

SMOKING: WHAT YOU SHOULD KNOW

Smoking is the Number 1 risk factor for heart disease. The risk of heart attack is doubled in heavy cigarette smokers.

Fortunately, if you stop smoking, the risk decreases almost to the same level as for people who have never smoked.

If you have any questions about heart disease, see your doctor.



U.S.D.A. to assure normal marketing practices

The U.S. Department of Agriculture recently issued procedures to assure normal marketing practices are not disrupted for farmers who participated in U.S.D.A.'s payment in kind program, announced the Morrow Co. Agricultural Stabilization and

Conservation Service.

Previously, U.S.D.A. could require that some farmers either pledge their 1983 production as collateral of a price support loan and then immediately redeem the loan collateral and sell it to U.S.D.A.'s Commodity Credit Corporation for PIK purposes, or redeem earlier crop year loan collateral and sell it to C.C.C. to fulfill the needs of the P.I.K. program. In either case, the action would have been required before January 1.

According to C.C.C. Executive Vice-president Everett Rank, many farmers normally do not repay C.C.C. loans in the same year the loans were obtained nor would some farmers normally repay a 1982 or earlier crop year loan this year. Rank said for these reasons, C.C.C. will allow producers who would have been required to obtain or liquidate a loan for P.I.K. purposes this year to extend both the date for doing so and their P.I.K.

availability date to January 16.

Rank said the action covers only farmers who have P.I.K. availability dates that begin August 1 or earlier and who request the extension. C.C.C. storage payments on P.I.K. commodities will end about five months after the P.I.K.

availability date for farmers who request the extension, he said.

Producers should request extensions at their county offices of U.S.D.A.'s Agricultural Stabilization and Conservation Service before the end of the P.I.K. availability period, Rank said.

CONSUMER CORNER

If your fine jewelry were lost, stolen or damaged, would you know how much it was worth? Inflation has pushed jewelry prices way up, so if you haven't had your jewelry appraised lately, you may not get your money's worth if something happens to it.

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mate of value is only an opinion and—although opinion may vary—that of an expert is most reliable. Here is where confidence in your jeweler becomes important. The American Gem Society (AGS) jewelers are extensively trained, skilled individuals who demonstrate the highest level of knowledge and integrity in the retail jewelry industry.

Local swimmer doing well in competition

Heppner's Kelli Bergstrom, swimming for the Pendleton Swim Association's summer team, led the 15-16-year-old division recently at a Pendleton Invitational meet. She took two first place wins, three seconds and one third place finish. On Sunday, July 31, she broke a meet record at The Dalles in the 100-meter butterfly. Her time of 1:15.79 replaced the old record of 1:16.04, set in 1981 by Wanda Gibbs of La Grande.

Her first place wins in the Pendleton meet came in the 200-meter I.M. in 2:59.40 and in the 100-meter butterfly in 1:18.13. Her three second place finishes were in the 100-meter breast stroke in 1:31.52, the 100-meter backstroke in 1:28.62 and in the 200-meter free in 2:38.58. She placed third in the 100-meter freestyle in 1:11.98.

Bergstrom and her teammates, Kori Elfering, Gregory Cimmyotti and Heidi Hiskey won the 15-18 division 200-meter medley relay and the 200-meter freestyle relay.

Bergstrom also swam in the Junior Olympic Competition in Corvallis recently and placed 10th in the 100-meter butterfly and 12th in the 100-meter breast stroke and 19th in the 50-meter freestyle race.

Two weekend meets, at The Dalles and the regional finals in Wenatchee, remain before district competition. Bergstrom has qualified in the 50-meter freestyle, in the 100-meter breast stroke and in the 100-meter butterfly.

Her swimming season will end August 15, when she will return home to Heppner.

This is the second year she has been in competition with the Pendleton Swim Association.

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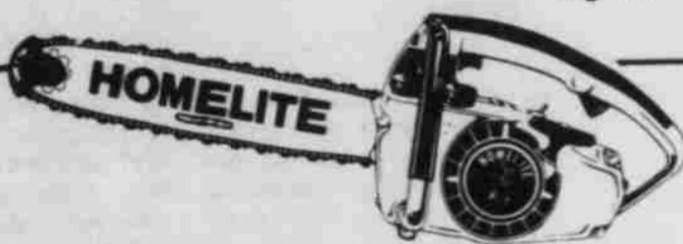


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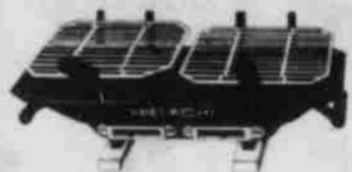
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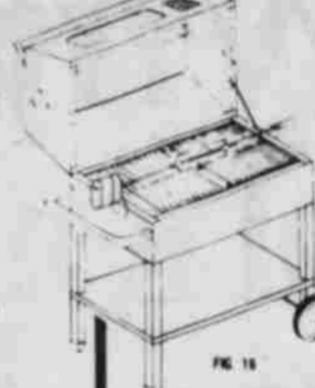
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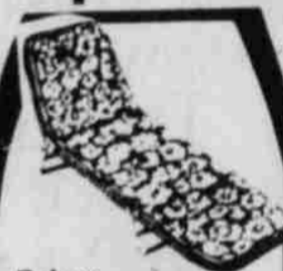
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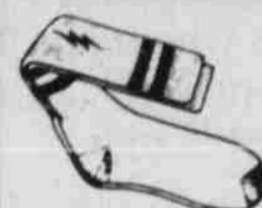
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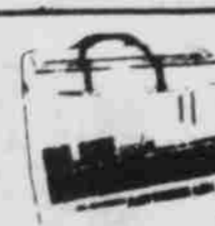
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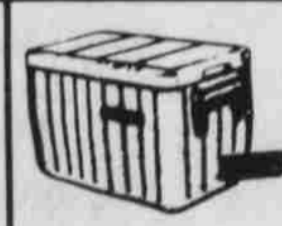
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