

Home economics a course of change



Liz Curtis

Home economics classes have changed course during the last few years. Students are learning many other skills than just sewing and cooking, and one Heppner home ec teacher has helped achieve this and has made notable contributions to her field.

Liz Curtis, a Heppner Junior High home ec teacher, represents Morrow and Umatilla county home ec teachers in a statewide leadership cadre. As one of the 16-member team representing geographical areas, cadre members have provided a communications linkage and set up inservice opportunities for the more than 550 junior and senior home ec teachers across the state. The group meets twice a

year to discuss budgets, teachers' training, program direction, curriculum and to share ideas.

As a cadre member, Curtis is in charge of training programs for home ec teachers in the two-county area. This group is to meet five times this year.

In November a workshop is scheduled for the teachers on dealing with stress.

For March, a teachers' training session will be conducted in dealing with teenage pregnancy. In April, Dr. Terry Templeman of the county's mental health service, will give the teachers training in "Families in Crises," which will cover various family situations and how children cope with them.

Morrow County seventh graders are required to take a home ec class termed "Occupational Versatilities." Curtis developed this program which was adopted for use county-wide, and she and Joyce Baker of Columbia Junior High in Boardman developed a book for use in the program entitled "O.V. Homemaking."

The book consists of a series of lessons in practical reading and math skills, home survival skills, responsibility for

learning, management and safety skills and career awareness. In the program the students learn decision making, consumer buying, nutrition, how to figure unit pricing, babysitting skills, keys to good management and how to look their best.

Two special features of the program include conducting a nursery school for children ages three through five for one-half of a day, and in the last nine weeks of the school year the students must list what they have learned in the class, what they would like to learn, and then develop a project or several projects to achieve what they would like to learn.

Another interesting activity requires that each student care for an egg as a baby would be cared for. Each student is responsible for caring for it at all times and must even find a babysitter when the egg can't be with them.

It seems more and more classes are teaching students skills they will use later in life, and home economics classes are providing important lessons for Morrow County students.

Retired Educators plan Alpenfest trip

In lieu of the first fall meeting Unit 9 Oregon Retired Educators Association has scheduled a trip to the Alpenfest at Wallowa Lake for Saturday, September 24, said a local spokesperson.

The Alpenfest is a Bavarian type festival held there annually. Buses will leave the Amtrak parking lot at 8 a.m. Reservations must be made

by September 15 at the Care-free Travel Service. Cost is \$15 per person which includes the cost of the festival ticket and bus fare. This is open to members and their personal guest, she added.

The first fall business meeting of the organization will be in Milton-Freewater in October 1.

Ione man takes Yard of Month award



Hugh Salter

The Ione Garden Club has chosen Hugh Salter as the Yard of the Month winner for September.

Mr. Salter has lived in the house since 1945. He brought tiny spruce and fir trees home from the mountains to plant along the front of his yard. They have nearly grown out of their allotted space, and are loaded with cones this fall.

"Hugh's yard is a spacious corner lot on Second St. facing south and is always neatly groomed, shady and is made inviting by a lawn swing for two or three," says a garden club member. The swing was made by one of his sons.

The back fence is lined with roses and other blooming plants, while a row of calendulas decorate the front fence.

Historic films of Heppner, residents, to be shown Sept. 21

By JUSTINE WEATHERFORD

Two reels of black and white movie film made by early Heppner photographer Bert Sigsbee over 50 years ago will be shown at the Heppner Senior Mealsite after the Wednesday noon dinner on September 21.

These reels include shots of many past and a few present county folks. The first reel shows the Rodeo Parade of 1929 led by C.W. McNamer, the Queen, Rita Neal Bibby, on her white horse, "Appy" and her princesses Inez Hayes Gentry and Cecelia Kenny Bucknum, Heppner, and Ruth Huddleston Fletcher, Ukiah. The 4-H marching band from Irrigon marches by Herb French and Lois Cason are included in the parade shots.

The pictures of the 1929 Rodeo show Joe Kenny, Bud Colvina, Stubbie Johnson, Buck Padberg, Scott Furlong, Marshal S.P. Devil, Add More and Roy Jyhnson chariot racing, and Emory Moore, Jack Terry and Jerry Brosnam, and Turk Greenough and other professional cowboys who appeared that year.

Reel one concludes with some scenes from a home

talent show filmed at the Star Theater. These show Ellis Thomson, Louise Langdon, Hazel McDaid, Velton Owens, Anne McDaid, Louise Langdon, Annabelle Turner, Irma Schultz, Irma Duvall and Crockett Sprouls.

