

Ione student named runner up at state wool contest

By BIRDINE TULLIS
Morrow County
Extension Service

Diann Morter, a senior at Ione High School, modeled and stitched her way to second placing (runner up) at the state Make It With Wool Contest last week in Portland. She was outranked by winner Debbie Fujiikawa, 21 of Ontario.

A beige tweed jacket, worn with flannel trouser-pleated pants, accented by a wide leather taupe belt, matching leather gloves, and a perky bow tied scarf took the Ionian to second place honors among 26 senior age contestants from all over Oregon.

The state Make It Yourself With Wool contest was held this year at the Clackamas Town Center, with a public

style show there in Court of Cedars last Saturday afternoon.

Winner of the senior and junior divisions of the state contest will compete next week, Jan. 21, in the national contest, which will also be held in Portland at the Marriott Hotel. As runner-up in the senior division, Diann has the opportunity to participate in the national event, should the winner not be able to attend.

Diann has been competing yearly in the contest since she was old enough to enter, and has previously been a district winner and competed in the state contest. She promises she will be trying again with her eye still on the winner's circle and the excitement, experiences and awards offered through the sewing and fashion contest.

Two Morrow Co. students plan LABO Japan trip

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While it is still early for most kids to be thinking about summer fun and experiences, there are two in Morrow County who have already started counting the days until their big summer adventures will begin! Ken Curtis, Heppner, and Rachel Peck, Lexington have started plans moving for an international experience - a month-long trip to Japan. The two 4-H'ers have applied to travel to Japan under the Oregon 4-H Japan Labo exchange next July. Ken will greet old friends there, for he will be staying with the family where his brother visited and where his guest of last summer lives. For Rachel, it will be meeting all new friends, but the idea challenges her imagination.

The Labo-4-H exchange is an on-going event, with 4-H'ers from Oregon and students from Japan traveling both ways each year. Last year, Morrow County served as a host county, with ten Japanese students spending a month in homes here.

Before the 4-H'ers depart next summer, they will have carried out a get-acquainted correspondence with their host families in Japan, attended orientation, and made all the necessary arrangements for traveling abroad. Chaperones travel with the 4-H'ers, but while in Japan the exchangees are encouraged to be a part of the host family, and learn the customs of the country. Last year about 150 Oregon 4-H members traveled to Japan under the Labo exchange program.

Officially, there is no such coin as a penny - to the United States Government and its mints it's legally a "cent."

Irrigon man arraigned in M.C. Court

Daniel D. Brasel, 19, Irrigon was arraigned in Morrow County Circuit Court last week after being arrested on September 21 and on November 14 for driving while suspended. He was indicted on December 15, reports District Attorney Ann Spicer.

Spicer also reported that Joseph Leonard Gaustad, 22, of Ione was indicted on December 15 after being arrested on December 10.

Charges were theft in the first degree and assault in the fourth degree, said Spicer. Richard McNeerney was named as council for him.

Kathleen Lenea Canfield, Boardman, was charged with theft in the first degree. Canfield entered a "not-guilty" plea, last week Spicer said.

A show-case hearing was held last week after Frederick Glenn Roy, 25, of Boardman

admitted to violating two probation conditions. Roy was placed on probation during sentencing on July 18, 1980 for having possession of a controlled substance and being an ex-convict in possession of a fire arm. In November the court ordered the defendant to show cause why his probation should not be revoked. His probation was revoked, then reinstated with added probation conditions.

Northwest Agricultural Show to open

Some \$10 million in agricultural equipment and supplies from around the world will be on display at the Northwest Agricultural Show. The show opens a three-day run at the Multnomah County Exposition Center in Portland at 9 a.m. Tuesday, January 26, stated a news release.

Show manager Jim Heater said that 16 Italian manufacturers exhibiting in the Italian pavilion will be among the 260 exhibitors on hand with displays ranging from packaged farm buildings to irrigation equipment.

He said that 170,000 square feet of exhibits will feature supplies and equipment covering all phases of agriculture.

