

Secure your home before leaving on vacation

"Before leaving for vacation this summer, make sure your home is well guarded," says Morrow County Sheriff Roy Drago.

"Burglary makes up 40 percent of the total crime index. It is prevalent in every area of our society and its victims are people of all ages, occupations and backgrounds. If you don't take precautions and protect yourself against crime, your chances for becoming a victim will just continue to increase," warns Sheriff Drago.

"You can take simple safeguards to secure your home and decrease the chances of being victimized while you're away on vacation," says Sheriff Drago. These include:

—Secure all windows and doors with proper locks.

—If you do not have a timer on your lights, have a friend or neighbor turn them on during the evening hours.

—Arrange for papers and mail

to be picked up daily.

—Have your lawn mowed regularly.

—Have a friend or neighbor house-sit for you. While you're away, have them periodically visit your house to make sure things are secured and to change positions of the drapes and blinds. All of these safeguards will eliminate any visible traces that you're away for any period of time.

—Notify your law enforcement agency that you will be away and the length of time. Also, inform them of the person's name who will be looking after your home in order to avoid any confusion if there is a report of someone suspicious in or around your home.

"Remember, don't leave home without making sure your home is well guarded against crime. Together we can work to reduce our crime problem," concluded Sheriff Drago.

Correctly packed suitcases can save vacation time

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Are you ready for vacation travels? If you pack carefully, and travel light, you'll have more time for vacation fun and relaxation, as well as looking sharp.

Here are hints from Oregon State University Extension Textile and Clothing specialist, Ardis Koester, to help with planning and packing for vacation.

First, plan to take only luggage that you can comfortably carry by yourself if you are going by public transportation. If you are going with the family by car, you still may have space limitations.

Make a list of everything you'll need. Edit the list so that everything will go in your luggage. If an item isn't essential, leave it home.

Prepare your list by groups of items such as basics (deodorant, toothbrush and paste, razor, shower cap, etc.); first aid supplies (medications, glasses); hair care needs, skin care needs, make-up and clothes.

Coordinate your clothes around a basic color. Sticking to one color makes it easier to coordinate accessories and shoes, which are bulky items.

Select clothes from lightweight knit fabrics of nylon or polyester, which resists wrinkling well, fold compactly, and don't require much suitcase space. They also wash easily by hand, dry quickly, and rarely need ironing.

Woven fabrics are most wrinkle resistant if they contain at least fifty percent polyester with cotton or rayon. Also look for durable press or wrinkle resistant statements on the

label. If you choose clothes made entirely of cotton, check the sewn-in care label; if no easy-care claims are made, you will probably have to iron them or send them out for pressing. Add a travel iron to your list if you will need one.

Pack irregularly shaped and heavier items such as shoes, blow dryers, opposite the handle, so they will be on the bottom when you are carrying the case.

Place shoes in plastic bags to keep dirty soles from touching clothing and to keep shoe polish from rubbing onto clothes. Small crushable items may be packed in the toes of shoes to keep them safe.

Sets of underwear can be rolled together for quick and easy retrieval. Swimsuits, towels, sleepwear, and grooming supplies complete the bottom layer.

Pack grooming supplies and liquids in sealable plastic bags. Extra plastic bags are handy for soiled clothing and damp swimsuits. A plastic dry-cleaning bag or nonwoven interfacing divider makes it easy to lift out clothing and get to the bottom layer.

Clothing will be the least wrinkled if it is on the top layer. Layer garments so that they inter-fold over each other rather than forming sharp folds and creases against themselves.

Fold garments along natural body lines such as the waist, knees, and sleeves. If needed, cushion folds with tissue paper, or dry cleaning bags.

On arrival, unpack clothing to allow wrinkles to hang out. If wrinkles persist, hang garments in the bathroom while you shower. The steam helps to remove wrinkles.

Portland man recounts 'first leg' of canoe trip to Fla.

Ever had a day so bad you felt like quitting your job, selling everything you own, and going on an extended vacation?

In a sense, that's what Dean Cowles of Canby did last month when he quit his job as a forester, sold his house and bought a 16-foot canoe with the idea of paddling to Florida.

