120 days.

Dick Bigelow
Chairman

Published: May 28, 1981

CEMETERY NOTICE

ALL FLOWERS, both real and artificial, will be removed from Heppner Masonic Cemetery on June 8th. This is necessary in order to mow. Anyone wishing to save their artificial flowers should pick them up before that date.

H.C.M.D. Board

Published: May 21, 28, 1981

PUBLIC NOTICES

NOTICE OF OREGON WHEAT COMMISSION PUBLIC BUDGET HEARING

NOTICE HEREBY IS GIVEN that a public meeting will be held pursuant to ORS Chapter 578. The Oregon Wheat Commission Act, in the Conference Room of the Pendleton Grain Growers Building, Southwest Tenth and Dorion Avenue, Pendleton, Oregon, on Friday, June 12, 1981, from 10:00 a.m. to 11:00 a.m., upon a proposed budget for the operation of the Oregon Wheat Commission during the fiscal year July 1, 1981 to June 30, 1982.

At this meeting any producer of wheat in Oregon has a right to be heard with respect to the proposed budget, a copy of which is available for inspection under reasonable circumstances in the office of each County Extension Agent in Oregon.

For further information, contact the Oregon Wheat Commission office, P.O. Box 400, Pendleton, Oregon 97801.

Dated this 19th day of May, 1981

ATTEST: WILLIAM G. JAEGER, CHAIRMAN
IVAN C. PACKARD, ADMINISTRATOR

Published: May 28, 1981

THE PORT OF MORROW NOTICE OF INTENTION TO ACT UPON AN ORDINANCE TO ISSUE POLLUTION CONTROL REVENUE BONDS. (PORTLAND GENERAL ELECTRIC COMPANY BOARDMAN PROJECT

Public notice is hereby given that on June 8, 1981, at 10:00 a.m. the Board of Commissioners of the Port of Morrow will meet at the City Council Chambers of the City of Boardman, 200 Nelson Square, Boardman, Oregon, for the purpose of acting upon an Ordinance authorizing issuance by The Port of Morrow, Oregon of its revenue bonds in an aggregate principal amount not to exceed \$12,000,000 for the acquisition of a leasehold interest in certain pollution control facilities for Portland General Electric Company and authorizing the execution of certain documents and related matters. Such meeting will be a public meeting and interested persons will be given an opportunity to be heard. A copy of the ordinance will be available for inspection at the office of the Port of Morrow, Oregon. This notice is published pursuant to the requirements of ORS 777.565.

The Port of Morrow
Beverly Kyd, Secretary

Published: May 21, 28, 1981.

Cards of Thanks 1

Thanks to Dr. Gifford and to the hospital staff for their excellent care.

Thanks to all for their prayers, cards and good wishes.

Charles O'Connor
5-28-1c.

Thanks to whoever gave me the calculator for graduation. The card wasn't signed.

Brian Thompson
5-28-1p.

Cards of Thanks 1

We extend our heartfelt thanks to all our friends and relatives for the cards, flowers, words of comfort, prayers and food brought to our home during the recent loss of our loved one.

Rod Thomson
Don and Lorraine Ball
Dale Sherman
Ralph and Edna Sovereign
Ruth Rogers

5-28-1c

Wayne, Debbie, Ritchie and I wish to thank all those people who have helped us so very much. To those who prayed, those who even now are calling Wayne and making his days less lonely, those who sent cards and contributed money, thank you.

Special thanks to Anna and Pete Schwarzin for taking care of my place, to LaRae and Mike Kindle and Betty Wilhelm and to Alpha Theta Sorority and the Wagon Wheel. All of you did so much to make a dreadful experience at least bearable. We thank you for being there when needed but most of all we thank you for caring.

Sally, Wayne, Deb and Ritchie Wilson
5-28-1p.

Notices 2

Come to the Ione United Church of Christ annual barbecue and auction Saturday, June 6, 10 a.m. at Willows Grange. Lots of special bargains - Home made items - Antiques - A pit barbecued beef dinner at noon. Bring the whole family for a fun day.
5-14-4c

AA Information 676-9815.
4-16-14c

Lost & Found 3

LOST: Man's Texas Instruments chronograph watch. Reward offered. If any information call 422-7294. 5-28-2c.

