

G-T Classifieds - A great way to find what you're looking for

Marathon runner gives advice for run

By MARY ANN CERULLO

On Sunday, April 4, over one hundred men, women and children will be taking part in the Rolling Hills Run. The walk-run which is sponsored by the Heppner Lions, the Heppner Junior High and Elementary Schools, will cover a total of six miles with a three mile alternative.

Beck presents his words of preparation under five headings as follows:

1-For mileage - never race a distance until you've run it at least once. This is most important for the six mile runners. If you are running less than 20 miles a week, Beck suggests that the six mile stretch is not a good idea.

2-Pace - If you don't know how fast you are running normally, try timing yourself by using a mile post. Six mile runners shouldn't run the race more than 30 to 40 seconds faster than their normal pace.

3-Diet - Eat normally until the day before the race. On Saturday, Beck recommends, that you stay away from milk products, alcohol, raw vegetables, fried foods, large amounts of sugar, salt and monosodium glutamate (M.S.G.).

Milk products tend to curdle in the digestive system. Salt dehydrates the body. M.S.G., raw vegetables and fried foods may cause cramping and diarrhea. Sugar is bad, unlike popular belief. It gives only a temporary lift and then leaves a person with even less reserves, according to Beck.

On the morning of the run, eat something light, said Beck. He recommended not eating meat and stressed that bacon is very bad because of its fat and salt content.

Beck suggested drinking about twelve ounces of water about twenty minutes before the run. If you drink 60 to 90

minutes before, you may need to stop later.

4-Feet - don't buy a new pair of shoes two days before the race. They won't be broken in and will cause blisters. Buy shoes now and use them. If you buy cheap running shoes you'll pay for it later, said Beck. Top of the line shoes aren't quite as important for children because they most likely won't be using them like this again.

Beck estimated that a person could probably be able to get a good pair of running shoes for approximately \$25. He suggested going to a shoe store and taking your old pair of sneakers. This tells the salesman how you wear out the soles, whether in the inside or outside edge of the heel.

If the shoes don't feel comfortable in the store don't buy them. Most shoe stores will let you go around the block on a "test run," said Beck.

On the day of the Rolling Hills Run, put petroleum jelly on your toes and powder the inside of your shoes. Blisters shouldn't be a problem if your shoes are broken in.

5-The race itself - If this is your first run, don't start out in front. You just may get run over or start out too fast, Beck warned.

He also suggested to take it easy in your first mile. Pace yourself with another runner who is going your speed. If your start out full steam ahead, you'll burn out early in the race.

According to Beck, some runners may want to do some light stretching to limber up, but warm-ups are mostly for hard and heavy racers.

Al Beck's final caution was aimed toward parents with children who are running. Because children's pain thresholds are very low, extra care should be taken with their diet and that they also don't go too fast early in the run.

Applications for the Rolling Hills Run may still be picked up at Murray's Drug, Shoe Box, and at the Heppner Elementary School.

Boardman woman appointed to Lewis Clark Trail Comm.

Six people, including one from Morrow County, have been appointed by Gov. Vic Atiyeh to the Oregon Lewis and Clark Trail Committee.

The terms of Evelyn O. Black, Boardman, and Michael Bordeaux, Portland, officially begin March 27 and end Nov. 30, 1982. Black succeeds Kessler Cannon, Salem, who resigned and Bordeaux succeeds the late Lewis Nichols, Portland, stated a news release from Governor Vic Atiyeh.

The appointments of Carolyn A. Adamson, Cannon Beach, Stephen D. Beckham, Lake Oswego, Jim McCreigh and Shirley B. Tanzer, Portland, will all be effective from March 27 until March 26, 1985.

The 36-member committee's responsibilities include promoting public awareness of the historical significance of the Lewis and Clark expedition and encouraging the development and protection of historical sites and outdoor recreation resources along the Lewis and Clark Trail.

Black is a retired high school teacher who did substitute work for 38 years in Boardman. She has been a member of the Boardman City Planning Commission for 18 years, and is chairman of the Morrow County Cancer Society. Black studied at Utah State University (1955) and

Ore. to receive forest receipts

Almost \$205 million will be divided among 43 states and Puerto Rico as their shares of 1982 national forest system receipts, according to estimates released today by the U.S. Department of Agriculture. Oregon is to receive the largest amount, \$72,273,732.77, stated a news release from the U.S. Department of Agriculture.

