

## Weddings



### Stroeber — King

Cindy Stroeber and Brett King, both of Pendleton, were married in a western motif wedding, July 9, 1988 at the United Methodist Church in Heppner, by Pastor Grace Drake.

Cindy is the daughter of Don and Jan Stroeber of Heppner. The groom's parents are Louis and Donna King of Payette, Id.

The bride's attendants were her sisters Shelley Stroeber, Bend; and Christy Stroeber, Heppner. They were dressed in street-length, apricot satin dresses trimmed in lace.

The bride was dressed in a full length white old-fashioned styled wedding dress with tulle overlay and victorian neckline. The bodice was inset with lace as was the sleeves. She carried a bouquet of peach roses accented by ivy.

The groom's brother, Lee King of Payette was his best man. Ushers were Steve and Eric King, brothers of the groom and Tom Cuhna, Ontario, friend of the groom. The groomsmen were dressed in aqua western dress shirts, gray pants and boots and topped by gray western cut jackets.

Flower girl was Whitney Royer and ring bearer was Brian Zellar both of Heppner.

Organ music was provided by Carley Drake and musical selections were sung by Michele Krake of Bend.

The bride attended Blue Mountain Community College and the groom Treasure Valley Community College.

A reception was held after the ceremony in the church basement. Cake cutters were Judy Alford, aunt of the bride and Pat Dougherty. Serving the punch were friends of the bride, Kim George and Christy Rathbun. Serving the coffee was Klara Kinzer.

Kim George was also in charge of the guest book.

A basque barbecue was held at the home of the bride's parents following the reception.

Following a trip to the Inn of the Seventh Mountain in Bend, the couple is now at home in Payette.

## Mock disaster-an educational tool



Heppner EMT's strapped Cindy Kennedy into a body brace at the mock disaster Monday night. Firefighters from Lexington, Ione and Heppner along with EMT's were called to the scene. (L) Charlie Sumner and (R) Rusty Estes lifted Cindy out of the car, that was rolled on its side, onto the board where they strapped her in. Carl Lauritsen, Delia Robinson, Penny Miller and Jeff Maben hold the board.



During the construction of the Hoover Dam, concrete had to be poured continually for two years.

## Laughter is healthy

Laughter is good for the whole body, and you don't even need much humor to benefit from a good laugh.

Dr. William Fry, professor of clinical psychiatry, says laughing 100 times a day is approximately equivalent to 10 minutes of rowing.

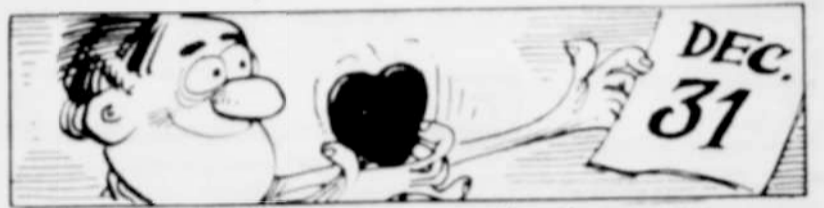
"You don't need humor, you don't need equipment, you don't need a nice day," says Fry. For some people-wheelchair bound patients, for example-laughter might offer the only form of beneficial cardiovascular exercise available.

Fry says research by himself and colleagues has shown that laughter may stimulate the production of certain hormones, called catecholamines. These enhance blood flow and cause the release of other internal body chemicals, Fry explains. The process exercises muscles, and improves car-

diovascular fitness by first raising-then lowering-blood pressure and heart rate.

While formal scientific studies are only recently being conducted, preliminary results strongly suggest other potential benefits, including a stronger immune system, better and easier respiratory function or breathing, and a lessening of pain perception, says Fry, who has been studying laughter for about 30 years.

Of course, it doesn't hurt to have some humor along with the laughter, Fry says. The combination facilitates social interaction and improves our psychological sense of well being, Fry explains. "It's about time that humor not be considered a trivial and inconsequential part of our lives, but is in fact vital in terms of health and interaction," he adds.



The adult heart beats about 40 million times a year.

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## Extension met at Cox home

The Morrow County Extension council met jointly with Umatilla County group at the lovely ranch home of Mr. and Mrs. Bill Cox in Hermiston on Wednesday with a potluck salad luncheon. There were eight members present with Juanita (Mrs.) Martin and Delpha Jones from Morrow County attending. There was some discussion on next years program, and the updating of the note books for the officers. A training for officers will be held October 6 at the office in Pendleton with officers taking part in the instruction sessions. The State Oregon Homemakers Council Annual meeting will be held at the Excelsior O'Callahan's Portage Inn in The Dalles, October 10-12. There will be four classes of learning, and members will take advantage of these classes. Plans were discussed for the Fair Booths at the Umatilla County Fair and the Morrow County Fair. The visitors enjoyed a relaxing time in the pool at the Cox home.

### Health Dept.

The Morrow County Health Nurse lists the following schedule for the month of August:

Friday, August 12-blood pressures and immunizations, Heppner office, 8:30 a.m.-4 p.m.

Tuesday, August 16-blood pressures and immunizations, Boardman City Hall, 1:30-4 p.m.

Wednesday, August 17-blood pressures, Ione Bank of Eastern Oregon kitchen, 2-3 p.m.

Friday, August 19-blood pressures and immunizations, Heppner office, 8:30 a.m.-4 p.m.

Tuesday, August 23-blood pressures and immunizations, Irion County offices, 1-4 p.m.

Friday, August 26-blood pressures and immunizations, Heppner office, 8:30 a.m.-4 p.m.

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