

## Swim lessons are 'successful'



Lorena Byrd, Condon, is the life guard and swim instructor this summer at the lone swimming pool. Forty-nine youngsters took lessons in the second session. Classes of beginners, advanced beginners, in-

termediates and swimmers received instruction from Lorena. Also, a class of 10 pre-beginners along with their mothers took lessons. "Over half of the beginners and advanced beginners passed their test, and I feel the lessons were a suc-

cess," stated Ms. Byrd. If enough interest is shown, Ms. Byrd is considering private lessons in August. Interested persons may call 676-5573 and leave a name and number or contact her days at the lone pool.

## Pennant bearers carry new flags



Back row: Sarah Greenup, Jenni Ashbeck, Shelly Ashbeck and Front: Andy Ashbeck and Jason Cash

Five young, dedicated horsemen serve as pennant bearers for the Morrow County Fair And Rodeo. These young folks are required to ride at two out-of-town parades and perform in the Grand Entries at our own fair and rodeos.

Julie Ashbeck volunteered to serve this year as the pennant bearer's director. She put their uniforms together, which consists of plaid western shirts (in the colors of the queen and court's uniforms) and black vests.

The pennant bearers are Jenni Ashbeck, Sarah Greenup, Andy Ashbeck, Shelly Greenup and Jason Cash. Each of the pennant bearers is related to the court this year. Princess Jodee's sister, Jenni, and brother, Andy, serve along with their cousin Shelly Greenup. Princess Shawna's brother, Jason, and Princess Amy's sister Sarah (also a cousin to Shelly Greenup) make up the rest of the group.

The Fair Board purchased material for new street banners for the Pennant bearers. The flags were constructed by Janell Bailey and Julie Ashbeck. Both ladies volunteered their time and talent in sewing the flags. The new flags are handled with care after each use to preserve them for use for several years to come. At every parade appearance this year the pennant bearers have ridden and at least four have always been in attendance.

"It is a family affair for this year's Queen and Court activities, says Julie Ashbeck, mother of three.

## Kitchen gifts highlighted

Get summer brides and spring graduates off to a good start by giving gifts to make meals safer and healthier, advises Carol Bennett, Oregon State University Extension agent in Morrow County.

One good gift is an acrylic cutting board. Unlike wooden boards, acrylic surfaces are less likely to form grooves where food spoilage bacteria can hide. Heavy duty take-apart kitchen shears that can be disassembled for easy and complete cleaning after use prevent bacterial cross contamination between meats and other food ingredients.

A meat thermometer is also handy. Meat and poultry must be cooked long enough to kill bacteria. A thermometer is an easy guide for telling the stage of doneness. Give it with a gift certificate from a local grocery store.

A refrigerator thermometer is another good gift. To keep foods safe and in top quality, the temperature should be 38-40 degree Fahrenheit. It's a good idea to check the refrigerator temperature when moving into an apartment. Making sure there is two inches clearance all around the refrigerator is a good way to help the refrigerator operate economically and cool properly. A steamer basket is an inexpensive investment in your health, says Carolyn Raab OSU Extension food and nutrition specialist. Steaming is a low-fat way to prepare nutrient-rich vegetables.

A hot-air popcorn popper will provide high fiber, low-calorie snack without added butter or oil.

Cookbooks are also welcome gifts. If the cook is a novice, choose one that uses common ingredients and gives clear directions as well as illustrations. For the cook who "has it all", select a specialty cookbook that matches the person's lifestyle such as quick and easy meal ideas, Raab suggests.

The Safe Food Book, Your Kitchen Guide, has guidelines for food care. "Doneness" temperatures for meats and poultry; cold storage time limits of meat and poultry; safe storage conditions and lifetimes for canned goods; and "What to do when the freezer fails" are examples of helpful information in the pamphlet. The pamphlet, Home and Garden Bulletin 241 is available at Morrow County Extension Office, Pettyjohn Office Building, Heppner. There is no charge for the pamphlet.

## Couples Tourney is Sat. and Sun.

A Couple's Tournament will be held at Willow Creek Country Club this Saturday and Sunday August 5 and 6.

There will be no open play until 6 p.m. Saturday and 3 p.m. Sunday.

## Lexington News

By Delpha Jones, 989-8189

The Hickerson family from LaGrange, have been visiting with the John Mollahan family this past week.

Debra Jones and daughters have returned to their home in Spokane, after some time visiting friends and relatives in the Lexington and Pendleton area. Mrs. Jones is the daughter of Joe and Hilda Yocum. Mr. and Mrs. Stuart Dick and Mr. and Mrs. Richard Peck were Baker callers last week.

Mike Burcham of Pendleton visited his mother Dorothy Burcham last week.

Visitors this last few weeks at the home of Faye Ruhl have been, Renn Harris and Steve Stillers from Portland, Mike Walshingham, of Prairie City, Lyn Emely and Linda Reuteler, Erica Ropp, from Roseburg, Laurie Ross and son Joshua from Seattle, Traci and Skip Ruhl of Hermiston, Florence Gray of Heppner, Dick Ruhl and son Rich have been here for the summer to help with the wheat harvesting for their mother.

Earl Miller is a patient in Providence Hospital in Centralia, with surgery scheduled for Tuesday, August 1.

Mr. and Mrs. John Tellechea and sons have returned home after a vacation in the Steens Mts. of southern Oregon.