Interim payments of state shares of national forest receipts will be made in October 1982, Peterson said. The balance will be paid in December, when final figures on the revenues collected during fiscal year 1982 are available, the release continued.

The states' shares of the national grassland and land utilization project receipts, based on revenues collected during calendar year 1982, will be paid in March 1983.

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PUBLIC NOTICES

Heppner, Oregon, a public hearing for the purpose of discussing the budget for Morrow County for the fiscal year 1982-83 beginning July 1, 1982 will be held.

Any person may appear to discuss the budget or any part of it. Copies of the budget document may be inspected at the office of the Morrow County Court, the Courthouse Annex in Irrigon or City Hall, Boardman. A copy may be obtained at the office of the County Court, Courthouse, Heppner between the hours of 8:00 a.m. and 5 p.m., Monday through Friday.

The first Notice and Budget Summary were published in the Heppner Gazette-Times, on March 11, 1982.

Published: March 18, 1982

Estate of Carl M. Marquardt, Deceased
NOTICE TO INTERESTED PERSONS
No. 1876

In the Circuit Court of the State of Oregon for the County of Morrow, Probate Department.

In the Matter of the Estate of Carl M. Marquardt, Deceased.

Notice is hereby given that Betty Marquardt and Billy B. Marquardt have been appointed and have qualified as the Co-Personal Representatives of the above estate. All persons having claims against the estate are required to present them, in due form, within four months after the date of the first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: P.O. Box 294, Ione, Oregon or they may be barred.

All persons whose rights may be affected by the said probate proceedings may obtain additional information from the records of the court, the undersigned personal representative or the latter's attorney who is Herman W. Winter, 471 N. Main, P.O. Box 582, Heppner, OR. 97836 - 676-9456.

Donald E. and Gerald F. Peterson, P.O. Box 294, P.O. Box 25, Ione, OR 97843 - 422-7136

Dated and first published March 11, 1982.

Gleason, Scarborough, Trammel & Kretzmeier Attorneys at Law, P.C. 710 S.W. Third Avenue Portland, Oregon 97204 Attorneys for Personal Representative

Betty Marquardt Co-Personal Representative Box 582 Lexington, OR 97839

Billy B. Marquardt Co-Personal Representative Box 514 Lexington, OR 97839

Published: March 11, 18, 25, 1982

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MORROW

No. 1869

NOTICE TO INTERESTED PERSONS

In the Matter of the Estate of MABEL A. MCKENZIE, Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the personal representative in care of Morrison & Reynolds, P.C., Attorneys, P.O. Box 290, Hermiston, Oregon, or they may be barred.

All persons whose rights may be affected by the proceedings in this estate may obtain additional information

from the records of the Court, the personal representative or the attorney for the personal representative.
DATED AND FIRST PUBLISHED: March 18, 1982.
Garry L. Reynolds Personal Representative c/o Morrison & Reynolds, P.C. P.O. Box 290 Hermiston, OR 97838
Published: March 18, 25, April 1, 1982
In the Circuit Court of the State of Oregon for the County of Morrow PROBATE DEPARTMENT
No. 1876
Notice to Interested Persons
Estate of: Oscar E. Peterson, Deceased.
Probate proceedings in the estate of Oscar E. Peterson, deceased, are now pending in the above entitled court, wherein Donald E. Peterson and Gerald F. Peterson, the undersigned, has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate hereby are required to present them, in due form, within four months after the date of the first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: P.O. Box 294, Ione, Oregon or they may be barred.
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Published: March 11, 18, 25, 1982

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MORROW

No. 1869

NOTICE TO INTERESTED PERSONS

In the Matter of the Estate of MABEL A. MCKENZIE, Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the personal representative in care of Morrison & Reynolds, P.C., Attorneys, P.O. Box 290, Hermiston, Oregon, or they may be barred.

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MID-COLUMBIA LIVESTOCK EXCHANGE, INC.
Complete and Profitable Livestock Marketing Service
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KLICKITAT COUNTY CATTLEMEN'S 1st ANNUAL FEEDER SALE
Friday, March 26 1:00 P.M.

Sale Every Friday, 1:00 P.M.

If you are planning to BUY or SELL livestock, please let us help you. Marketing is our business and we are in business to serve you.