Cowles was in Boardman last Thursday on the first leg of a rowing journey that will take him across the United States to Florida, and then maybe on down to South America for a trip up the Amazon River.

Cowles, who is 43-years-old, started at Willamette Park in Portland on June 21, where he put his specially built canoe into the water and started paddling up-river. By the time he'd reached Boardman, he had traveled 160 miles on what he called "the uphill part of the trip."

He plans on going up to the Snake River to Lewiston, Idaho, then catching a ride overland across the Rocky Mountains to Big Hole, Montana, where he will put his canoe back in the water on the Jefferson fork of the Missouri River. From there he will float down stream until he joins the Missouri River. From there, it's on to the Mississippi, to New Orleans, and the Gulf of Mexico.

What makes a man take a trip such as this?

"That's a difficult question," says Cowles. "I've had a life-long dream of doing this." And he says if he can find a partner somewhere along the way, he will go down to South America to paddle up the Amazon. If he can't find someone to go along, he will settle with going up the East Coast on the St. Lawrence Water Way.

Cowles, who is single, says he had a good job with Weyerhaeuser as a nurseryman when he quit, sold his house and put all of his money into securities before beginning the trip.

His boat, which he is proud of and will busily go over explaining details to strangers, was purchased for \$3,500, and was built especially for long-distance rowing. The boat has 10-foot oars with a sliding seat and pads to strap on his feet. It also has a sail, and while most people in Boardman wish the wind would not blow on a sunny day, Cowles was hoping it would. "It makes rowing a lot easier," he says as he rummages through small watertight containers packed neatly into every nook and cranny of his "home on the water." (He carries over 600 pounds of gear on a trip like this).

Cowles says he can row the sleek boat at a speed of four miles per hour, and that coming



up river he did have trouble in some places with sturgeon fishermen not wanting to reel in to let him go by.

"I have to stay close to the bank out of the main current," he explains, "and when I come upon a 200 lb. test line of some sturgeon fishermen, there's no way I'm going to go around. I asked one man to reel in and he just wasn't going to do it. So I told him if he didn't I was just going to cut the line."

Cowles said had he tried to go around the line, out in the middle of the river, the strong current, "would have me right back in Portland."

As far as preparing for the trip, Cowles says he has always been active in sports and other outdoor activities, but "the only way you get in shape to row eight hours a day - is to row eight hours a day."

He says he plans on rowing for three days and resting for one. "I've had two or three blisters on every finger, but I'm starting to get callouses now," and he laughs, "I think I'm even getting callouses on my rear end."

He says he named the boat the "Spirit of Oregon" "to reflect my love of the state and all my friends here."

He thinks he will be in Florida by Christmas, hoping to spend the holiday with his parents who live there.

As far as a timetable, however, Cowles says, "The only goals I have are the ones I set for myself. I'm here to live a dream, have some fun and meet some people."

Pointer named Resident of the Month for July



Maude Pointer, 94, has been named Pioneer Memorial Nursing Home Resident of the Month for July.

She was born Maude Cutsforth in South Dakota on June 4, 1890. She has three sisters and three brothers, one of whom is Orville Cutsforth of the Heppner area.

Maude attended grade school in Gervais, Oregon and high school in Heppner. She taught school prior to her marriage to Charles Pointer in 1911. They had four children, Fred of California, George of Roseburg, Harriet Batty of Heppner and Don, whose widow resides on the old

Pointer ranch at Lexington. After her husband's death in 1918, she raised the children alone. She says that she enjoyed many activities including gardening, knitting and reading. She says that she still reads the newspaper regularly and collects snapshots to put on the wall.

Orville recalls a visit from his sister when they decided to go sledding down a steep, icy hill. They took a corner too fast to avoid a team of horses pulling a bobsled and became wedged between the horses and under the tongue of the bobsled. Orville estimates that it took the driver half an hour to get them out.

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Tire center offers 'front end alignment'



Les Schwab Tire Center in Heppner has recently added a front end alignment machine, announced manager Dale Thompson.

Jerry Maughn has been hired to operate the machine. He has 15 years experience with front end alignments, and was most recently working at the Hermiston Les Schwab.

"We now offer complete service of brakes, shocks and front end alignments," said Thompson.

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