

Scout's food drive a big success



Cub Scouts Charlie Rathbun (l) and Jim Kindle unpack some of the 1,715 lbs. of food donated by area residents during a food drive Monday night. Helen Riehl, assistant Den Mother, looks on. The food will be distributed during the holiday season to the needy.

This week calls for family celebrations says extension agent

National Family Week, November 21-27, and its accompanying holiday, Thanksgiving, November 24, call for special family celebrations in November, says Dawn C. Hawkins, Umatilla County extension agent.

If your family hasn't had an enjoyable outing together for a long time, plan to do some-

thing special during family week this year, Hawkins suggests.

The week of November 21-27 has been designated National Family Week because many families use the Thanksgiving holiday for reunions with relatives and friends. It's time to emphasize the importance of family life in America and be thankful for your home and one another, she said.

Many people worry about changes occurring in the way families carry on today, the agent says. However, family group members still represent the most important and influential people in anyone's life, according to 82 percent of the respondents to recent Gallup polls.

In spite of strains that occur

in one-parent families, two-worker families, and step-families, these family groups still provide vital support, encouragement, friendships and care for their members. In fact all families, young and old, feel tossed about these days by what appears to be today's unmanageable influences.

A strong family is the single

most important background you can have. Building family strengths has a high priority among all American families during the '80s, Hawkins says.

Some families are already strong, others need to work on themselves, says Marcelle Straatman, Oregon State University Extension Service human development specialist.

"I have no doubt that family members love one another, but many have strange ways of showing it," Straatman says. "Most of us haven't learned much about nurturing one another once the lovable dependence of infancy or the excitement of a new marriage is over.

After marriage, many partners tend to reduce their communication to "please pass the potatoes" or they make one another feel inadequate for expectations each hasn't fulfilled for the other," Straatman says.

Over the past decade social scientists have focused their investigations on what makes families strong and individuals feel good about themselves. This is an important change because social scientists used to look for all the reasons why families are going wrong. They now have discovered five characteristics of strong families that all families can adopt, he reports.

—They care for one another. Care is not just a feeling; it's activities that show consideration, appreciation, respect and empathy in some way every day.

—They do things together, spend time together.

—They talk and listen to one another.

—They share a family belief system about what's right and wrong, good or evil, important or non-important.

—They stick together in times of trouble.

One way to celebrate National Family Week is to emphasize at least one of these characteristics each day. On Monday you can say, "Jimmy, how will you show care for us today?" And how will you, the parent, show it to your children or partner? Communicate within the family how family strengths are demonstrated by children and parents, he suggests.

While many caring acts occur daily, emphasis is usually placed on what is going wrong rather than the tender attentions given. Strengthening your family will happen like magic if you encourage more thinking about what a family means and how members strengthen one another.

Sharing appreciation of one another helps children and parents grow together and increases the pleasure of being part of your family. This is something to be deeply thankful for, Straatman concluded.

BMCC board votes to put tax measure on ballot

The Blue Mountain Community College board of education voted to approve a resolution asking that the sales tax package be placed on the Oregon ballot for a public vote in the March, 1984 election, announced a college spokesperson.

The board action on the sales tax question came during the board's regular monthly meeting following a public hearing on the matter. The action by the board is not an endorsement of a sales tax, but rather a statement by the board that voters should be able to voice their opinion on

the matter, the spokesperson explained.

The Oregon Legislature determined that a vote of local taxing districts including community colleges will determine whether the sales tax proposal will be on the March ballot. A majority of each of the three taxing groups (cities, counties and schools, including community colleges) is needed to put the question to the voters.

Hermiston attorney George Anderson was appointed to the board opening left by the resignation of Jim

Pratt, Pratt, who was serving as chairman of the board, has taken a job in Alaska. Anderson will serve until June 30, 1984 as the appointed replacement for Pratt.

In the March 27, 1984 election, voters will elect someone to serve the remaining year of Pratt's term, from July 1, 1984 to June 30, 1985. Anderson will have the option of filing for that seat, as will other college district residents.

Ken Dauble, board member from Weston, was elected chairman of the college board for the remainder of the year.

In other business, the college board discussed equitable ways of dealing with the over-collection of 1982 property taxes in Umatilla County. The board adopted a resolution requesting a special ruling from the Oregon Department of Revenue whereby the college could be allowed to return the excess funds to the county tax assessor to be placed in an interest bearing account.

These funds, along with the interest, would then be applied as an offset against Umatilla County's share of the 1984 college levy, the spokesperson said.

Beginning Foods 4-H project to learn to 'Fit It All Together'

Morrow County 4-H leaders and members enrolled in the beginning foods project will be talking about how good food habits coupled with physical fitness can help "Fit It All Together" as they begin using new project materials this fall, according to Birdie Tullis, Oregon State University Extension Program Assistant.

Oregon, along with most of the other 49 states, will introduce the new foods materials this fall. It is the first time that the 4-H food and nutrition project has incorporated physical fitness as it relates to health and nutrition, adds Barbara Sawyer, OSU Extension 4-H youth specialist.

