

Boardman to offer veterinary clinic

A veterinary clinic sponsored by the city of Boardman will be held June 14 from 3 to 5:30 p.m. on north Main Street, next to the police department in Boardman. The city is offering a free dog license with a rabies shot.

Weddings



Higgins — Bergstrom

Kelli Jean Bergstrom and Brian Edward Higgins were married at Christ Lutheran Church at Las Vegas, Nevada, on March 17, 1990.

The bride is the daughter of Donna Bergstrom, Agura Hills, CA., and Elwayne Bergstrom, Heppner. The groom is the son of Cheryl Moore, Palm Springs, CA., and Tracy Higgins, Oklahoma.

The bride, given in marriage by her father, wore a gown trimmed with white sequins and pearls. The dress was accented with a small train and a veiled hat. Kelli carried a bouquet of pink roses, white carnations, baby's breath and ivy.

Maid of honor, Joy Garcynski, Indio, CA. and bridesmaids, Cindi Bergstrom, Palm Desert, CA., Kim Hughes, LaGrande and Ellen Arbogast, Pendleton, wore royal blue taffeta tea-length dresses and each carried three pink long-stemmed roses. Flower girl, Ashley Higgins, two years old, wore a white dress and carried a basket of flower petals to drop down the aisle.

The groom wore an all gray tuxedo. Best man, Jim Higgins, Las Vegas, Nev., and groomsmen and ushers Michael Buechler, Tempe, Ariz., and Rich Hazzard and Terry Groth, both of Boise, ID., wore gray tuxes accented with royal blue taffeta bow ties.

Candlelighters were Michael Buechler and Rich Hazzard. Unity candles were lit by the bridal couple's mothers.

Soloists Terry Groth sang, "Truly," by Lionel Richie and Scott Withers sang "Looking Through the Eyes of Love," by Melissa Manchester.

A reception was held following the ceremony. The three-layered white cake was trimmed with ivy and topped with a bouquet of fresh pink roses, white carnations and ivy. The reception area was decorated with white bells and blue ribbon. Serving cake was Ellen Garcynski.



Struthers — Smith

Sophia Struthers and Darrell Smith were married May 5 at Hope Lutheran Church in Heppner. The Rev. Stan Hoobing officiated at the afternoon ceremony.

The bride is the daughter of Marie and Ed Struthers and the granddaughter of Ralph and Barbara Struthers all of Heppner. She wore her aunt's waltz-length wedding gown of white lace over satin, featuring a scalloped neckline and long, lace sleeves. Her calf-length veil was attached to a satin bow. She carried a silk bouquet of mauve roses and white and silver tiger lilies.

Marie Struthers was matron of honor for her daughter. Jim Ward stood as best man for the bridegroom.

Bridesmaids were Renee Struthers, sister of the bride, Cindie and Amber Smith, sisters of the bridegroom and Theresa Lindsay.

Darrell is the son of Darrell O. and Eileen Smith of Sumner, Wash. Serving as ushers were Neil Blain, Mark Wyman, Pat and Dan Struthers, brothers of the bride.

Sheila Smith was the candlelighter.

A reception was held at St. Patrick's Senior Hotel in Heppner.

The bride is a graduate of Heppner High School and attended Linfield College. She works in the advertising production department at the News-Register.

Her husband was graduated from Orting High School in Washington and also attended Linfield College. He is bread and frozen foods manager at Safeway in McMinnville.

After a honeymoon trip to the Columbia Gorge Hotel, the couple is at home at McMinnville.

Team scramble played at Country Club

Tuesday June 5, Willow Creek Ladies Club played on a team scramble course setup with obstacles with 26 members and 11 guests.

Jo Pettyjohn, Lois Hunt and Coral Mitchell were in charge of course play. Coral Mitchell demonstrated the proper way to hold the club and how to hit the ball.

