



Don Adams, Irrigon, is giving his Wizard eleven horse lawn mower a good work-out during the recent snow fall. If it sounds like he is using his equipment out of season, not true. He modified his riding mower by installing a blade on the front to enable him to shovel snow from his driveway.

Heart Association suggest winter time activity

Many Americans tend to think of winter as a time to hibernate. With the onset of cold weather, people often become less active than they are during the warmer months. Without the opportunity to play tennis, water ski, go bicycling or participate in other outdoor activities, people can easily become sedentary. This change in activity level can also lead to poor eating habits - overeating and indulging in high-calorie, high-fat snack foods.

This is especially true during the holiday season from October to January; when the number of social activities increases. Family gatherings and religious celebrations often include snacks, big meals and edible gifts. Frequently the results are weight gain and a general sense of feeling unfit.

The American Heart Association suggests you keep up some form of fitness program and maintain your ideal weight during the winter months. In fact, exercise can be an effective way to control appetite. Do, however, check with a physician before starting a regular exercise program, particularly if your lifestyle has been sedentary.

During the winter months there

are alternatives to the traditional outdoor activities. Many community colleges and local universities offer a variety of exercise and sports classes through adult education or continuing education departments, usually at a very low cost. Often high school gymnasiums are open to the public at no charge evenings and weekends during the winter.

Bowling can be an enjoyable indoor activity that helps improve coordination and muscle tone while also helping relieve tension. Bowling instruction is available at most bowling centers at little or no cost.

Outside exercises like skating and walking are good choices during the cooler months, as long as appropriate clothing is worn. Remember to wear comfortable shoes. They key word is brisk.

Remember that good health is a year-round responsibility. Just because it is cold outside doesn't mean sensible habits should be forgotten. Find out where in the community facilities, activities and classes are available and keep up a regular, enjoyable and relaxing fitness program all year.

Do you have a "picky eater?"

Your child is a "picky eater" and you wonder if he or she is getting a balanced diet. How do you get your child to try different foods? What role do mealtimes play in developing food habits?

These are just some of the questions parents of young children ask.

Now parents of preschool children can get information about these and other questions in a new learn-at-home series called "Food for Tots" which is available without charge from the OSU Extension office. "Food for Tots" is a series of four letters which will be mailed weekly beginning February 8.

Communications is vital in developing good eating habits which will last a lifetime, emphasizes Carolyn Raab, OSU Extension food and nutrition specialist who developed the letters. Parents need to talk to each other and to the child about food likes and dislikes, the importance of good nutrition, and behavior at mealtimes.

The letters discuss the role of parents as providers, as models and as "stage managers and directors." The final letter in the series will deal with commonly asked questions.

Persons interested in receiving the letters should register with the Morrow County Extension office by February 1. More information is available by calling 676-9642.

School Lunch Menus

January 18-22
HHS

Monday-chicken nuggets, French fries, peanut butter and celery, pudding and milk.

Tuesday-spaghetti, French bread, green beans, peaches or salad bar and milk.

Wednesday-chili, corn bread, coleslaw, dessert or salad bar and milk.

Thursday-turkey gravy over rice, muffins, peas, fruit, or salad bar and milk.

Friday-grilled ham & cheese, Jo Jo's, vegetables, cherry crisp and milk.

A.C. Houghton

Monday-raviolis, peas and carrots, cookies, fruit and milk.

Tuesday-hamburgers, lettuce and tomato, chips, corn fruit and milk.

Wednesday-fried chicken, rice pilaf, green beans, fruit and milk.

Thursday-hamburger gravy, potatoes, hot rolls, peas, fruit and milk.

Friday-fish sticks, tater tots, waldorf salad, fruit and milk.

RHS

Monday-Pizza (taco), green salad, pineapple, ice cream bars and milk, or potato bar.

Tuesday-fishwiches, tartar sauce, cheese slices, green beans, peaches, cookies and milk, or potato bar.

Wednesday-turkey noodles, rolls/butter, broccoli normandy, cheese sticks, apples and milk, or sandwich bar.

Thursday-burritos, nachos, spinach, fruit, crazy cake and milk, or sandwich bar.

Friday-clam chowder, ham sandwiches, vegetable sticks, cinnamon apple sauce, graham cracker and milk.

Sam Boardman Elementary

Monday-tacos, meat, lettuce and cheese, green beans, cookies and milk.

Tuesday-fried chicken, potatoes, gravy, corn, jello, fruit and milk.

Wednesday, chicken fried steak, potatoes, gravy, mixed vegetable, fruit and milk.

