

## Close to Home...

Mary Ann Cerullo

### Festival review

This week a group of travelers from the community of Morrow County, led by Mrs. Jane Rawlins, will be visiting Ashland, Oregon's internationally acclaimed Shakespearean Festival.

My husband, Larry, and I just recently returned from Ashland after seeing four of the ten plays offered this year.

Perhaps I should have told our local travelers that out of the four plays we attended, two were outstanding. This year, the Oregon Shakespeare Festival should be proud to have the talent of actor Denis Arndt, through the courtesy of Actors Equity Association. Mr. Arndt played the leading role of Jack Rover in "Wild Oats," a play by John O'Keefe. Arndt gave the role a flare and raffish charm that delighted the entire audience.

Stuart Duckworth proved to have considerable talent in both the light and fun-loving story of "Wild Oats," as troublemaker, Harry Thunder, and in the gruesome tale of incest, "Tis Pity She's a Whore," in which he undertook the leading role of Giovanni.

Many may argue over my first choice out of the Shakespearean plays offered. This year I give the honor to "Henry IV, part one."

In my opinion, "Henry IV, part one" should be classed as one of William Shakespeare's best history plays and this year the festival outdid themselves. Director James Edmondson should be commended for the strong traditional and fast paced quality given to the performance.

Cal Winn was a massive, cowardly, and wonderfully funny Sir John. In the twenty years I have attended the festival, Mr. Winn has portrayed perhaps the finest Falstaff played there.

Prince Hal was sensitively played by the festival's handsome veteran actor, Dennis Smith. Another strong character was the fiery-tempered Hotspur, portrayed by Barry Kraft.

Kraft gave Hotspur a different twist by making the audience believe the character was near his limit, ready for a mental breakdown.

My only disappointment with the Henry play was in the scene with Hotspur and his wife, Lady Percy, played by Jeanne Paulsen. I felt what could have been a portrayal of a warm and loving moment between husband and wife lacked the sparkle the playwright meant it to have.

On the whole, "Henry IV part one" was a great acting success, although, I was sorry to see, not a great one in the box office.

I've found that very often the festival's best performances can be the history plays, but the majority of festival goers don't know this and shy away from the word "history." Consequently, one can almost always purchase a ticket for a performance that same night.

Out of the last two plays we saw, I found Twelfth Night to be light an amusing. Linda Alper was a witty Viola and Sam Pond captivated the audience as Feste the clown.

"Two Gentlemen of Verona" was my least favorite of the four plays we attended. I must be fair in stating that it is also thought to be an early play by Shakespeare and therefore not one of his best. My biggest complaint, however, was with its pace. Something lacked in the timing of the entire performance, which was very evident when comparing it to the other plays offered this summer.

Next season the Oregon Shakespearean Festival's program will include: "Comedy of Errors," "Romeo and Juliet," and "Henry V" to be given on the Elizabethan Stage. In the Angus Bowmer Theater will be: "Othello" (spring only), "Julius Caesar," "Inherit the Wind" (spring and fall), "Blithe Spirit," "Spokesong," and "The Male animal" (fall). In the Black Swan two plays are scheduled so far: "Wings" and "The Father."

The Oregon Shakespearean Festival would like to remind playgoers that next year's program is subject to change.

## Pendleton to host Miss Rodeo Oregon Pageant

The 1981 Miss Rodeo Oregon Pageant will be held in Pendleton, September 12, according to Pat Ennor and Julie Doering, chairmen of the pageant.

Competitors in the annual event will be judged in the following categories: horsemanship, appearance and personality, and the pageant is open to women between the ages of 18 and 23 who have never been married.

Honorary chairman of this year's contests is Janice Healy, current Miss Rodeo Oregon, and the state's representative at the Miss Rodeo America Pageant in Oklahoma City during the National

Finals Rodeo in December.

The winner of this year's Miss Rodeo Oregon contest will take over January 1, 1982, representing Oregon rodeos throughout the year.

Mrs. Ennor, secretary of the pageant, will mail applications to contestants upon request. They may be obtained from the Miss Rodeo Oregon Pageant, 106 S.E. First Street, Pendleton, Oregon, 97801. The telephone number is (503) 276-8262. Deadline for entries is August 31, 1981.

