



WCCC Ladies

June 13, 18 Hole Invitational
Low gross of the field-Sally Dyer. Low net of the field-Maggie Marston.
Echo: low gross-Joyce Wait; low net-Sheila Brown.
Condon: low gross-Roberta Dyer; low net-Bethyl Burns.
Boardman: low gross-Eva Wilkins; second low gross-Verrae Taylor; low net-Pat Anderson; second low net-Pat Odem.
Heppner: low gross-Lois Hunt; second low gross-Bev Wilson; low net-Eileen Padberg; second low net-Jo Pettyjohn, Juanita Martin and Neoma Bailey.
Long drive: #1-Barbara Gilbert; #10-Jan Paustian.
K.P.: #4-Sally Dyer; #13-Dorothy Hawkins.
Chip ins: Dorothy Hawkins #8; Bethyl Burns #2; Roberta Dyer #13.
Thirty-one ladies attended.

Heppner Police Report

The Heppner Police department reports handling the following business during the past week:
June 13: 1:07 a.m.-Prowler Call; 10:30 a.m.-report of Criminal Mischief; 7:43 p.m.-citation issued for Violation of the Basic Rule, 41 mph in a 25 mph zone; 9:22 p.m.-assist ambulance.
June 14: 11 a.m.-Welfare Check; 9:34 p.m.-false alarm.
June 16: 1:30 p.m.-Dog Complaint; 7:29 p.m.-report of Disturbance in Hotel; 8:16 p.m.-request officer for Security Check.
June 17: 10:56 a.m.-Warrant Arrest; 4:41 p.m.-assist Oregon State Police; 8:51 p.m.-motorist assist; 11:51 p.m.-Prowler Call.
June 18: 12:14 a.m.-request of officer for Security Check; 10:34 a.m.-report of Abandoned Vehicle; 7:52 p.m.-false alarm; 8:15 p.m.-assist Morrow County Sheriff's department; 10:04 p.m.-report of Loud Party; 11 p.m.-citation issued for No Vehicle License, Expired.

10 Tips For Teen Job Hunters

Teenagers seeking a part-time job to earn money for college, a savings account or a new bicycle or car should communicate their goal to prospective employers who are looking for motivated young workers.

"There are many eager young people searching for part-time jobs and the students with the best chances of getting hired are those who express their motivation in interviews," says Denise Ilitch Lites, vice president for Little Caesars Enterprises in Farmington Hills, Mich. The company operates more than 2,500 Little Caesars Pizza restaurants across the country, most of which hire teens throughout the year, and especially during the busy summer months.

"We have found that teens with direction, teens who have a purpose in obtaining a job, are the best, most productive young employees," says Lites. "When young people work toward a goal, they work with more care and dedication. And those are the people we want wearing a Little Caesars uniform."

Lites also recommends teens be ready to tell their prospective employer why they want to work for the company.

"If a teenager tells me what he or she has learned about our company, it indicates extra preparation for the interview," says Lites. "I have found that that youngster is more likely to learn well and be prepared on the job."

Lites offers the following 10 tips for teenagers looking for part-time employment:

1. Check with Free Community Services—In many communi-



Denise Ilitch Lites

ties, employment services especially for teenagers keep listings of available part-time jobs and will review these with teens at no charge. These services also can help you with advice on interview techniques and work skills.

2. Do Your Homework—Ask family and friends about the employer's company. If it's a particular store, perhaps you or someone you know has shopped there and can tell you about what is sold, and to what types of customers.

3. Dress Neatly—Since first impressions are so important, dress well, even if you're just filling out an application. For the interview itself, proper dress is even more important.

4. Be On Time—Never arrive late for an interview. Arriving five or ten minutes early shows initiative and consideration for the employer's time.

5. Tell Them Why You Want The Job—An employer wants to know why you want the job. Tell him or her what your personal and professional goals are. Employers are looking for dedicated, goal-oriented people.

6. Display Your Values—When hiring a teenager for a part-time job, employers want to hire someone who demonstrates honesty, integrity and loyalty. Show you have these qualities by explaining your previous employment, or describing your participation in school functions, sports programs or any organized activities out of school.

7. Answer Questions Completely—Employers want more than just "yes" or "no" responses to their questions. Use the interviewer's questions as opportunities to give him or her a total picture of yourself within the question's limits.

8. Ask Questions—Show an employer you're interested in the position by asking about the job requirements or about the company itself. These questions will reinforce your interest in a position with that company.