On the second reel there are more Heppner rodeo pictures and scenes at Ukiah — a cowboy race, a relay race and a pack horse race. There are views of Frank Swaggert, Sonny Turman, Berg Sigsbee, Roy Atteberry and Kenneth Depew. A segment of the reel shows the Heppner town baseball team with pictures of Bill Pedro, Bob Turner, Rod Thomson, Crockett Sprouls, Carl Cason, Ducky Drake and Ray Ferguson.

Next there are pictures taken at the Allstott Ranch in Eightmile Canyon now in the

John Bergstrom Ranch. These show the Allstott Family with Sadie Sigsbee, R.D. Allstott, Mrs. Allstott, children, inlaws and grandchildren.

The final segment of the second reel gives good pictures of a rabbit drive in Juniper Canyon east of Lexington. Citizens dug a pit and drove the rabbits in and killed them. There were about 1,000 rabbits in the pit on this drive.

These old, original Sigsbee films were kept by Elaine Sigsbee George. They were very flammable and were no longer safe to use. Elaine gave them to Bill Weatherford who took them to Portland to the Oregon Historical Society's film expert who reproduced them on modern film. They will be given to the Morrow County Museum or Historical Society at a later date.

BMCC to offer variety of local classes

Fall term schedules of classes are now available for courses to be offered at Blue Mountain Community College. The college mailed the schedules to all local postal patrons in Umatilla and Morrow counties.

The schedule includes class listings for courses to be offered in Heppner, Hermiston, Milton-Freewater, Athena, Boardman and Umatilla, as well as day and evening classes in Pendleton.

Local classes in the Heppner area that will be offered in-

clude Horsemanship and Horse Husbandry, Exercise - one-half time, Aerobic Dance classes, Dance to Fitness classes, Criminal Justice - Survey of, Microcomputer Programming and Welding.

The cost of each class, the dates, instructors and costs are all listed in the fall term schedule.

Not listed in the schedule is the proposed aerobic dance class in Ione if enough interest is shown. The class would be held on Monday mornings and

Wednesday evenings. If interested, contact Joyce Hughes or Cathy Halvorsen.

Registration for full-time students will take place September 20-22, with September 23 set as the late registration day. Full-time students should call the Counseling Center at 276-1260 to make a registration appointment with an advisor.

Day and evening classes begin the week of September 26. Persons planning to register for shorter seminars or workshops should check the schedule for starting dates.

Boardman therapy group being formed for abuse victims

A group is currently being formed in Boardman for women who experienced sexual abuse as children and/or adolescents, announced Alison Turner of Morrow Co. Mental Health. The group will offer women the opportunity to discuss various aspects of their experience with other women with similar histories who can offer support and understanding. Discussion topics will include past and present relationships with family members, feelings about sexuality, relationships with men, and thoughts and feelings about how women want their own families to be.

The group will be led by Alison Lockwood Turner, M.S., psychotherapist for Morrow County Mental Health Service, and Sandra Finck from Hermiston Children's Services Division. Both therapists are experienced and trained to work with victims of sexual abuse. Furthermore, Ms. Turner has been instrumental in establishing Morrow County's sexual abuse treatment program. The leaders believe that sharing in group will help to break down barriers of isolation, shame and silence, and lead to positive changes in participants' lives.

Turner stated that studies have shown that one quarter to one third of adult women were sexually abused by the time they were 18. Over three quarters of them were abused by someone they knew and were close to: a father, stepfather, older brother, uncle, mom's boyfriend, a close family friend, or a female relative. The abuse may have occurred once, several times, or over a period of many years. The abuse usually ended by the time the woman left home (or she may have left to end it), but the emotional damage lasts for many years, often a lifetime, she said.

Most incest victims and victims of child sexual abuse experience low self-esteem and negative feelings about themselves. As adults, they often experience troubled relationships with boyfriends, husbands, and/or children.

Problems with sexual relationships are frequent. These negative feelings tend to linger until the abuse issues have been openly discussed with others and the feelings have been worked through. However, women rarely talk about their experiences with other women who have had similar experiences, and they often feel isolated and ashamed."

Turner explained.

Format for the group will include an initial day-long Saturday meeting and three two-hour weekday evening meetings. A three-month follow-up session will also be held, Turner said. The group will meet in Boardman beginning in October. If interested in participating, please

contact Turner at 481-2911 between 8 a.m. and 5 p.m. on Monday or Tuesday, or Sandra Finck at 922-2957 in the evening.

A short screening interview will be held with each member, so it is necessary to contact them as soon as possible, she said. The group will be limited to no more than eight members. However, depend-

ing on demand, future groups may be held, so a waiting list will be established. These names will be held confidential, Turner assured. A nominal fee for the group will be charged to partially cover the costs of providing it.

The October group will be sponsored by Morrow County Mental Health Service.

Historical Society plans annual meeting

By DELPHA JONES

It is again time for the annual meeting of the Morrow County Historical Society to be held at the Lexington Grange Hall on October 2 at 1 p.m., starting with a potluck dinner. The main course will be furnished by the society with others bringing salads and desserts.