## Farmers fight fatigue during harvest season

Every farmer knows machinery and stubborn livestock can be dangerous, but many don't recognize fatigue as an equally important hazard.

Long hours of hard labor during peak seasons place a heavy demand on the farmer's physical and mental resources which can lead to fatigue, explains Marcelle Straatman, Oregon State University Extension human development specialist.

"You can recognize fatigue by temporary reductions in your capacity to react quickly and in short tempers," she notes.

"By paying attention to the symptoms, farmers know how much they can expect of themselves, when they're over-loading their productivity and what can be done to change the situation."

A tired farmer can keep going for a long time by using will power. Eventually, however, the body becomes more clumsy, mental distraction begins and emotions become unstable. When fatigue nibbles at nerves and positive outlook, the personality changes, the specialist points

### FACTS & FIGURES

Nuclear power plant operating capacity outside the United States rose nearly 25 percent in the last two years or so, according to an Atomic Industrial Forum international survey of 42 nuclear-powered nations.



In the United States, we have 74 nuclear plants now operating and 92 under construction. By 1990, nuclear energy will provide almost one-fourth of the nation's electricity, second only to coal in total output.

Outside the United States, the world has more than 70,000 megawatts of installed nuclear capacity, the equivalent of 70 one-million kilowatt plants. This will be boosted to nearly 450,000 megawatts when plants that are under construction, on order or planned are completed. France alone plans to bring one nuclear reactor into operation every two months, on the average, between 1980 and 1985.

### MUSEUM

Saturday - 10 a.m. to 12 noon, 1 to 5 p.m.  
Sunday - 1 to 5 p.m.

### LIBRARY

Monday through Thursday - 1 to 5 p.m.  
Thursday - Story Hour 10:30 a.m.  
Thursday evening - 7 to 9 p.m.  
Friday - closed  
Saturday - 2 to 4 p.m.

out. A 1979 survey of Iowa farmers found that stress from fatigue usually stems from exertion of a healthy person which leaves muscles exhausted. It also may be a sign of an undetected chronic illness or nervous tension related to frustration, difficult decisions, conflicts, delays or seasonal boredom.

A combination of poor health habits and demanding work during peak planting and harvest seasons cause a lot of fatigue among farmers, Mrs. Straatman observes. They rush to complete the jobs at hand while cheating themselves of needed sleep, practice poor food choices and eating routines, and face emotional upsets connected to the job.

Noisy machinery, standing or sitting long hours in poorly ventilated cabs and inadequate lighting increases physical fatigue as farmers strain to complete the job.

Farmers get less rest than they need to replenish oxygen supplies and to rebuild muscle strength. Summer heat adds additional strain as bodies work to maintain comfortable body temperatures while sleeping.

After a short night, many farmers awake feeling they haven't been to bed at all. Most report six or fewer hours of sleep a night. This is on top of the fact that they take less vacation time away from their work than other groups of workers.

In heavy work seasons, farmers tend to grab hurried, unbalanced meals that don't provide adequate nutrition for energy production and body repair. Without sufficient replenishment, physical exertion wears them out easily.

Emotional upsets is another important fatigue factor. Human chemical and nervous systems don't separate real from imagined threats to survival. Adrenalin tenses the body for action to avoid a tractor accident or to deal with negative emotions such as fear, anger, resentment or apprehension over harvesting crops at the proper time. After tension subsides, the farmer is exhausted.

Because accidents occur when work is being done, it's not surprising to find that most accidents happen at mid-morning, mid-afternoon or on Saturdays during the months of May and August. As the work day lengthens, the accident rate increases.

"Old habits take time and effort to change, but farmers need to be aware of fatigue factors which affect their productivity and safety," she stresses. "Rest breaks during mid-morning and mid-afternoon relieve tension. Eating an energy snack restores vitality."

Although farmers think they get enough exercise, most of it isn't vigorous enough to raise the pulse rate and bring fresh oxygen to the muscles.