Help Wanted 4

Retired, Semi-Retired? Complete residential dwelling inspections and other related inspections for insurance companies only in the Heppner area. Exciting and interesting work. No experience necessary. Work on an Independent Contract basis. Must have 35mm camera and transportation. Reply to box 3276, Bellevue, WA 98004. Please include home phone number. 5-21-3p.

WANTED: Heppner High boys' sports writer. Apply Gazette-Times. 4-9-1f

BOARDMAN CORRESPONDENT - Community oriented person wanted to write Boardman-area news for the Gazette-Times. No experience necessary. Call 1-676-9228 for more information.

Work Wanted 5

WANTED - Babysitting jobs. Call 676-9674 - ask for Kim, or 676-9261 - ask for Tina. 5-28-1p.

La Grande Livestock John B. Kirby
MARKET REPORT—THURSDAY, MAY 21, 1981
CATTLE SALABLE—55¢
STERS

Calves	\$170.00 - \$200.00 hd
300 to 400 lbs.	73.00 - 78.00
400 to 500 lbs.	70.00 - 74.75
500 to 600 lbs.	69.00 - 71.50
600 to 700 lbs.	62.00 - 65.00
700 to 800 lbs.	59.00 - 64.00
Over 800 lbs.	62.00
Plain	50.00 - 57.00
HEIFERS	
300 to 400 lbs.	64.00 - 70.00
400 to 500 lbs.	60.00 - 63.00
500 to 600 lbs.	58.00 - 64.00
600 to 700 lbs.	56.00 - 61.00
700 to 800 lbs.	52.00 - 58.00
Over 800 lbs.	50.00 - 56.00
Pairs	\$485.00 - 660.00
Commercial & Utility Cows	39.00 - 44.00
Canners & Cutters	35.00 - 38.00
Bulls	50.00 - 56.00
HOGS SALABLE—3¢	
Fat hogs	36.50 - 41.00
Sows	34.50 - 35.25
Boars	31.00
SHEEP SALABLE—24	
Ewes	\$20.00 - 38.00 hd
HORSES SALABLE—7	
By the head:	\$390.00 - 550.00
Over 1000 lbs.	40.50

There were 59 buyers and 79 consignors represented at Thursday's market.
MARKET TREND: With feeder cattle at a standstill in the northwest, and dressed meat prices down another \$3.00 the market held up better than expected. Baker and Wallowa counties accounted for a large number of the cattle both bought and sold. Competition from buyers wanting cattle to go back out to the country helped keep the market up higher than other market agencies had reported earlier this week.
NEXT SALE: Thursday, June 4 at 12:30 p.m.
Thank you, John B. Kirby
LA GRANDE LIVESTOCK - A Powder River Equipment Dealer

Wanted 6

Female Roommate Wanted - non-smoker preferred. Beautiful apartment. Lots of room. Call 422-7401 after 4 p.m. until June 5. 5-28-2c.

Rentals 7

FOR RENT - 2-one bedroom furnished apartments - available May 1 and June 10th - most utilities included. Phone: 676-9157 weekdays, 676-9284 evenings and weekends. 4-16-1fc

Apartments for rent in Ione. 422-7579. 5-21-1fc.

EVERGREEN TERRACE APARTMENTS. New, two bedroom apartments for rent. Call 676-5120. 3-13-1fc.

One bedroom duplex apt. Available June 10. Phone 676-9105. 5-28-1fc.

FOR RENT: Three bedroom mobile home - set up on lot. 676-5516. 5-28-2c.

Services 8

Planning a wedding? The Gazette-Times has many beautiful invitations for you to choose from. Stop by and look over our pleasing selection. 8-14-1fs

FREE Dead Animal Removal - Fast Daily Service. Call collect - 567-7639. HERMISTON HIDE & TALLOW. 10-2-1fc

JOB PRINTING - envelopes, letterheads, business forms, register forms, business cards, fliers, and other types of printing available. The Heppner Gazette-Times 676-9228.

You can order your personalized rubber stamp or business cards from the Gazette-Times. Standard rubber stamps also available. 8-14-1fs.

Services 8

Pellyjohn's
676-9157 HEPPNER BACKHOE SERVICE
Dig Irrigation Ditches
Excavating
Installation of Septic Tanks and Drain Fields
Gravel, Dirt Hauling
EXPERIENCED
BONDED and LICENSED

Livestock & Poultry 10

WILL BUY HORSES - any kind. Phone 567-6065, Hermiston. tfc.