Thursday-egg salad and peanut butter and honey sandwiches, vegetable soup, crazy cake, peaches and milk.

Friday-spaghetti, French bread, corn, apples, and milk.

Ione School

Monday-hamburgers, French fries, buttered vegetables, fruit and milk.

Tuesday-little smokies with gravy, mashed potatoes, corn, celery stick, pickled beets, applesauce and milk.

Wednesday-cowboy macaroni, tossed salad, hot rolls, dessert and milk.

Thursday-pizza, green beans, vegetable sticks, pineapple and milk.

Friday-potato bar or cream of chicken soup, vegetable soup, bologna or peanut butter sandwiches, pickles and crackers, dessert and milk.

Boardman • Irrigon News

Call 676-9228 with news items

Irrigonites react to Hart's re-entry into race

by Joyce Hensley

The unfavorable publicity Gary Hart, front-runner in the race for Democratic presidential nomination, has received in the last six or seven months has not helped him win the vote of Wanda Price, an Irrigon grocery store checker. "I don't want my kids represented by someone without good moral character...we need to get back to our old traditional values...it is hard enough to raise

kids today."

But, Hart's re-entry last month, after withdrawing from the race in May when his friendship with Donna Rice was questioned, makes Maxine and Bennie Reeves, Irrigon, happy. "Men in public office have a right to private lives...I was sick when he dropped out and tickled to death when he went back in," said Maxine, sporting goods store owner.

Her husband, Bennie, a retiring custodian from Columbia Junior

High and retired government civilian, added, "I see no reason why he shouldn't run...I see no other person with any better qualifications."

Tavern owner, Greg Gallien, doesn't share their enthusiasm. "He will wind up splitting the (democratic) party... all of this mischievous behavior builds a climate of distrust...people won't buy what he is selling...they won't want to see that sort of thing going on in the White House."

"I don't think his past activities are anyone else's business," said Charlie Mackey, Irrigon, an employee for Morrow County, "but, I don't believe he should have a second shot at it (the presidency) either," he added.

Said housewife, Barbara Creason, "I feel he believes the climate is right to make an appeal to what he calls reason, flying in the face of standards based on our Judeo-Christian heritage."

"I think he has split what votes the democrats would have been getting," she added.

With the first primaries just two months away, high school student, Carl Judd, is more easy going about developments in the presidential race. "It's his choice. We'll find out if the public wants to vote for him...I do think he has hurt the democratic party a bit, but there are so many choices...it's just a gamble who is going to get the nomination."

Cate twins to answer to eleven charges

By Joyce Hensley

Running down deer in the dark of the night on the Umatilla National Wildlife Refuge in a pick up, plus various other infractions of the law occurring on the same night, resulted in Irrigon twins being indicted by the Morrow County Grand Jury on 11 charges each.

Kent Wendell Cate, and Kurt Lee Cate, both 19, Riverview Trailer Court, Irrigon, will be brought before a Morrow County Circuit Court Judge, on as yet an unknown date, to answer to charges of an unauthorized use of a motor vehicle, criminal mischief, illegal possession of an antlerless deer, waste of a

game mammal (three counts each), chasing and molesting wildlife, hunting with the aid of an artificial light, hunting with the aid of a motor vehicle, hunting in a prohibited area, and hunting prohibited hours, according to senior trooper Bill Wulk of the Oregon State Police Department, Hermiston.

Both twins are now sitting in out of county jails on unrelated charges by other agencies.

Kent Cate is currently being held at the Aid of County Jail (ADA) in Boise, and Kurt Cate is currently being held at Deschutes County Jail, Bend.

Morrow County bail has been set at \$37,000 for each twin.

Spaghetti feed rescheduled for Jan. 16

Due to inclement weather, the spaghetti feed that was to have been held on January 8 at Riverside High School as a benefit for the Her-

andez family, has been rescheduled for Saturday, January 16, from 3 p.m. to 6 p.m. at the high school.

"Shapes" is topic at storytime

Shapes is the topic of children's storytime at the Heppner Public Library this Thursday at 10:30 a.m.

Debbie Royer is storyteller. All children are welcome.

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To help you get to know us before you need us, we've planned a special Sunday afternoon social for Sunday, January 24. Just stop by any time between 1 and 4 p.m. and get acquainted with the doctor. Have your blood pressure checked. Visit with neighbors and lift a glass of sparkling grape juice to a healthy addition to your community.

See you Sunday, January 24. Any time between 1 and 4 p.m.

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