The program will be provided by Antone Minthorn, chairman of the General Council of the Federated Tribes of the Umatilla Indian Reservation in Pendleton. He will show slides of the reservation, and discuss its progress through the years. There will also be a picture display, and Mr. Minthorn will talk on the issues concerning the Indians; their problems and ways to solve them.

Also attending will be Ran-

dy Minthorn, who will bring some dancers and drummers. He will explain the dances and what they mean. There is to be a short discussion about their foods and how they were prepared in earlier times before supermarkets.

This promises to be a most interesting afternoon and the society invites all to attend this meeting.

Memberships will be available, and the new "Chronicles" are to be for sale at this time.

The Indian culture is history making and, as many others, should be preserved for generations to come. Our area is really a new area, so lets not lose sight of the past, like in many other cases. Preservation of early day living is part of what the society is all about.

Adult High School Program from p. 1

adult. A high school diploma is not required for these classes. A non-refundable book fee of \$5 will be charged for adult high school materials. However, there is no charge for instruction.

Interested adults are invited to attend class. Adults who

have attended in the past are welcomed to begin their program again.

For more information, or if you plan to enroll, please contact Krein, adult education instructor, at 676-9956, or leave a message at the Neighborhood Center, 676-5873.

More surplus cheese to be given away

By NEOLA MACKEY

More government surplus cheese will be given away to those who meet the federal guidelines at the Heppner Neighborhood Center on Tuesday, Oct. 11, between 9 a.m. and 4 p.m.

A free blood pressure clinic will be held at the center on Tuesday, Sept. 20 from 2:30 to 4:30.

Adult and Family Services representative Janet Phillips will be available at the center of Wednesday, Sept. 21, from 9 a.m. to 12 noon.

What's Your Opinion?



Question: "How do you feel about the U.S. response over the Soviet downing of the South Korean 747 jet?"

"I think it was a really good response," said Julie Warren of Heppner. "I believe people are rightfully upset with the Soviets for what they've done. I don't trust the Soviets and it's scary that they think they can get away with it."

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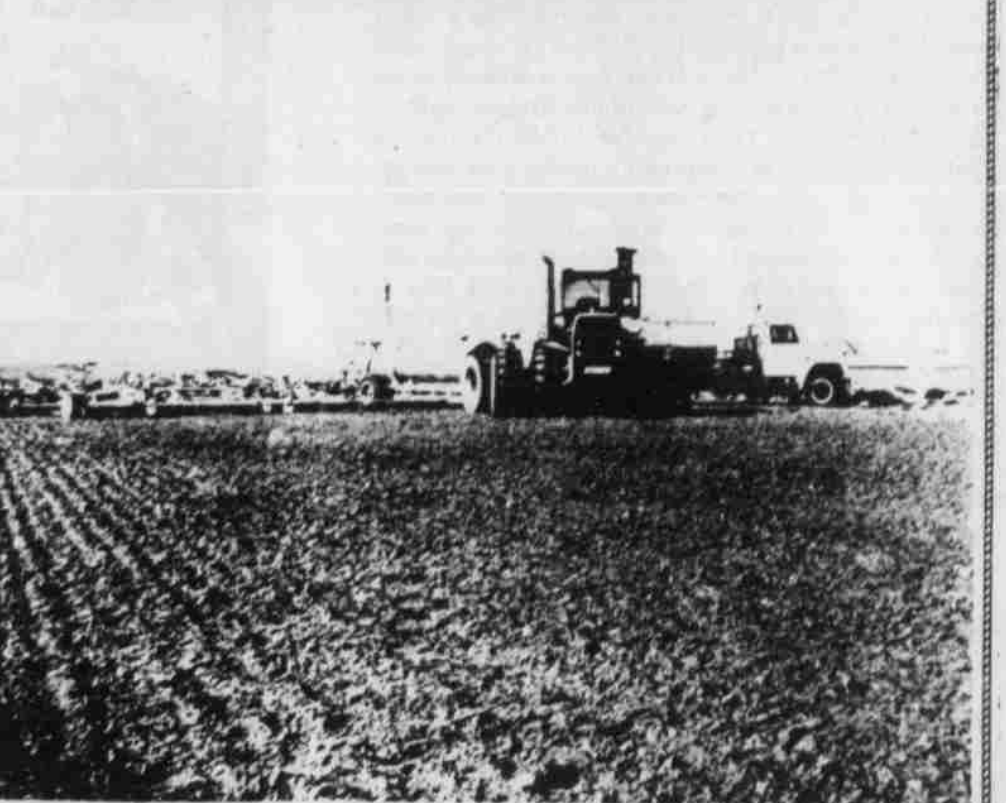
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