Leona and Bob Syne from Tigard have been visiting her sister, Dorothy Burcham this past week.

Mr. and Mrs. John Boyer and family have moved into their new triple-wide home near the airport in Lexington.

Clarence Buchanan, of John Day, has moved into his house, recently vacated by Suzanne Vinson. He has spent sometime in the John Day Valley where he was employed.

Linda Ripple has been a patient for the last week in the Virginia Mason Hospital in Seattle. Her sons Chris and Mike have been visiting part of this time with their grandparents, Cecil and Delpha Jones.

## Garden Club meets

The Heppner Garden Club regular meeting will be held August 7 and will be a potluck dinner at the John Murray home at 6:30 p.m.

## Mayor To Mayor



Mayor Cara Costa and Chinatsu Kuma

Chinatsu Kuma, 16, of Niigata Japan, is staying for one month with the Brok Tucker family as an exchange student. Along with her, she brought a letter from the Mayor of her city, Niigata to the Mayor of Heppner, Cara Costa, asking her for assistance for Chinatsu during her stay here.

While she has been here, Chinatsu has been on a picnic and gone to "Oliver" in Walla Walla at the outdoor theater, which she thought was "cute," although she could not understand it. She has ridden a combine and gone shopping, where she purchased a toothbrush with Winnie-The-Pooh on it and two tubes of toothpaste which she will take home with her, as it very costly in Japan.

Chinatsu has one younger sister, her father is the manager of a carpet and tile store and her mother is a

housewife. Her mother plays tennis, does aerobics and takes a history and literature class at the university. They live in a four-plex in Niigata where it is two minutes to the shopping center, two minutes to the train and five to the bus from her house. It takes 99 minutes to Tokyo on the "Bullet" train from her home.

Her favorite food in the U.S. is Tacos. She likes Top Ramen Noodles and "All American Food," she says.

Nigatsu goes to school six days a week from 8:40 a.m. until 4 p.m. She is on the tennis team and is in many competitions.

Nina Tucker has learned some Japanese letters and Oragami from her new friend. Oragami is the folding of small papers to create likenesses of birds, boxes or whatever.

## Pomona holds annual picnic

By Delpha Jones

A most enjoyable and relaxing day was enjoyed at Anson Wright Park on Sunday when members of Wheatland Pomona met for the yearly picnic and memorial. A bountiful potluck was enjoyed, after which helium filled balloons were released, one for each departed member for last year. Greenfield Grange lost one member, Art Allen; Lexington, Lucia Barrett; Mikkalo, John Weimer; Spray Iva Palmer, Eleanor Damson, Herman Munjar, Arthur Robinson, Arthur Stephens, Imogene Damder; Willows, Cecil Stephani, Mary Blettell, Herbert Ekstrom, and L.Loyd Howton. Two

lovely poems and a prayer were read by the Pomona Chaplain, Loretta Lantis, from Spray. Following a short visit, the group played pinocle for a good part of the afternoon. There were members present from Mikkalo, Spray, Lexington, and Willows. Each year there is the yearly picnic and potluck, with one year being in the south of the county and one in the north end. Next year will most probably be in the Boardman area, perhaps the marina. The next Pomona meeting will be Saturday, October 28, at the Lexington Grange Hall with an election of officers planned.

**HARVEST BREAKDOWNS?**

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Complete Machine Shop  
**Orwick Machine Shop**  
at Lexington Lumber  
**989-8586**

**NOTICE**

**TO ALL HEPPIER NOR-GAS CUSTOMERS**

We have just completed the purchase of the propane system of Heppner Nor-Gas.

We intend to maintain the same high level of service that you have received over the years from Heppner Nor-Gas. Clyde Allstott will be in charge of propane, assisted by Jim Boor. Clyde and Jim have both been with Nor-Gas for several years and we are sure that you know both of them.

The number to call for propane service will be 989-8221 or call toll free 1-800-452-7396.

We look forward to a long standing relationship serving all of Heppner Nor-Gas's fine customers. Please feel free to call if you have any questions.

Larry Mills,  
Manager  
Morrow County Grain Growers

**KEEN! NEAT-O!**

**Joan Wright Gray is coming to town!**

Everyone is invited to a potluck and visit on Sunday, August 6, from 1 to 6 p.m. Bring a salad or dessert and the latest news. For more information call Jean Ann 676-9710 or Sharon 676-5233

*Potluck to be held at the Keith Lewis Residence  
Heppner-Lexington Highway*

**"Back To School Special"**

**\$10.00 off Full Perms**  
**10% Partial Perms**  
Good through Sept. 1, 1989

**25% off NEXXUS (as always)**

**Deena's Hair Care**  
Deena Reid  
**290 W. Baltimore-Heppner**

*Mr. and Mrs. Clifford Green and Mr. and Mrs. Robert Harrison invite you to share in the joy of the marriage uniting their children Kristen Marie and Travis Lee. This celebration of love will be on Saturday, the twelfth of August nineteen hundred and eighty-nine at two o'clock in the afternoon United Methodist Church, Heppner, Oregon. Reception immediately following in the Catholic Parish Hall.*

**We Will Have A Small Assortment of Ladies Rings at Reduced Prices**

Friday Aug. 4th  
Stop in and see!

Peterson's Jewellers  
Heppner 876-9700