

Medical Topics

By Dr. Sam Pobanz

(Editor's note: Dr. Sam Pobanz, 65, has been entertaining north Morrow County readers with his bi-monthly "Medical Topics" column in The Enterprise since November 3, 1983. The Gazette-Times is pleased to share his entertaining, sometimes informative, but always interesting comments with its readers also.

Although Pobanz's basic training is in internal medicine, he enjoys family practice as a spokesperson for the Enterprise says. He had a private practice in Ontario for 30 years before moving to Hood River.

In September, 1983, he began keeping office hours at the North Morrow Medical Clinic in Boardman. He has extended his practice to include an office at Irrigon City Hall and another in Hood River.

He and his wife, Aileen who works for the Oregon State Children's Service Division, live in Hood River.)

How about a smiley column today? Kids' comments are just as cute and funny in a doctor's office as anywhere else.

I asked if she was four, and she said, "No, twee," as she held up two fingers. There was a five-year-old who didn't want a shot in her "bumpies." And I met one little guy with "I gotta toothache in my ear."

Sometimes I smile at mommies, too; one, explaining her teen's back pain, said, "But she doesn't usually play football, she plays clarinet." When I said to one little boy, "Say, 'Ah,' please," do you know what he said? "Ah, please."

"I'm gonna be a gentleman today and not even kick the doctor." "When Dr. Sanders cultures me, I don't gag, but Mommy's mad at him right now."

I could have hugged a tiny girl, just as tall as the table, lined up for a Salk shot, with sparkly eyes, and a winsome "Kin I have a little one, please?"

Pets-talk is fun. "I have four kitties; two are Cindy and the others are Rosie." Or, "I have a rooster; he pecks us and we kick 'im, sometimes when we kick him, he lays down for a long time."

"You know what? We got a cattull o' babies." "No, I don't want to go to college; I wanna stay here and be a doctor like you."

Sometimes, even a doctor is funny. "Reducing a dislocated thumb is really preventive psychiatry, not orthopedics; if you don't put their thumb back, it drives 'em crazy."

Lexington girl enlists in U.S. Army

Traci R. Lindsay, daughter of Kenneth and Elsie Lindsay of Lexington has enlisted in the U.S. Army under provisions of the Delayed Entry Program (DEP). She is scheduled to leave for active duty on August 24, 1985 reports a news release from the U.S. Army Portland District Recruiting Command. DEP allows individuals to enlist up to 12 months prior to leaving for active duty, while earning time-in-service credit for pay purposes.

Upon completion of basic training, Lindsay will receive advanced individual training at Ft. Jackson, S.C., to prepare her for permanent assignment as a food service specialist.

Lindsay will graduate from Heppner High School next spring.

City League basketball organizes

An organizational meeting for city league basketball will be held Sunday Dec. 9 at 7 p.m. in the Heppner High School gym.

Last year 10 teams participated and with the \$50 per team bond for use of the gymnasium, the school district received \$500 to use to help purchase electronic scorers said a spokesperson for the city league.

TV asks opinion on programs

Persons who own Heppner cable T.V. memberships will have a chance to comment on the proposed programming changes currently being offered to cable service members. A survey ballot is printed in this week's Gazette-Times. Copies

of the ballot are also available at the heppner T.V. office; each membership is entitled to one ballot marked with three choices.

Completed surveys are to be mailed to HTV, Box 587 or delivered to the T.V. office at 126 E. Willow.

What's Your Opinion?

For the month of December the Gazette-Times will feature the Christmas wishes of its staff members in our regular "What's Your Opinion?" column. Question: "If Santa could grant one wish for you this Christmas, what would that wish be?"



"I would like to see lasting peace on earth and no more starving people," says Eileen Saling, Office Manager.



"I wish that everyone close to me would have good health," says MaryAnn Cerullo, Advertising and Proof Reading.

Nazarenes host Singspiration

This Sunday, December 9, will be the Christmas Community Singspiration at the Nazarene Church in Heppner at 7 p.m. Everyone is invited to come and enjoy singing favorite Christmas carols and songs and to listen to special music from the area churches.

The Nazarene Church will provide refreshments following the singspiration in the fellowship hall said a spokesperson for the church.

4-H Clubs

Kool Kookers

By RYAN J. PENCE
The Kool Kookers 4-H Club held their third meeting of the year November 27.

Club members learned the correct method for measuring liquids and dry foods.

They made Nachos and Smoothies and ate them.

A business meeting followed. Those who wish to join the club may call leader Chloe Pearson, 676-9830, for more information.

The Seam Rippers

By SHERRY BINGHAM
The Seam Rippers are off to a good start. Club members met November 29 and started their first project, making pin cushions.

Members attending were Kathy Hire, Tammy Bruch, Alyssa Dick and Sherry Bingham.

Those who are interested in learning to sew are invited to come to the club's next meeting Saturday, Dec. 8 at 10:30 a.m. at the Extension Office. Those who started pin cushions hope to finish them at the meeting.

News from the Neighborhood Center

By NEOLA MACKAY
The Job Training Techniques counselor Steve Hickman will be at the Heppner Neighborhood Center Wednesday, Dec. 12 at 2:30 p.m. Those wishing to apply for fuel assistance must call the Center, 676-5873, for an appointment. Those applying must bring in both their fuel bill and their electric bill. The American Field Service Counselor Janet Phillips will be at the

Center Wednesday, Dec. 19 from 9 a.m. to noon for those needing assistance. The Center has food stamp applications.

The Women Infant, Children clinic will be held Tuesday, Dec. 18 from 9 a.m. to noon. It will help if clients will be on time for appointments.

The Thursday Social and Craft ladies will have their annual Christmas potluck luncheon Thursday, Dec. 13 at 12 noon.

Here's Another Golden Opportunity.

IRA, KEOGH and SEPP retirement accounts are providing many wonderful years for those who have planned and saved. Plus, they lower your taxes right now so you can have more spendable income.

This, you probably know. But did you know that more eastern Oregonians have their accounts with us than any other institution? True. The reasons? Great rates, service and attention to your needs.

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WESTERN HERITAGE SAVINGS

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Artifactory held Saturday



Exhibitors display a wide variety of craft items at last Saturday's Artifactory

CHECK YOUR CHRISTMAS LIST... CHECK THESE GIFT VALUES...

Beauty Rest & Simmons Mattress Sets 25% OFF	Selected Couches & End Tables 25% - 60% OFF	Christmas Fabrics & White Goods <i>Good Selection</i>
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