

Health dept to give flue shots

The Morrow County Health Department is now giving flu vaccinations at all immunization clinics throughout the county at a charge of \$6.

Influenza vaccine is recommended for any person over six months of age who has health problems related to the heart or lungs or other chronic disorders.

Included in the vaccine this year are: A/Taiwan, A/Shanghai and

B/Yamagata. Flu viruses usually change from year to year, so to maintain immunity, it is necessary to have a shot each year.

Influenza usually occurs in the winter months with symptoms of fever, chills, cough, aches, fatigue, headache and sore throat.

Persons known to be hypersensitive to eggs or are ill with an acute illness should not be vaccinated until their symptoms have abated.

Tony Currin wins steer wrestling at Round-Up

Tony Currin, Heppner, won the steer wrestling at the Pendleton Round-Up this year.

Former world champion all-around cowboy Lewis Feild of Elk Ridge, Utah, outrode three 1988 world champions to gain top honors in the saddle bronc and bareback riding events at the Round-Up rodeo. Feild's efforts earned him a \$7,294 paycheck and the title of 1989 all-around cowboy at Pendleton's famed rodeo.

Feild, 1985-87 world champion all-around cowboy and 1985-86 world bareback champion, placed second in the first round of the bareback competition and fourth in the second round to tie with Mark

Garrett of Storey, Wyo., for first place overall.

Marvin Garrett, the 1988 world bareback champion from Gillette, Wyo., placed third in the first round of the competition, but was left out of the money in the second round, leaving first-place prize money to be split between his brother and Feild.

Current world all-around champion Dave Appleton of Arlington, Texas, also competed in the bareback competition riding to third place behind Feild and Garrett.

Feild also rode to first and fourth place positions in two rounds of the saddle bronc riding competition to capture first place in the average in that event.

Funshine Express to roll again

Community Women for Action is sponsoring its fourth annual "Funshine Express" bus trip November 4. This fundraiser is a ladies' day shopping tour to Tri-Cities with lots of surprises and fun all day. This particular trip has been designed for the ladies wanting to get started on that Christmas list.

Several hostesses will pamper you and rub those feet, if you want them too. The trip includes a Continental Breakfast on the bus, door prizes throughout the day, lunch and on the return trip champagne, cider and hors d'oeuvres.

The cost is \$35 per person and all net proceeds will be used for high school scholarships and youth programs.

The buses will leave from the various locations: Riverside high school, Boardman, 8:30 a.m.; A.C. Houghton School, Irrigon, 8:45 a.m.; Short Stop Market, Umatilla, 9 a.m.

Registration forms can be obtained by writing P.O. Box 307, Boardman, OR 97818 or by calling Colleen Nuttbrock at 481-9237. Registration deadline is Oct. 20, 1989.

Mayor honored for pie try



Heppner Mayor Cara Costa at Community Daves in Pilot Rock

By Merlyn Robinson

Heppner Mayor Cara Costa received "Best Efforts" honors at Pilot Rock's Community Day Saturday, Sept. 23 as she participated in the mayor's pie-eating contest.

However, Costa and Echo Mayor Phoebe Sheriff were light-weight contenders against Pilot Rock Mayor John Sundley and Pendleton Mayor Joe McLaughlin who won first and second respectively.

Pastor returns from Orient

Lynda Crane, pastor of Heppner Christian Missionary Fellowship, has recently returned home from a trip to Taiwan, China and the Philippines. She is planning a return trip to the Philippines in October for approximately one month. A team from throughout the United States

and Canada will accompany her, with several from Heppner.

H.C.M.F. has sent teams throughout the world including, Nigeria, Ghana, Iceland, Russia, Israel, Malaysia and Mexico. Teams have also gone out to various places in the U.S. and Canada. John Moyer is the associate pastor.

Irrigon Lions hold dinner

By Beth Stephens

Irrigon Lions Club hosted other Lions clubs with a dinner and refreshments Sept. 27. Guest speakers attending were Bob and

Bev Thomas, past international director of Lions and Sight and Hearing Center board member and district Lioness president, respectively.

Scholarship announced

The board of directors of Anderson Perry and Associates, an engineering firm based in LaGrande and Walla Walla has announced that they have selected the Heppner area in which to award a \$500 scholarship to a "deserving high school senior" next spring.

The scholarship will be given on behalf of Anderson Perry and Morrow County and the city of Heppner, clients of the firm.

Two years ago, in cooperation with the city of Boardman, a similar scholarship was awarded to Jose De-Jesus Garcia of Riverside High School.

The firm is asking the city and county to set up a joint committee with a representative of Heppner High School to establish the criteria for the scholarship and make a selection.

According to a news release for the firm, the committee is to set up their own rules and except for furnishing the funds for the scholarship, the firm will leave the "particulars to the committee."

Homemakers meet

By Beth Stephens

Homemakers of North Morrow County will meet Wed. Oct. 11, at 9 a.m. at Stokes Landing Senior Center. The public is welcome.