Luncheon speakers scheduled include Art Holst who will

speak on Tuesday and Roger Masqueller who is scheduled to appear Wednesday.

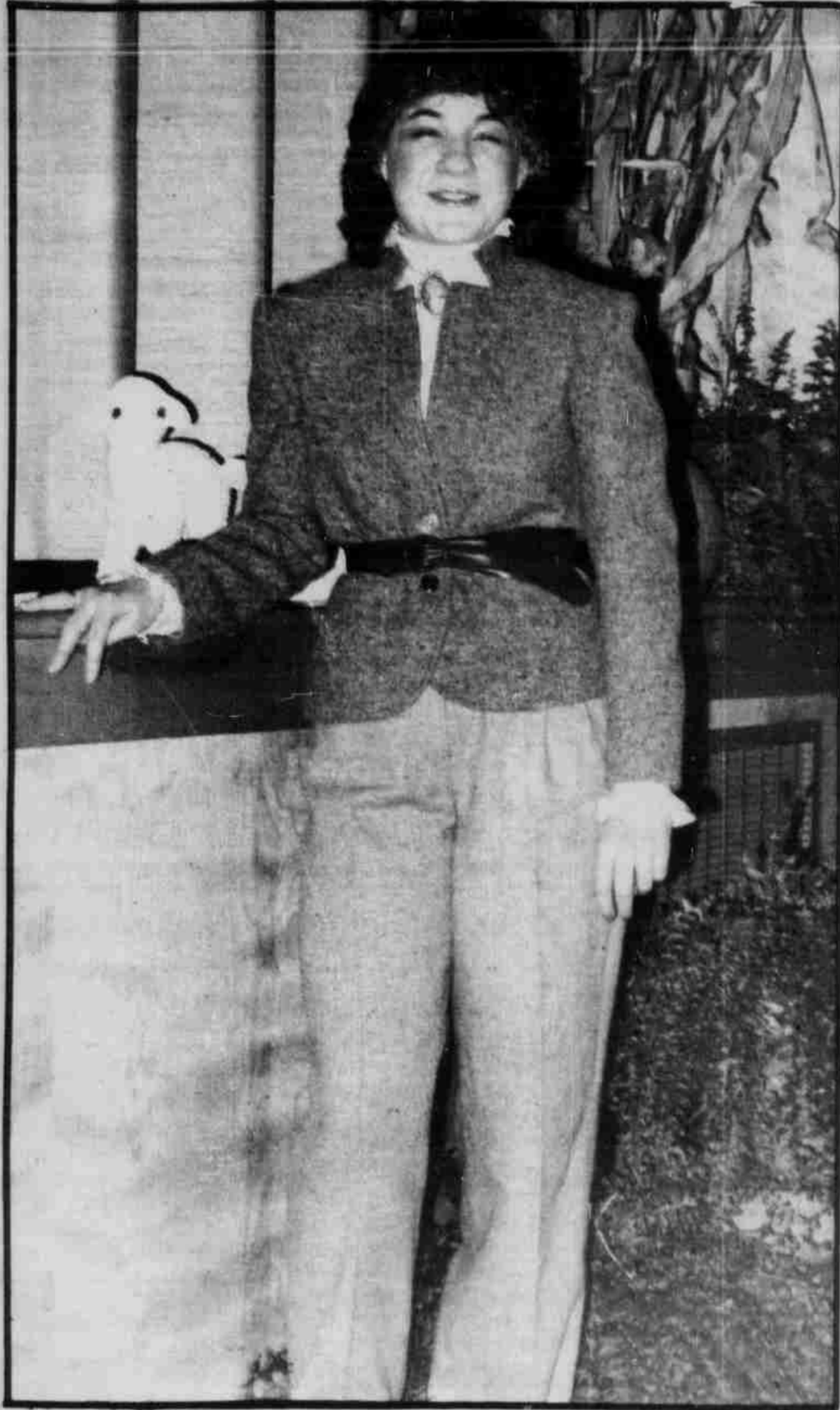
Holst was line judge in the National Football League for 15 years and is now an observer of officials for the NFL. He is author of the book "Sunday Zebra."