"Food for Fun and Fitness" is the title of the beginning foods project which was prepared by the National 4-H Council with support from General Foods Corporation. The new material replaces "Tricks for Treats" which was the beginning foods project.

In the beginning phase of the project, the aim is to teach young people in grades four through 12 basic information about nutrition, information on fitness and healthy lifestyles, food preparation skills, food and kitchen safety, and consumer skills as well as introduce them to foods from other cultures, Tullis explains.

The new "Fit It All Together"

materials include a leader's guide, which gives volunteer 4-H leaders help on how to plan meetings as well as suggested activities and lesson plans and a 4-H member's book.

Advanced phases of the 4-H foods and nutrition project will continue to use existing materials, Sawyer said. It is anticipated that new materials for these levels will be introduced during the next few years as they are prepared on the national level.

Additional information about the 4-H foods and nutrition project as well as other 4-H projects is available from the county extension office in Heppner.

Winter Farm Fair to be held in Hermiston

The 10th Annual Winter Farm Fair coming November 30 and December 1 and 2 has several special feature attractions that should be of broad public interest.

According to Luther Fitch, OSU Agricultural extension agent in Hermiston, the Farm Fair, being held again this year in Thompson Hall on the Umatilla County Fairgrounds

in Hermiston, has been broadened and expanded through involvement of local Chamber of Commerce staff to include both a special Thursday evening banquet highlight, and some broader public and farm family interest daily program subjects.

The 7 p.m., Thursday evening banquet feature will be a talk by Wayne Cryts, Missouri soybean farmer, who

achieved national recognition, and became something of a farm folk-hero by running a farm afloat on some fine points of the law when he removed his stored soybean crop from a bankrupt elevator. Mr. Cryts topic will be "A Farmer's View of Problems in American Agriculture."

Tickets for the banquet will be available at the Hermiston Chamber of Commerce office and at the OSU Extension Service office in Hermiston. Cost is \$10 per ticket. The banquet is being held at the Hermiston Elks Lodge and is co-sponsored by the Blue Mountain Potato Growers Association, area banks, and the Hermiston Chamber of Commerce.

Another special feature will be a Wednesday afternoon talk on New Legislation Affecting Water Use in Oregon by Mr. Bill Young, newly appointed director of Oregon's Water Resources Department in Salem. Mr. Young has agreed to stay over Wednesday evening for an informal 7 p.m., no-host dinner at the Quartermaster Restaurant in Umatilla to get acquainted with local citizens and discuss water use and water policy concerns of mutual interest.

Dinner cost will be \$12 per ticket. Tickets will not be available at the door. Reservations must be made in advance by purchasing tickets at the Hermiston OSU Extension office (phone 567-8321) or at the Hermiston Chamber of Commerce office (phone 567-6151) before November 28.

Other general interest special features include a talk Thursday afternoon by Mr. Robert Kelly, vice-president

and Yakima, Wash. Valley area manager of the Old National Bank, Sunnyside, Washington on Ag Financial Relationships Between Farmers and Bankers; a Friday morning discussion on Points of Oregon Law on Storage Bankruptcies, etc. by Larry Rew of Cory, Byler and Rew, Attorneys at Law in Pendleton; and a Friday morning "Stress in Farm Families" workshop conducted by Marcelle Straatman, OSU human development specialist from Corvallis.

Fitch points out that the 20 or more exhibits of the newest in equipment, farm services and supplies are always a highlight and attraction, as are the door prizes and drawings that accompany both the informational sessions and the trade fair.

French fries and other products courtesy of Lamb-Weston, and coffee, doughnuts and soft drinks sponsored by the Hermiston Chamber of Commerce add to the flavor and enjoyment of the Farm Fair, Fitch said.

Specific informational sessions on irrigation and on farm use of computers are featured in the first day's program: potatoes, alfalfa, and Mr. Kelly's discussion on farm finance are the program offering for Thursday, December 1; and Friday morning's topics include The Oregon Farm Law and Dealing with Stress in Farm Families subjects.

The fair concludes at noon on Friday, Fitch reminds that there is no admission charge and the general public is not only welcome, but encouraged to attend any of all sessions.

The first solo flight around the world occurred in 1933. It took pilot Wiley Post over a week to complete the 15,596 mile trip.

Fuel assistance program to begin soon

By NEOLA MACKKEY

The fuel assistance program for south Morrow County residents will begin Friday, Dec. 2, at the Heppner Neighborhood Center. Appointments

must be made in advance, and those not keeping their appointments will not receive new appointments until all others have been served.

Those applying for fuel assistance must meet the federal

guidelines and are to bring a copy of their fuel bill, proof of all income (this material will be kept at the center), proof of medical expenses paid such as medication, dental bills, health insurance and doctor bills.

There will be a Neighborhood Center Advisory Council meeting at the center on Monday, Nov. 28, at 7:45 p.m.

The center will be closed this Thursday and Friday, Nov. 24 and 25, for the Thanksgiving holiday.

Over \$1,200 in food and a few toys were collected by area Cub Scouts in a food drive Monday night. Over 1,700 lbs. of food was turned over to the center for holiday distribution to the area needy.

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