9. Set a Deadline—Confirm a date or time when you'll be notified of a decision.

10. Show Initiative—Immediately after your interview, send a short, handwritten note again expressing your desire to work for the company. In the note, thank the interviewer for the opportunity to speak with him or her. Several days after you feel the employer has received the note, call or go back to inquire as to whether a hiring decision has been made. But limit your follow up to one call or visit.

Chief Rathbun's Tips

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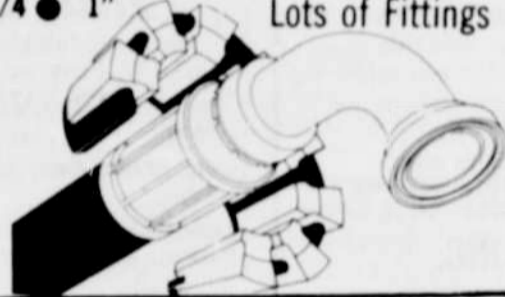


The Morrow Co. Medical Board wishes to thank the Irrigon Volunteers, EMT's and First Responders, for their dedicated service to their communities and Morrow County.

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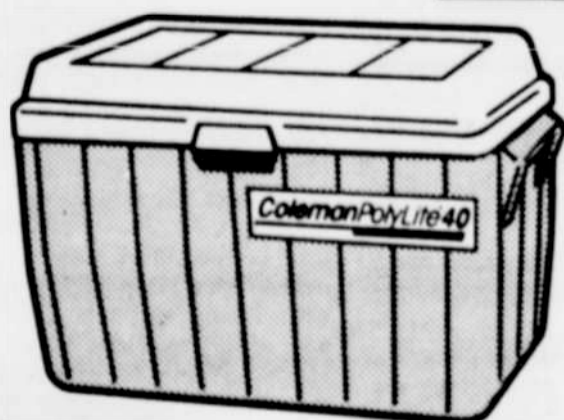
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Host families attend orientation

Six Japanese students will be coming to Morrow County on July 26 as part of the 4-H student exchange program.

The host families met at the St. Williams Catholic Church for a potluck and orientation before the students arrive.

The host families are Frank and Chloe Pearson, Randy and Joyce Hughes, Gary and Martha Munkers, Brok and Janet Tucker, Earl and Peggy Fishburn and Robert and Judy

Brown. Monica Swanson, Ione, is this year's coordinator for the students and their host families.

The kids range in age from 13-16 and are very interested in coming to America. Most of them want to make many American friends and learn some English language.

Another potluck is planned once they get here and settled into their homes on July 30 at the Irrigon park.

Add Fiber, Not Calories

Despite all that has been said and written in recent years about the need for adequate fiber in the diet, most adults get far less than the 20 to 30 grams most experts say they need each day. And as for calories, most adults usually get many more than they need.

Is it possible to cut calories, eat more fiber, and enjoy what you're eating, too? You bet it is!

Some foods are naturally high in fiber and low in calories. Broccoli and apples are good examples. Whole grain breads usually are good fiber sources, but not always low in calories. That doesn't mean you should skip bread.

At 40 calories per slice, Wonder® Light bread has one-third fewer calories than regular bread. And with 2 grams per slice, Wonder Light has always had more fiber than traditional whole wheat bread.

If you'd like to cut back on calories and get more fiber in a meal, the following recipe gives you the best of everything—not too many calories, ample fiber and great taste.

Berry Saucy French Toast

- 2 eggs
- 1/2 cup water
- 1/4 teaspoon almond extract
- 6 slices Wonder® Light white bread
- 1 1/2 cups sliced, fresh strawberries
- Fresh mint for garnish
- Berry Sauce (below)

Prepare Berry Sauce. Beat eggs with water and 1/4 teaspoon almond extract. Dip bread slices in egg mixture. Spray a non-stick fry pan with vegetable cooking spray. Pan-toast bread over medium heat, turning to coat evenly. Remove bread and, while still warm, fold diagonally, forming a triangle with each slice. Inside each fold, spoon 1 tablespoon Berry Sauce; top with 1/4 cup sliced strawberries; add another 1/2 tablespoon Berry Sauce. On top of toast, add another 1/2 tablespoon Berry Sauce. Garnish with strawberry slices and mint, if desired. Makes 3 servings.

Berry Sauce. Mix 1/2 cup apple juice and 1 tablespoon cornstarch in small saucepan. Add 1 cup frozen, unsweetened raspberries, thawed, 1/2 cup fresh, sliced strawberries and 1 1/2 teaspoons sugar. Cook over medium heat until mixture thickens. Remove from heat and add 1/4 teaspoon almond extract. Keep warm.

Nutrition per serving: 180 calories, 10 gm protein, 20 gm carbohydrate, 4 gm fat, 4 gm fiber.



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