

## Veterans honored at mealsite program



Local Legionnaires and other veterans attended a special program at the Heppner Senior Mealsite last Wednesday afternoon. Veterans in the audience stood and gave their name, their branch and dates of service. Deceased veterans' names from this area were read, and all were recognized.

## Local 4-H'ers invited to travel & study overseas in I.F.Y.E. program

Morrow County 4-H members can travel and study overseas next summer under the International 4-H Youth Exchange Ambassador program if they act before January 1, according to Birdine Tullis of the Oregon State University Extension Service in Heppner.

Arranged by the National 4-H Council, the I.F.Y.E. Ambassador program offers two different kinds of experiences, she said.

The first is a cross-cultural program during which 4-H members live and work with a host family in Mexico, Costa Rica, Denmark, Spain, Sweden or Canada for six weeks learning about the culture of another nation while sharing U.S. culture with others. Cost of the program, which begins in late June,

ranges from \$1,445 to \$1,945. The second is a program built around specific 4-H projects which give American 4-H'ers a chance to live and work with host families while learning how 4-H projects are taught and conducted in another nation.

Trips scheduled include Switzerland, dairy; United Kingdom, horsemanship and animal science; West Germany, natural resources; Netherlands and Belgium, commodity marketing; Italy, clothing; France, foods; Australia, sheep; and Kenya, wildlife conservation and photography.

The cost for the 4-H project Ambassador trips will be \$1,945. The groups will leave the United States in late June and be gone for six weeks.

Participants in the I.F.Y.E. Ambassador program must be between the ages of 15 and 19 and each participant pays his or her own way. Additional information about

## Children must meet immunization requirements or face exclusion

Oregon children must have up-to-date immunization records or have filed an appropriate exemption by November 30 in order to attend their certified day care center, public, private or parochial school, the Oregon State Health Division has announced. Children in Multnomah County have until February

10, 1984 to meet the immunization requirements or face exclusion. Notification to parents excluding children from attending their day care center, public, private or parochial school was to be mailed by November 16, a division spokesperson said. Children will again be allowed to attend

their school or day care center as soon as evidence of the required immunization or proper exemption has been submitted.

Kristine Gebbie, Oregon State Health Division administrator, emphasizes "that the spirit and intent of this health mandate is to protect children, not to exclude them from school attendance." However, if parents have not met the requirements of the law, their children will receive an Exclusion Order.

Approximately 10,000 Oregon children may be affected by these "exclusion orders," the spokesperson said, adding that this is fewer than the 14,000 orders sent last year.

## Wells appointed 6th Judicial District judge

On Thursday, Nov. 10, Chief Justice Edwin J. Peterson announced the appointment of circuit Judge William W. Wells of Pendleton as presiding judge of the sixth Judicial District, which is comprised of Umatilla and Morrow counties. The appointment is for a two-year term, effective January 1, 1983.

Under legislation enacted in 1981, the chief justice of the Supreme Court of Oregon is the administrative head of the Judicial Department and appoints the presiding judges in all multi-judicial districts and district courts.

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## Justice Court Report

Morrow County Justice Court at the Morrow County Courthouse in Heppner handled the following cases during the past week:

Samuel Marcus Gibbs, Baker - Expired Vehicle License, \$29 bail forfeited.

John Frederick Mollahan, Heppner - Defective Equipment, \$13 fine.

Eugene Grant Beishaw, Ione - No taillights on Trailer, \$13 fine.

## Health Dept.

Friday, Nov. 18 - free blood pressure clinic and immunizations, Morrow County Health Department office, Lexington, 8 a.m. to 12 noon and 1 to 4 p.m.

Tuesday, Nov. 22 - free blood pressure clinic, and immunizations, North Morrow annex, Irrigon, 1 to 4 p.m.

Friday, Nov. 25 - County Health Department office closed for Thanksgiving vacation.

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# Look for some important phone messages in your mailbox.



On January 1, 1984, the court-ordered breakup (divestiture) of the Bell System will occur. The breakup will directly affect how we will repair your telephone equipment; how we will bill you; and how we will handle your other telephone service needs.

### Changes Affecting You On November 21.

In order to make the breakup as problem-free as possible, we will begin making some of these changes on November 21, 1983. Two changes will directly affect you:

First, you'll have new numbers to call for telephone service and repair.

Second, your telephone bill will

have a completely new format.

"It's in the mail."

We'll be using a variety of ways to inform you of all the details of these changes. So be sure to watch your mailbox during the next few weeks for our announcements (letters, bill inserts, booklets, etc.).

This information will include the new numbers to call for service and repair; and a detailed explanation of the new telephone bill format.

Meanwhile, if you have any questions, call us for the answers. Or send for your free "For Your Information" booklet describing all the changes occurring at the phone company. Because at Pacific Northwest Bell, we want to keep you in touch.

1 800 555-5000

To get a free "For Your Information" booklet, fill out the coupon and send it to: For Your Information Program, Pacific Northwest Bell, P.O. Box 3456, Portland, OR 97208. And if you have more questions, call our toll-free information number.

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Please send me the booklet for:

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 Pacific Northwest Bell

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**SWEET POTATO BREAD**

7 to 7 1/2 cups unsifted white flour  
 1 1/2 cups unsifted whole wheat flour  
 1 tablespoon sugar  
 1 1/2 teaspoons salt  
 2 packages Yeast  
 1/4 cup (1/2 stick) margarine, softened  
 2 cups very warm water (120°-130°F.)  
 1 1/2 cups mashed cooked sweet potatoes  
 1/4 cup toasted sesame seed  
 1 egg white  
 1 tablespoon water

Combine 5 1/2 cups white flour and whole wheat flour.

In a large bowl, thoroughly mix 2 1/3 cups flour mixture, sugar, salt and yeast. Gradually add very warm water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add sweet potatoes and 1/2 cup flour mixture; beat at high speed 2 minutes scraping bowl occasionally. Stir in remaining flour mixture and enough additional white flour to make a soft dough. Turn out on lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down dough; turn out on lightly floured board and knead in 3 tablespoons toasted sesame seed. Divide dough in half. Roll each half into a 14x9-inch rectangle. Shape into loaves. Place in 2 greased 9x5x3-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Mix egg white and 1 tablespoon water and brush over tops of loaves. Sprinkle with remaining toasted sesame seed. Bake at 375°F for 35 to 40 minutes, or until done. Remove from pans and place on wire racks to cool.

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