Unbeknown to everyone, Lois and Jo placed an exploding golf ball on the tee. When Coral hit the ball and it popped, it was the starting point for a fun day, said a club spokesperson.

Morning snacks and lunch hostesses were Luvilla Sonstegard, Eileen Padberg, Jan Paustian, Maude Hughes and Melba Miller. Results are as follows:

Team one: low gross-Harriet Evans, Marianne Kahl, Barb Gilbert and Martha Peterson.

Team two: low gross-Jan Paustian, Donna Ball, Lorena Jones and Beth Bryant.

Team three: low gross-Eileen Padberg, Debbie Rhodes, Melba Miller and Neoma Bailey.

Marnie Anderson-closest to the balloon;

Eileen Padberg-K.P. #13;

Harriet Evans-member closest to string; Barb Van Arsdale-guest closest to string.

Kathy Cutsforth-sand trap prize.

Door prizes were won by Daisy Collins, Coral Mitchell, Muriel Palmer, Barb VanArsdale, Lori Straley, Lucille Massey and Jan Paustian.

TV viewing linked to overweight

While many of us would like to retire the term couch potato (for one thing, it's unfair to potatoes), researchers are confirming the existence of the phenomenon it describes, being glued to the sofa and TV, remote control in one hand, potato chips in the other, is indeed strongly associated with being overweight and out of shape. Heavy viewers become, alas, 'heavy' viewers.

Men who watch television for at least three hours a day are twice as likely to be obese as those who watch less than an hour, according to research performed last year at Auburn University in Alabama.

Earlier studies reached similar conclusions about children and teenagers. For instance, in 1985 Dr. William Dietz of the New England Medical Center in Boston found that the prevalence of obesity in teens increased by about two percent for each hour of daily TV viewing habits, and experts anticipate similar results.

None of these studies proves that TV watching causes obesity. Do overweight, less fit people tend to choose to watch more TV? Does sitting in front of the tube take time away from calorie burning activities? Many researchers suggest that the relationship between excessive TV watching and obesity is reciprocal-one reinforces the other. In addition, TV viewers may be encouraged to eat more food, thanks in part to ex-

posure to thousands of ads for high-calorie snacks.

UNEXPLAINED WEIGHT LOSS PUZZLES SCIENTISTS

FINLAND — The unexpected weight loss experienced by members of a test group has puzzled medical researchers at a leading Finnish university. Scientists were testing a naturally-occurring compound for its ability to lower blood cholesterol levels when, to their surprise, they found that every person who took the formula had lost a significant amount of weight.

The formula was then tested at another prestigious European university hospital. Again, all patients lost weight even though they did not change their eating habits. The report detailing this study, published in the British Journal of Nutrition, stated: "Body weight was significantly reduced even though the patients were specifically asked not to alter their dietary habits."



This woman reportedly lost 134 pounds while on the formula.

While it is still not entirely clear how the formula induces weight loss, some scientists believe this compound actually alters the way the body digests food: when taken before mealtime it bonds with food and suppresses calorie absorption. Unabsorbed calories would pass through and out of the digestive system.

The formula is marketed in capsule form in the United States under the trade name Cal-Ban 3000. A firm located in Tampa, Florida has exclusive North American distribution rights to Cal-Ban 3000. A company spokesman reported that the formula is 100% natural and has been clinically tested for safety. Review of the customer files of this company revealed the names of hundreds of people who have lost as much as 20, 40 or 80 or more pounds overall with Cal-Ban 3000. This appears to be a golden opportunity for people who are plagued by fat and cellulite that they can't seem to lose by conventional methods.

Cal-Ban 3000 is reasonably priced at \$19.95 for a 3-week supply and \$38.95 for a 6-week supply. Postage and handling is \$3. VISA, M/C, AMEX and COD orders are accepted. To order call TOLL-FREE 1-800-537-3723 or purchase locally at:

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Wed. June 20 6 p.m.

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Exhibition Game

NO charge, however, donations welcome