Spring grass is near. If you are going to consign your cattle, please let us know early, we have already received a lot of buyer inquiries.

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PUBLIC NOTICES

description of some of the Boise Cascade land:
Morrow County
T. 6 S., R. 28 E.

Section 1, Southeast quarter of the Southeast quarter, EXCEPTING THEREFROM a parcel more particularly described as follows: beginning at a point on the West line of the Southeast quarter of the Southeast quarter of said Section 1, which is 150 feet North of the Southwest corner of said sub-division; thence South on said West line a distance of 150 feet to a point; thence East 435.6 feet to a point; thence North and parallel with said West line a distance of 150 feet to a point; and thence West 435.6 feet to the point of beginning.

Section 12, Northeast quarter of the Northeast quarter, EXCEPTING THEREFROM a parcel more particularly described as follows: beginning at a point on the West line of the Northeast quarter of the Northeast quarter of said Section 12, which is 350 feet South of the Northwest corner of said sub-division; thence East 435.6 feet to a point; thence North 350 feet to a point; thence West 435.6 feet to the point of beginning.

Any or all of the above described lands may be exchanged provided the values are equal. In the event the values are not equal, either party may equalize the values by the payment of cash. The amount of cash may not exceed 25 percent of the value of the lands transferred out of Federal ownership.

Persons claiming such properties or having valid objections to this proposed exchange must file their claims or objections with the Regional Forester, Forest Service, P.O. Box 3623, Portland, OR 97208, within 15 days after date of the last publication of this notice.

Published: March 11, 18, 25, April 1, 1982.

Umatilla National Forest
Umatilla County
T. 2 S., R. 35 E., W.M.
Section 17, E 1/2 SE 1/4

Union County
T. 4 N., R. 40 E., W.M.
Section 21, E 1/2 NE 1/4, N 1/2 NW 1/4
Section 29, NE 1/4 SW 1/4

T. 3 N., R. 39 E., W.M.
Section 10, N 1/2 NW 1/4

Wallowa-Whitman National Forest
Baker County
T. 7 S., R. 45 E., W.M.
Section 22, SE 1/4 SE 1/4
Section 27, SE 1/4 NE 1/4, W 1/2 E 1/2, NE 1/4 SE 1/4
Section 34, NW 1/4 NE 1/4

Also, floodplains exist on Indian Creek on the National Forest land in T. 2 S., R. 40 E., W.M. These lands were described in the previous publications of the land exchange notice.

The following is a corrected

Notices 2

Rumage Sale by American Legion Auxiliary, Friday March 26th and Saturday March 27th at Legion Hall from 8 a.m. to 5 p.m. For pickup, call Rita Hedman, 676-9278 or 676-9432. 3-11-82

Bear with us during our remodeling
Stop by and look for bargains during our remodeling
Pettyjohn's
676-9157

Help Wanted 4

WANTED: Heppner High School student to write high school sports stories. Call The Gazette-Times, 676-9928.

COMMUNITY CORRESPONDENT - Community oriented person needed to write Ione news for Heppner Gazette-Times. No experience necessary. Call 676-9228.

Rentals 7

FOR RENT: 2 bedroom furnished apartment, \$160. Garbage and water furnished. No pets or children. Herman Green 676-9171. 3-18-82

Apartments for rent in Ione and Heppner, furnished and unfurnished 1 & 2 bdrm. Also in Ione, 3 bdrm house and 1 & 2 bdrm duplexes. 422-7579 3-18-tfc

FOR RENT: 2 bdrm apt. and 3 bdrm house \$150 mo. plus \$50 cleaning deposit. 676-9973 after 4 p.m. 3-18-tfc

FOR RENT: 2-bedroom apartments in Lexington, one with fireplace. Call 676-9456 days, 676-9623 evenings. 12-3-tfc

APARTMENTS FOR RENT - Evergreen Terrace Apartments. Base rent \$193 for two bedrooms. Call 676-5120. 10-29-tfc

FOR RENT: 1 bedroom apt. \$125. Bachelor apt. \$95. 676-9893. 1-28-tfc

Services 8

Carpets and upholstery cleaned professionally. John Shaw, 676-5283. 12-31-tfc

Bring back the shine to your vehicle and protect the paint on newer ones. Simoniz Wax \$19.95 and up. Vern's '76 Station. 676-5184. 6-4-tfc

IMMEDIATE CASH AVAILABLE
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Up to \$750 Cash Rebates on certain GM & Ford Model cars See Phil or Jim for details

1975 Chevy Liv 4sp. with canopy mint condition. Only 34,000 miles.

Used Pickups:
79 Ford F150, 6 cyl., 4 sp., 4x4, dual tanks, good rubber, clean.

