

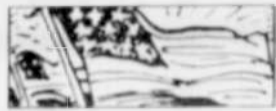
Aerobics are coming to 4-H

A new idea in 4-H clubs will be starting in Morrow County this fall. Joyce Hughes, aerobic instructor has announced that she will pilot a 4-H Aerobics Club if there is sufficient interest from girls and boys in the Heppner-Lexington area. Fourth through sixth graders interested in more information regarding this new club may call 676-9642, (Extension Office) or Hughes, 989-8412.

If there is sufficient interest from older youth, Hughes would offer a club for seventh grade and older. "With interest in health, exercise, and fitness, a 4-H aerobics club sounds like a 'right on' idea to meet the interest of youth," according to Birdine Tullis, Acting Staff Chairperson of the Morrow County Extension Office.

Women's fellowship slates meeting

The Heppner Women's Aglow Fellowship will meet Thursday, Nov. 21 at 7 p.m. at the Episcopal Church Parish Hall. Martha Franklin of Gibbon, which is about 25 miles east of Pendleton will be sharing her testimony. She was born and raised on the Umatilla Indian Reservation. She attends Faith Center in Pendleton and she counsils in inner healing. Women's Aglow Fellowship is a nondenominational organization for women and women of the faiths are invited to come. For more information call 422-7532 or 676-9621.



Though popular for many years, "The Star Spangled Banner" did not become the national anthem until 1931.

Bowling News

Sparetimers		November 12	
	Won - Lost		
TJ's Camera	30 - 14		
Gardners	27 - 17		
Len's Processing	27 - 17		
Petersons	22½ - 21½		
Black Mt. Electronics	22½ - 21½		
Central Market	22 - 22		
Les Schwab	16 - 28		
Bud's Pub	9 - 35		
Splits converted: Kirsti Willson 2-7; Gerri Harris and Cyde Skroch 3-10; Cheryl Ployhar 5-7; Bebe Munkers 5-10; Gwen Healy 5-6-10; Phyllis Hunter and Lucille Massey 4-7-10; Carol Norris and Karen Palmer 4-5-7.			
High game: LoRayne Bowman - 213.			
High series: Janet Beamer - 557.			
Koffee Kup Keglers		November 12	
	Won - Lost		
The Hi Ho's	26½ - 17½		
M C G G	25 - 19		
Beechers Alley Cats	23 - 21		
The Gutter Dusters	23 - 21		
The Dregs	22 - 22		
No Pin Hitters	19 - 25		
The Pytts	18½ - 25½		
The Hopefuls	17 - 27		
High game: Cindi Doherty - 194.			
High Series: Millie Hanna - 552.			
High team game: The Hi Ho's - 612.			
High team series: The Hi Ho's - 1,705.			
Splits converted: Pat Lankford 5-7, Cindi Doherty 5-10.			

Thursday Night Ladies

November 14		Won - Lost	
Depot Nursery	29 - 15		
B.P.O.E.	27 - 17		
Kinzua	24 - 20		
J & J Ceramics	24 - 20		
Bark n Chips	24 - 20		
Country Rose	18 - 26		
B & C Repair	15 - 29		
Ray Boyce Ins.	15 - 29		
Splits converted: Alvina Padberg 5-10; Phyllis Cole, Janet Beamer, Marie Boor, Joan Tanory, and Andrea Mortimore (twice) 3-10.			
High game: Billie Doherty - 197.			
High series: Billie Doherty - 549.			

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vs	vs	vs
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6⁰⁰ General Adm.

4⁰⁰ Under 13

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Heppner High Boosters' Club Members



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185 CALORIES PER 3 OUNCE BROILED, TRIMMED SERVING			
	%	25%	50%
CALORIES	185	9	
TOTAL FAT	8.3g	12	
CHOLESTEROL	75mg	25	
SODIUM	56mg	2	
PROTEIN	26g	57	
IRON	2.9mg	16	
ZINC	5.5mg	37	
THIAMIN	11mg	7	
NIACIN	3.6mg	18	
B-12	2.4mcg	40	

*Based on standards of comparison.
*Based on % U.S. Recommended Daily Allowances. Data based on USDA research.

Look for the Nutrition Information Program at your favorite grocery store. Then enjoy the great taste of beef, knowing you're providing your family the kind of nutrition it needs in a healthy diet.

OREGON BEEF COUNCIL

For more information, please write:
1000 N.E. Multnomah, Portland, Oregon 97232. Or call 281-3811.