Joining the event for the first time will be the American Agri-Women who will hold a regional conference during the show.

Also scheduled is the Oregon Potato Conference as well as educational sessions sponsored by the Oregon Association of Nurserymen, Nut Growers Society, and Oregon Horticultural Society.

Show hours will be 9 a.m. to 6 p.m. Tuesday; 9 a.m. to 9 p.m. Wednesday, and 9 a.m. to 5 p.m. Thursday.

Commercial and governmental spray applicators, chemical consultants, and others requiring periodic updating for license renewal will obtain credit toward renewal for attendance at sessions sponsored by the Horticultural Society, the news release concluded.



Diann Morter

AAUW completes plans for Wellness Workshop

"A New You in '82" posters are appearing throughout Morrow County to announce the Wellness Workshop slated for Saturday, January 30 at the Heppner High School cafeteria.

The complete agenda has now been planned by the Heppner Branch of AAUW and "The Rolling Hills Run" committee for better health and fitness.

The morning session from 8 a.m. to 12 noon will be conducted by Len Tritsch, director of Health Education from the State Department of

Education. He will speak of and demonstrate ways of becoming and staying healthy and well, said a spokesperson. He will talk about fitness, stress, nutrition and related topics. Tritsch has become well known throughout the United States for his approach to teaching health education, continued the spokesperson. He was well received by the Morrow County teaching staff when he spoke at their inservice day in September.

The afternoon session, from 1:15 to 3 p.m., will be a Run-Walk Clinic conducted by Paul Stringer, Physical Edu-

cation teacher at Heppner Junior High School. The session is for those interested in starting or maintaining a fitness program. Anyone interested in participating in the April 4 run will find the afternoon of particular interest, the spokesperson said. The session will cover stretching exercises, warming-up, proper form, why certain walking or running related injuries happen and how to avoid them and ways of treating injuries. Stringer is a runner and completed a marathon run in November. He

will be assisted by other local runners.

People of all ages are encouraged to attend one or both sessions, said the spokesperson. Those who visited the Seventh-day Adventist van last week may wish to bring that information with them to the workshop.

Entry forms for the "Rolling Hills Run," are expected to be available at the January 30 workshop, the spokesperson said. The run will benefit the solar heating project at the Heppner Swimming Pool.

Morrow Co. water supply looks good

The U.S. Soil Conservation Service in Heppner says "Water supplies should be very good next spring and summer," for Morrow County.

Ukiah received 6.3 inches of precipitation, 146 percent of its average during November

and December. Heppner received 4.1 inches or 128 percent of its average precipitation for the two months.

On January 1, snowpack measurements were:

Arbuckle Mt. had 26 inches snow depth with 4.4 inches of water content - 107 percent of average;

Arbuckle Mt. SNOTEL had 44 inches of snow depth, 9.5

inches of water content for 122 percent of average; and

Madison Butte showed a snow depth of 16 inches, 2.6 inches of water content - 144 percent of its average.

Forecasts of streamflow in 1000's of cfs are:

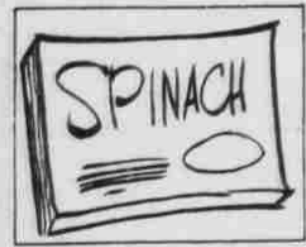
Butter Creek near Pine City is forecast at 11.9 af, 110 percent of average for March through July. Average for that area is 10.7 af.

Rhea Creek at Heppner is forecast at 10.8 af, 128 percent

of its average for February through July with 8.4 af as its average;

Rock Creek above Cayuse Canyon near Condon is forecast at 23.5 af, 112 percent of average for February through July 21.0 is average for that area.

The thirty-day weather forecast, issued by the National Weather Service on January 1, calls for heavy precipitation and above average temperatures, the conservation service said.



Spinach is a member of the goosefoot plant family. Surprisingly, it is first cousin to the beet. Eating spinach is a good way to build up iron in the blood.



Our forefathers didn't know of shoe polish as we do. Goose grease cleaned and polished their boots.

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