Farm Equipment 11

CHIEF BINS - Buildings. Steel or Wood Pole. Augers. Your choice for quality. Call for a dollar-saving bid today! Ask for Merle Turman Aeration 567-7666 Hermiston, OR 5-7-1fc

Grain Bins for sale, 1,000 to 45,000 bushel capacity. We erect or you erect. Complete line of accessories. Completed by this year's harvest. Also farm buildings. Call collect: 503-388-3272. High Desert Steel Structures 354 N.E. Greenwood Bend, OR 4-16-1cfn

Used 420 gal. 3-16 in. steel gas tank. Call 676-9221 after 6 p.m. 5-21-1fc.

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We have several new WESTGO grain transport augers assembled and ready to go.
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Clarence says bring your farm truck in now before the season rush for servicing.

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STRAWBERRIES. U-pick or we will take orders. Take 188 exit off I-84, go south toward Heppner 10 miles or take Boardman turnoff off Highway 207 and go 10 miles north. Watch for signs. Phone 481-5922. 5-28-4c.

Miscellaneous 14

Worms and castings for sale. 365 Water St., Lexington. 989-8518. 5-14-4p

Pre-fabricated metal buildings commercial and industrial by American Buildings Company. We erect or you erect. Complete service including design. High Desert Steel Structures 354 N.E. Greenwood Bend. OR call collect: 503-388-3272 4-16-1cfn

Musical 15

FOR SALE - Brand new AM-FM IN-dash 8-track player. 989-8194. 1-29-1fc

Sporting Equipment 16

We Buy, Sell and trade used guns. Largest gun inventory in the area. 1-26fc Coast to Coast 676-9961

Furniture & Appliances 18

FOR SALE: Antique oak draw-leaf dining table \$250, four matching antique oak chairs \$150, coffee table \$25. Call after 4 p.m. 676-9635. 5-28-1fc.

Cars & Trucks 22

No. 22. GMC 3-ton 1968 truck w-5-ton hoist. 16-ft. steel bed with bulk racks and stock racks. 49,000 miles. Good rubber. size 900 x 20. Call 676-5331. 5-28-2c.

Real Estate 23

\$57,900 - Panoramic View from large 4 year-old, 3 bedroom in Heppner with woodstove. PENDLETON REALTY INVESTMENT INC. 276-2662. 5-21-6c.

FOR SALE: Cozy two-bedrm home, newly remodeled kitchen and bathroom, formal dining room, wood stove. Excellent rental investment - close to college. \$36,900. 276-9268 after 5 p.m. 5-21-4c.

Far Western Real Estate

Bob Harris, Realtor
676-9015
Heppner, OR. 97836

INVEST & DEPRECIATE

22 Apt. units (11 in Ione & 11 in Heppner) with good occupancy ratio, good condition but upgradable. Asking \$200,000. for both or may sell separate.

2 good duplexes, near city park and shopping. Steady, neat, rentals. \$50,000.

Remodeled, clean, 5 bdrm in Heppner. Has new roof, all new paint inside, large living area. Only \$38,000. 1/2 down, balance 8 percent contract.

Beautifully remodeled 2 bdrm., with full bsmt. An exceptionally well built home, w-w carpets, extra nice kitchen. \$48,000.

Very nice 2 bdrm. with all stucco exterior, full bsmt. w-w carpet, exc. kitchen. Now reduced to \$33,250.

10 x 50 Mobile home on 70 x 75 view lot. A top buy at \$9,000. 1-3 down.

Pets 25

Free - To Good Country Home 7 year old Labrador - Brittany mix, good family dog. 676-5231. 4-16-1fc

Home & Garden 26

Spring into spring with new floor covering for your home. M & R Floor Covering in Heppner has what you are looking for. Stop by or give us a call. M & R 676-9418. 3-5c

Yard Sales, 28

ESTATE SALE: Freezer, washer, dryer, wringer washer, ironer, power saws. Tools, old and new. Short wave transmitter. Furniture, dishes, much more. Sat., May 30, 9-6, Sunday, May 31, 9-12. 280 Central St., Heppner, Oregon. 5-28-1p.

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