Also in stock:
79 Subaru 2 dr. Coupe. EDI series, clean, local one owner, low miles.

See the all new 6.2 litre GMC Diesel 1/2 ton in stock. Overdrive Beautiful Blue.

1979 Chev. 3/4 ton 4x4 Bonanza, AT, PS, PB, AC, cruise control tilt wheel, dual tanks, glassite fiberglass canopy, extra heavy duty rear bumper, heavy duty front brush guard.

1976 El Camino PS, PB Good Rubber, Beautiful Condition. Low mileage

We do front end alignments. See Clarence.

Farley Motor Co

Heppner 676-9116

Services 8
Now is the time to remodel your kitchen. Interest rates are predicted to go down, which means a good time to remodel. We have a LARGE selection of kitchen cabinets which we will install or do-it-yourself. M&R Floor Covering Linden Way, Heppner. Phone: 676-9418

Real Estate 23
FOR SALE: 20 acres close in, with 3-bdrm. double wide mobile home. Two-level combination garage, shop and barn. 676-9493. 3-18-tfc

FOR SALE: 3 bedroom older home - out of flood zone. Fireplace, new carpet, large living room 1/2 basement. \$38,700.00 assumable loan. 676-5251 after 12:00 noon. 2-4-tfc

PENDLETON REALTY 2 bedroom, 2 bath double wide mobile on 2 acres. New thermal windows. City sewer and water. CONTRACT TERMS \$39,900 Pendleton Realty and Inv., Inc. 276-2662. 2-25-82

FOR SALE: 992 square ft. 3 bdrm. house. Electric heat. Large lot, close to Lexington School. Good terms to qualified buyer. \$22,500. East Street and Hwy 207. First Int. State Bank of Oregon, Heppner, 676-9163. 3-18-tfc

3 bedroom, 2-story home 1 1/2 baths, full bsmt. \$45,000. Call 676-9163 or 676-5202. 2-11-tfc

Large building lot. Excellent location with garage. Terms. Will trade equity for anything. 676-9944. 2-4-tfc

HEPPNER: 3 bdrm, 1 bath on 3 lots. Basement with furnace-unattached rental apt. Excellent investment at \$39,000. By appointment only. Horace Durfee Real Estate, 125 S.E. Court, Pendleton OR 97818. Telephone 276-0919. Evenings, 276-0117. 2-4-tfc

4 bedroom home, Heppner, not flood zone, low interest, contract, down payment and terms to suit buyer. \$24,995. 1-509-922-1167. 3-11-82

RANCH FOR SALE: 778 acre ranch with irrigated bottoms, dry land wheat, and pasture. Includes nicely remodeled 4-bedroom home, metal barn, garage, corrals, good well. Located on Willow Creek below Heppner, OR. Price \$400,000. Terms available. For appointment, call The Farley Company 276-3799, Pendleton, OR. 3-11-82

FOR SALE: John Deere 800 Weedeater, Utized-Hydraulic, 24 ft. IH Vibre Shanks, 18 ft. Steel Grain Bed, Terms, Call 676-5118. 3-18-3p

FOR SALE - D-5 Cat Cab, hydraulics and air, phone Max Barclay 989-8181 3-11-2c

BUILDINGS - Steel or wood. Grain storage equipment. Quality construction. Your local Chief dealer, Turman Aeration - Hermiston. 567-7666. 11-12-tfc

Trailers & Campers 21
FOR SALE: 1972 Ungers motor home. 27-ft. top of the line. 422-7589. 3-4-82

Fireplace with complete chimney and Heat Magic, \$250.00 or offer. 989-8548. 3-4-82

Roger Britt Excavating
Phone 676-5096 Rt. 2 Box 2054

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SEPTIC TANK & DRAINFIELD INSTALLATION GRAVEL
DIVERSION DITCHES & TERRACES
TOPSOIL ROAD GRADER AVAILABLE
Any Excavating Need
Large or Small
LICENSED & BONDED