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Weddings

Zimmerman-McDaniel



Iva Lou McDaniel became the bride of Jeff Zimmerman Sunday, October 27 at the Upper Rhea Creek home of her parents, Mr and Mrs. Dallas McDaniel. He is the son of Doris Poline Zimmerman, Hermiston and James Zimmerman, Echo. The Rev. Don Shelton of the Heppner First Christian Church officiated. Mrs. Shelton played the wedding march.

The bride, given in marriage by her brother, Melvin McDaniel, wore a street length dress of organza with an autumn orange and yellow sash. She carried a bouquet of orange and yellow daisies.

Rita Gibson, Heppner, was maid of honor. Best man Bud Degie, Hermiston, also baked the wedding cake.

Cake servers were Vicki Erwin, Olympia, Washington, sister of the groom and Ramona Marshall, Heppner, aunt of the bride. Punch servers were Beulah Way, Sandy and Betty Way, The Dalles, both aunts of the bride. The guest book was attended by Vicki McDaniel, sister of the bride.

Dinner and live music by "Rough Cut" of Hermiston followed the ceremony.

The bride is a 1977 graduate of Heppner High School and a 1982 graduate of Blue Mountain Community College.

The couple will make their home in Arizona.

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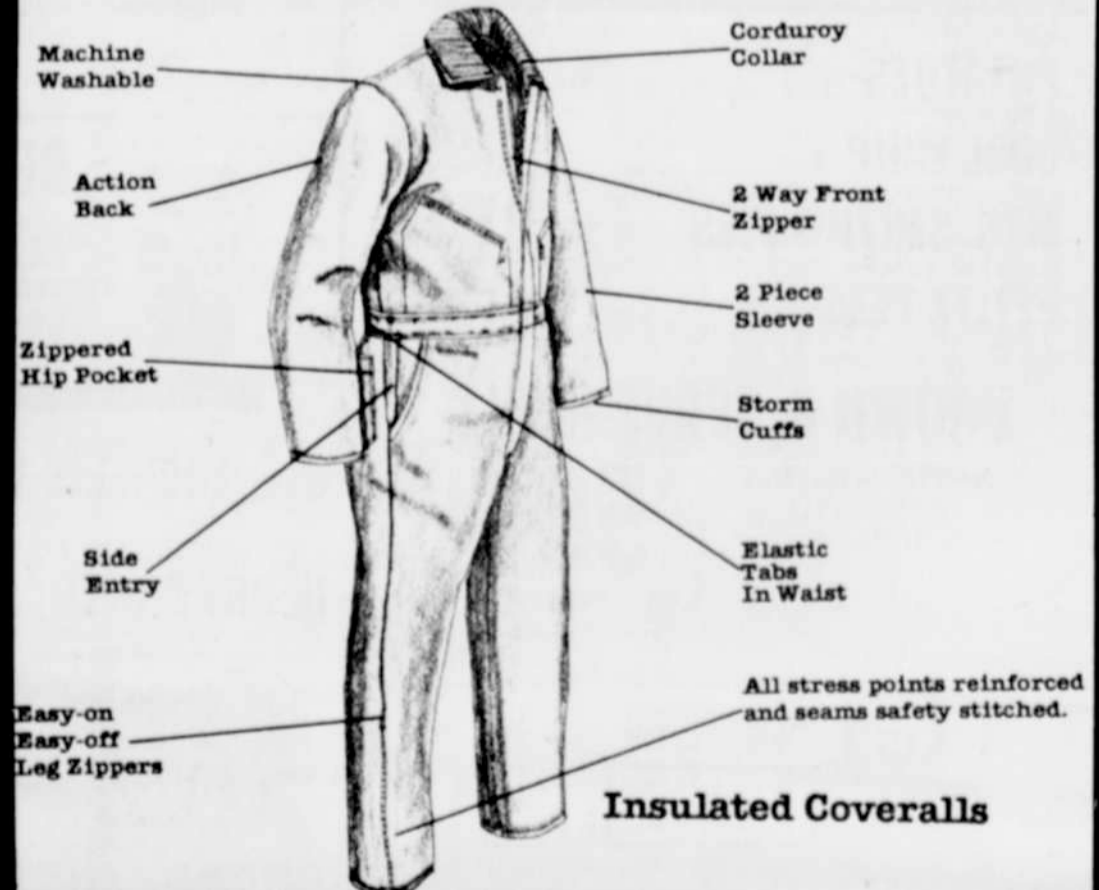


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