

## New Heppner Bowling Alley owners enlarge, upgrade alley facilities



**Doug and Sonia Smith**

If you've noticed some work being done around the Heppner Bowling Alley the past several days, you're seeing efforts by new owners Sonia and Doug Smith to enlarge and upgrade the facilities.

Sonia and Doug, who are in the process of moving here from their former home in Vancouver, Wash., started recently on an ambitious remodeling project for the alley which will see more eating facilities and an additional area to the side for electronic games and pool tables.

Doug, who was in the title insurance business in Vancouver, says when everything is done there will be a larger kitchen in the bowling alley, a new grill and oven, soft and hard ice cream services and a pop corn machine.

"We hope to be open for business by mid-August," says Doug, standing amid boxes, new equipment and the clutter of general remodeling at the alley. Outside workmen have already begun laying bricks for the new game room.

## Road report

The Morrow County Public Works Dept. released the following report for the week ending July 25.

In the Boardman - Irrigon area potholes were patched with hot mix on 8th St., No. 906 and the Bombing Range Road. Brush and grass were cut from Wilson Road, Boardman-

Rippee Road and the Boardman - Irrigon Road.

Shoulders and ditch lines were bladed on Meadowbrook Road, Keck Canyon Road, Brenner Canyon Road, No. 580 and the Carlson-Bergstrom Road.

Hot mix patching was done on the B. Doherty Road, No.

638, Jerry Dougherty Road, Ella Road, Paul Brown Road, and the continuation of the Sandhollow project.

The shop worked on truck No. 13, the Ingram roller, a 1977 Pontiac Catalina and did other routine maintenance repairs.

## Close to Home...

Mary Ann Cerullo

"Getting back to nature" has been the "in" thing to do since the era of the 1960's brought us new awareness to the basic way of life.

As a part of this new trend, backpacking became an increasingly popular sport.

Today, hiking in the 1980's offers us an alternative. I must admit there's something exhilarating about hiking over a mountain pass to look down over what seems to be carpets of evergreen covering the slopes below; or bathing your face in a clear icy brook, and then settling in for the night to watch the stars rise over the side of the mountaintop. And if you're quiet in your camping, perhaps a young doe will trip across the campsite and curiously wag her stubby tail just to look you over before bounding up the hillside.

On the other hand, backpacking can be hard work with forty to fifty pounds on your back and a sudden climb of 600 feet facing you.

All experienced hikers will stress that unless you're in shape the trip won't be enjoyable. In fact, it may be a health hazard to those with heart or breathing problems.

What's important is to get that heart pumping and your lungs breathing hard. It would also be wise to work on your leg muscles and just plain increase your overall endurance.

Of course, methods of warming up for those summer backpacking trips vary from person to person, but I thought I would share some of my own techniques. As far as I know, millions of other folks may be doing it just the same way.

Actually, I'm a little late with beginning this seasonal ritual. But if you're only planning one trip, I suggest getting in shape several weeks in advance.

Being naturally a rather lazy person, I like to start gradually indoors. So, while the early summer rain pelts down on a newly planted garden, I begin such exercises as jumping jacks, running in place, leg stretching, and push ups.

breathing to prepare your lungs for that 600-foot climb. Your heart will also get used to pumping harder, and of course your legs will tone up.

The leg stretching will also increase your overall endurance. Push ups, you ask? Well, that's to strengthen the back and shoulders for all the weight you're going to carry.

Now, there are those who can't be bothered with any of this inside exercise and gradually build up baloney. Some folks (like my husband, for instance) will run right out and do the heavy stuff 'til they drop from exhaustion.

Larry enjoys killing himself over a good hard run up Heppner's Water Street hill. He also advocates loading up a knapsack and biking to the beach from Portland. (I personally think he's crazy.)

I, myself, don't load up a knapsack until I'm ready to try some day hiking. I pick out an easy trek of two to five miles and work up from there.

Another thing that's always wise to do is give yourself a dry run wearing a backpack. Test the shoulder straps at different lengths. Adjust the belt around your hips.

May I also suggest that if your pack didn't come with a padded belt, buy one. Very often it is easier to carry the weight on your hips instead of your shoulders.

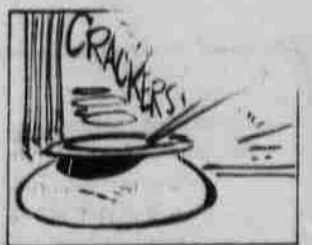
I still recall one of my first trips when I didn't have a padded belt. Most of the weight of the backpack was on my shoulders. Boy, did I feel top-heavy! On the first day out, we came to a stream with a log crossing it for a bridge. My companion scampered across without batting an eye. Then, my turn. I felt like the Tower of Pisa, leaning all over the place. Finally, I gave up my pride, got down on my fanny and scuttled across. So much for female feline grace!

Since you're testing your backpack, why not break in those

new boots? And while your boots are being broken in, so are your feet.

Another part of your body that needs preparation is your skin. The last thing you need on your second day out, twenty miles later, is a pair of shoulders too sunburnt to strap the pack to.

To Be Continued-



Great appetizer: blend grated sharp cheddar, cream cheese, bleu cheese and brandy with dry mustard, hot pepper sauce and worcestershire. Let it stand a week or more in refrigerator to improve flavors.



Heppner area shoppers braved the heat Saturday to turn out for the annual Heppner merchants' sidewalk sale

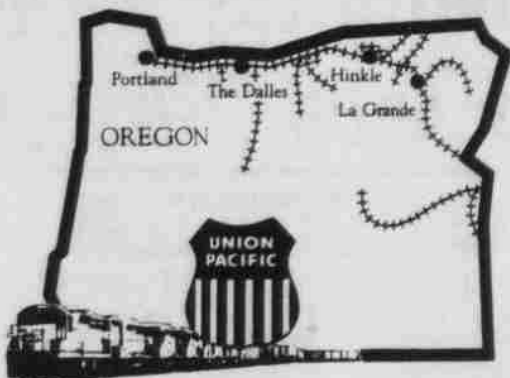


Rufus Hill, Betty Vinson, Archie Hill, Virginia O'Donnell, Claude Hill and Harold Hill, all children of W.P. and Eva Phelps Hill, pose for a Hill family reunion photograph. The reunion was held July 17 through July 19 at Cutsforth Park.

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## Arts & Crafts Program slates visitor, party

A Boardman teacher, Doug Sheirbon will visit the Arts and Crafts Program in Heppner August 3 and in Ione on August 4. Sheirbon will bring his pet snakes and tarantula to the program. The programs will begin at 9:30 a.m. and end at 10:30.

A party will be held in Heppner August 5 and in Ione August 6 from 9:30 to 10:30. The party will end the program session and the children will decorate cupcakes and apple cider will be provided.

## Senior News

Senior citizen meals are being served every Wednesday at noon at the Morrow County Fair Grounds in Heppner.

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