55/Alive Mature Driving Classes are scheduled at Stokes Landing Senior Center Oct. 12-13, 18-19, 25-26, Nov. 1-2, 9-10. The October classes are full but you may register for the Nov. classes by calling 922-3348. A lunch of soup and sandwiches will be served at the center for all classes and can be purchased for \$2. For 55/Alive driving classes offered at Heppner call Bill Cox, 676-9497.

Back to school clothes

It's that time again-back-to-school clothes are needed. But you may want to wait until school actually starts before buying very much.

"Your kids will have a chance to see what everyone else is wearing," says Carol Bennett, Oregon State University Extension agent in Morrow County. "Then you can avoid spending a lot of money for clothes they may end up not liking."

"Even though budgets may be tight, getting just one new clothing item can give a child an important mental lift for starting back to school," Bennett says.

Growth rates for kids 6-9 years old are slow and steady, usually about 5 pounds and 2 inches per year. This slower rate means clothing sizes won't be outgrown so quickly; in fact, everyday clothing usually is worn out before it is outgrown in now. This is the time to shop with quality and durability in mind. For quality in new shirts look for a small stitch length, even top stitching, finished seams and non-ravel buttonholes. For durable jeans look for reinforcement, like bartacks and rivets at points of stress such as pockets and ends of zippers.

The body gets longer but not much wider. Shop for separates, short-sleeved garments, and dresses and coats without waistlines to allow for this lengthwise growth.

Chest and stomach have flattened, creating a waistline so that skirts and pants will stay in place without shoulder straps. If garments do have straps, the straps won't fall down as much since shoulders are becoming square.

Bennett says the fabrics used in children's clothes are as important as these design features. New this year is Process 2000, a fabric finish that makes 100% cotton wrinkle resistant and easy care.

Color trends in adult fashions often show up in children's clothing as well. Red, black, grey, magenta, orange, peacock blue, chartreuse, orange, pink and yellow are the Fall '89 colors to watch for. The trend continues for activewear to also be everyday wear. Spandex tights and bicycle pants join T-shirts and leggings for back to school wear.

Country Fibre Artist's Guild would like to express its appreciation to the following merchants for their support of the "By My Hand" fibre arts show.

The show is open to the public at the Morrow County Museum through October 11.

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Columbia Basin Electric

Coast to Coast
Central Market
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Green Feed & Seed
Sears Catalog Store
Peterson's Jewelers

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Call 676-9228 or 481-2901 or 922-3849

Preparations for the drug (free) years workshop set

Last spring, more than 3,500 Oregon parents learned skills to help their children grow up drug-free.

The sponsors of "Preparing for the Drug (Free) Years" believe that its a program that's working--and worth repeating. Beginning in October it will be repeated statewide.

"Preparing for the Drug (Free) Years," a series of five two-hour workshops, will be held in Morrow County, Monday, Oct. 9 at 7 p.m. at the Riverside High School Home Ec room. The sessions are free with a \$10 charge for workshop materials. The charge for materials will be waived for those unable to pay. Leaders are Sharon Barrick, Donna Barton and Jane Anderson.

The program is sponsored by the State of Oregon, with additional support from private businesses and volunteers, who anticipate reaching even more parents in the Fall sessions.

Session topics include:
Session 1-"How to Prevent Drug Use In Your Family"; covers stages of drug use, when it begins, factors that put children at risk of being drug users, and what families can do to reduce the risk;

Deadline set for Watermelon logo contest

By Beth Stephens

The 1990 Irrigon Watermelon Festival Logo Contest deadline for entry is November 19. The logo must be original and simple in design. Send your idea to Cyndie Samson or call 922-4920. An award will be presented. You do not have to be an artist to enter. An artist will be provided to draw your winning idea.

Fibre arts show to run through Oct. 11

"By My Hand" fibre arts show opened at Morrow County Museum on Monday, October 2, and will be open to the public during regular museum hours through Oct. 11.

The people choice award was given to Vanessa Thompson for her wool/coyote fur sweater in the hand spun-hand knitted division.

In the hand woven division Karen Conant's (Pendleton) weft-faced rug received the "Weaving for the Home-Award of Excellence" sponsored by "Handwoven" magazine. A blue twill rag rug by Cheryl Brunton of Pendleton took second place in the division and third went to Vanessa Thompson for a colorful throw.

In the hand spun knit and crochet division, Vanessa Thompson's wool and coyote fur sweater took first; Sandy Van Liew's wool and dog hair mittens won second and Deena Reid's wool and angora pullover took third.

In the basket category, Cheryl Brunton's egg basket was awarded first; Cheryl Brunton received second for her grape and ivy basket. Third place was shared by Vanessa Thompson for her grape vine basket and Sandy Van Liew for her mini basket.

Best of Show was awarded to Victoria Crawford for her hand felted coat made of wool and German silver.