To overcome this, Mrs. Straatman recommends limbering up exercises that can delay or reduce fatigue during heavy exertion. In the cab, change positions often to avoid the poor circulation that comes from standing or sitting too long in one position.

If seated, lift the body off the seat occasionally using only the arms. Raising the body up and down every so often activates other muscles. Shoulder shrugs relieve upper chest or shoulder tension. With hands on the steering wheel, raise shoulders up w

the ears, hold them and then drop. Do this repeatedly.

Habits of sleeplessness are hard to overcome, the specialist notes. Don't expect to come in from the field or a heated discussion, jump into bed, and fall asleep immediately.

One suggestion for overcoming this problem is to try a

variation of the Japanese bath. Rinse off the dirt and grime in the shower and then soak in a leisurely tub. Go to bed while still a bit damp and chilly. As the body dries, it becomes relaxed and warm.

with facts. You can bore yourself to sleep," she adds. Stress and fatigue signals are the body's plea for a change of pace. "When fatigue hits, give in. Even if you think you can't stop in the middle of your work, you should because the energy supply is running low," the specialist emphasizes.

## FULL LINE OF PRINTING SERVICES

- FLYERS
- POSTERS
- MULTI-PART FORMS
- BUSINESS FORMS
- REGISTER RECEIPTS
- LETTER HEADS & ENVELOPES



Call or stop by for a free estimate on your printing job.

In addition we have:

- WEDDING INVITATIONS & PRINTED NAPKINS
- RUBBER STAMPS
- COPIES 20¢ WHILE U-WAIT

## The Heppner GAZETTE-TIMES

Printing Division Phone: 676-9228

# PERFECT RECIPE FOR HOME CANNING!

<b>COVERED POT</b>	<b>10<sup>85</sup></b>	
21 qt. 16 oz. With Rack		
<b>BLANCHER</b>	<b>10<sup>75</sup></b>	
7 qt. 4 oz.		
Boil and Drain (Blanch) Any Bulky Food!		
<b>ROTARY FOOD PRESS</b>	<b>9<sup>85</sup></b>	
2 1/2 qt.		
Removes Skins & Seeds Without Peeling		
Extracts Juices, Strains Vegetables Presses Fruits, Rices, Potatoes		
<b>JOHNNY APPLE-PEELER</b>	<b>11<sup>45</sup></b>	
★ Peel ★ Slice ★ Core		
<b>FOOD MILL</b>	<b>5<sup>95</sup></b>	
3 Utensils in 1		
★ Masher ★ Ricer ★ Strainer		
<b>JELLY STRAINER</b>	<b>3<sup>55</sup></b>	
Strains Jelly Juices, Soups		
<b>PRESERVING KETTLE</b>	<b>6<sup>95</sup></b>	
Made Especially For Preserving Jams, Jellies, Marmalades, Butters, Relishes		
• Open Cooking and "Hot Pack", Preparation of Fruits and Vegetables		
• Preparing Canning Syrups and Juices		
• Porcelain Finish, Resists Stubborn Fruit Stains, Odors Won't Transfer		
• Granite Wave's, Easy-Clean		
• Convenient Handles For Pouring and Lifting		

**13.8% A.P.R. FINANCING AVAILABLE ON ALL NEW CHEVROLETS THRU AUGUST!!**

676-9221

**Chevrolet Inc.**

- 1980 LUV 4x4
- 1980 SOLO 4x4
- 1969 FORD P.U.
- 1974 BRONCO 4x4
- 1965 EL CAMINO
- 1978 BRONCO 4x4

676-9221

**Chevrolet Inc.**

## BACK TO SCHOOL

YOUTH **"WALKER"** Tootsie Bottoms \$21<sup>95</sup> Brown Suede Upper

GIRLS **"MAINE WOODS"** Plantation Crepe Sole \$33<sup>95</sup> Glove Leather Upper

**"BREEZY"** Grey Leather Hi Heel \$36<sup>95</sup> Wood Unit Bottom

CHECK OUR SALE RACKS & 1/2 PRICE TABLE!!

**SHOE BOX** W-F I-Z-N-S

**CENEX** **Morrow County Grain Growers INC.** 989-8221 LEXINGTON