"By My Hand" will travel to La Grande where items will be on display at Nightingale Gallery on the EOSC campus Oct. 15 through 27. From there it will go to Pendleton at the Blue Mountain Community College library from Oct. 30 to Nov. 8. Some of the items in the show are for sale. Persons interested in purchasing an item should contact Marsha Sweek at the museum.

Session 2-"Developing a Family Position On Drugs"; establishes the importance of a clear family policy toward drugs, setting expectations about alcohol and drug use, and communicating that message;

Session 3-"Avoiding Trouble, How To Say 'No' To Drugs"; children attend this session, which teaches skills they may use to resist peer pressure to use drugs while keeping their friends and having fun;

Session 4-"Managing Family Conflict"; presents techniques for controlling anger and expressing strong feelings constructively;

Session 5-"Strengthening Family Bonds"; stresses the importance of recognizing and appreciating each family member's individual qualities; increasing children's contribution to the family.

Each set of workshops will be conducted by a two-person team of local volunteers who have been trained in the program. Program organizers sought workshop leaders who are representative of the community where the workshop will be held, are skilled in instructing adults, are sponsored by a community organization, possess expertise in alcohol/drug prevention and/or treatment and childhood development. One of the two workshop leaders must be a parent.

"Preparing for the Drug (Free) Years" incorporates the parent training curriculum produced by Richard F. Catalano, J. David Hawkins and

their associates at Developmental Research and Programs in Seattle. This research identified eleven factors that put adolescents at risk for alcohol/drug problems:

- a family history of alcoholism;
- family management problems;
- parental drug use and attitudes favoring drug use;
- early antisocial behavior and hyperactivity;
- academic failure beginning in middle to late elementary school;
- little commitment to school;
- alienation, rebelliousness and lack of positive bonding to society;
- antisocial behavior in early adolescence.
- having friends who use drugs;
- having favorable attitudes toward drugs;
- early first use of drugs (before age 15).

The program was field tested at 87 sites throughout Western Washington in Fall, 1987. Its success prompted Oregon's Alcohol and Drug Office and its Prevention Resource Center to implement the program as part of the Governor's Children's Agenda. Major funding for the statewide effort was provided by a grant from the Fred Meyer Charitable Trust. Additional support for funding, publicity and coordination has been donated by a number of sponsors such as Ryan Communications, Inc. of Portland, the Oregon Army National Guard, and Safeway Stores Inc.

St. Patrick's Senior Center Bulletin Board



The 55/Alive driving classes for drivers over 50 that our center is sponsoring will be held twice: October 5 and 6 and October 16 and 17 at the center. Both are from 1 to 5 p.m. with cookie and coffee breaks. The cost is \$7 per driver. Last week our bulletin board said there is no text. That is true, but the x was a typo for s. More important, there will be no test. Any senior interested should call Bill Cox 676-9497. Reminder: the completion of this course means a reduction in auto insurance premiums.

Last Sunday many friends enjoyed congratulating Grace Buschke on her 80th birthday. Many happy returns, Grace.

Our generous community keeps bringing gifts for furnishing our center. Myrna Toll presented us with a lovely clock for the sitting room and Gene Pierce came by with a sizable check from the Wranglers Cow Cutters which will supply us with a needed rolling cart for the kitchen-dining room.

This is a full week in the center with the Heppner Garden Club meeting in the sitting room Monday evening; the "55-Alive" driving classes on Thursday and Friday; and our first Fun and Food Potluck Party on Sunday evening.

The first potluck dinner party of the season is this Sunday, starting at 2:30 p.m. with games and entertainment, followed by dinner at 4:30 p.m. Everyone is welcome.

Next week: On Wednesday at noon is the regular dinner in the dining room.

The menu is tuna and noodles, green beans, coleslaw, tomatoes, muffins and fruit and cookies. Everett Keithley and Maude Hughes are host and hostess for the meals this month. Assisting with serving next week will be women from the Seventh Day adventist and Nazarene churches.

Following dinner, at 1 p.m. the senior center board will meet in the office. At 7:30 Wednesday evening, the VFW will hold their regular meeting in the sitting room.

The Thursday "Morning Meditations" group will not meet until January because the Reverend Drake is serving as interim pastor for a church in Arlington.

We still have two TV sets, a humidifier, and a stereo free for the asking.

Jones family has visitors

By Delpha Jones

Saturday, Betty Ferguson from Puslinch Toronto, Canada and her mother, and a sister Jean Kizer from Centralia, WA. called at the Cecil Jones home. They were looking for the grave of a grandfather Charles Capple who died Nov. 26, 1879. They visited with Barton Clark and Darrel and Creth Harris. The Harris's accompanied them to upper Rhea Creek Cemetery. The graves

searched for were not there, but is an interesting place with stones dating 1879. The group later visited the museum where they found much information in the files there. Thanks to someone for keeping such fine records of the past for people to use. The ladies returned later in the day to their home. If anyone knows for sure where these graves are please call the Historical Society.

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