

## Two hired at Les Schwab



Jeff Shank (L) and Don Christman

Jeff Shank has been hired as the new assistant manager for the Les Schwab Tire Center in Heppner.

Shank, 31, comes from the Prineville Les Schwab store where he was employed in sales and service. Shank has been with the company for nine years. He and his wife, Christal, have five children, Jerry, 6, Sheena, 5, Doc, 4, Stephanie, 4,

and Joshua, 9 months. Now living 11 miles out of town, the family is looking for a home in Heppner.

Also new to the Heppner Les Schwab is alignment technician Don Christman, 25, Hermiston, who has been with the company for three years. Christman, who is single, previously worked at the Hermiston Les Schwab.

## First Interstate to sell State Fair tickets

First Interstate Bank branches throughout the state will sell Oregon State Fair tickets at a discounted price again this year. Adult tickets, regularly \$6, will be sold for \$4.50 each. Children's tickets are \$1. The tickets will be available August 1-21 at all branches.

First Interstate will make a donation to children's charities in Oregon for every ticket it sells. The bank is the only agent offering discounted tickets.

The Oregon State Fair is set for August 22 to September 2 in Salem.

## Rodeo entries taken Aug. 4

Entries for the Morrow County Rodeo and the local entries for the PRC A rodeo in Heppner will be taken Sunday, August 4, from 2 to 4 p.m. Either stop by the fairgrounds or phone 676-9474. For more information contact John Moyer.

## Ione junior takes cross country trip

By Anne Morter

Crystal Minster of Ione recently returned from a 21-day cross-country bus tour sponsored by the Oddfellows and Rebekahs. Crystal won the trip with a second place in the district essay contest on the theme "What the United Nations Means to the Youth of Today."

Crystal boarded the bus on June 29 in Spokane with a group of young adults from Washington and one other girl from Oregon. All members of the touring group will be juniors this coming year. The group traveled between 200 and 500 miles per day, picking up new people as they went at stops in Montana, Idaho, South Dakota, North Dakota, Ohio and Wisconsin. Most of the scenery on that part of the journey was seen out of the bus window. When they reached Philadelphia, the touring began in earnest. Sights there included Independence Hall and the Liberty Bell. From there, it was on to Gettysburg, which they hit on the Fourth of July. Now one would think that Gettysburg on the Fourth would have to be a big celebration, maybe even bigger than the Fourth in Ione, right? Wrong, says Crystal. It seems that the folks in Gettysburg hold their celebration on the fifth because the Battle of Gettysburg actually ended on the fifth. Quite a letdown for the group, as they suffered through the Fourth without a firework in sight. Forging on in the face of a disappointment, they arrived in Washington, D.C. on July 5 for a day and a half of non-stop touring. According to Crystal, she "saw everything" including all of the monuments, the White House, the Capitol Building, the Ford Theater, the National Archives the Vietnam Wall and the Arlington Cemetery.

Next it was on to New York City where they spent the bulk of the journey. Arriving in time to visit the Empire State Building the first evening, they were treated to the impressive sight of the city lights at night. They spent a full half day at the United Nations plus toured Ellis Island and the Statue of Liberty, the New York Stock Exchange, and the Museum of Modern Art. Other highlights included the viewing of a Broadway play "Les Miserables" and a trip to the Trump Towers. Crystal reports that some people even saw "The Donald" (Donald Trump) although she did not catch a glimpse of the struggling mogul.

It was in New York where the Oregon/Washington group met two other groups, one from California and one from Louisiana. They were then split into four groups, mixing the states together and allowing the young people to meet others with very different backgrounds. Crystal had roommates from California, Louisiana and Oklahoma, and reports that it wasn't long before the whole group had picked up the very contagious southern accent.

After five days in the Big Apple, it was time to regroup and start for home. The bus returned on basically the same route except for a quick jag into Canada where they saw Niagara Falls.

"It was an experience I'll never forget," says Crystal. She says she really got to know the people on the bus and found it hard to say goodbye to her new-found friends. Before the trip, Crystal claims that she was not that interested in history but now that she has seen all these historical sites, history has become much more real. "I think I will be able to understand history much better now. I'm glad I went and I'd encourage anyone else to make the trip," she added.

Local residents can look forward to a slide presentation of Crystal's trip in the near future. Crystal is the daughter of Rick and Pam Minster of Ione.



Crystal Minster on her trip to Washington D.C.

## Tri-County eliminated from tournament



Photo by Joyce Hughes

Chris Dickenson takes a swing during Saturday's Babe Ruth State Tournament in West Linn. Columbia Tri-County was eliminated from the tournament in two games.

Columbia Tri-County lost out in the fifth inning as Lincoln County scored four runs in the loser's bracket at the state 14-15 year old Babe Ruth baseball tournament Saturday, July 27 at West Linn.

Tri-County has players from Heppner, Boardman, Umatilla and Irrigon and the loss eliminated them from the tournament.

Columbia Tri-County's first game on Thursday resulted in a 5-0 loss to

Madison. Rick Koffler doubled and Jeremy Jorstad singled. Tyler Pratt, pitcher for Tri-County had eight strike-outs and eight walks against Madison. Also hitting in Saturday's game were Russ Proctor, Chris Dickenson and Tyler Frederickson.

## Hot weather means lots of liquid

"When the weather is hot, it's important to drink enough liquid so the body can cool itself," says Carol Bennett, Oregon State University Extension agent in Morrow County.

Anyone who is out in the sun for long periods of time needs to be careful to drink enough liquid to prevent dehydration or heat stroke. Babies, young children and those who do hard physical work are also apt to need extra liquids during hot weather.

Cold water is the cheapest way to quench your thirst, say OSU nutrition specialists. However, fruit juices such as tomato juice, apple juice and unsweetened grapefruit juice contain salt that can replenish the body salt lost in perspiration. Because of this, juice may quench your thirst better than plain water or highly sugared punch or soda pop.

Low-fat milk is another beverage that may quench your thirst and give you the bonus of several needed nutrients. Other thirst quenchers are fresh fruits, especially melons and cool crisp vegetables such as carrot or celery sticks. Columbia Basin melons are excellent thirst quenchers.

Remember that punch and soda pop are just sugar and water that have been colored and flavored. Most punches and soda pops have 80 to 100 calories per 8 ounce glass. It is easy to consume up to 500 more calories more in drinking just a few servings of these beverages. Before you choose your cooling beverage, think about the cost and what you are getting for your money.

## Extension offers ways to remove skunk odor

During summer and fall, there are a number of skunk odor problems drifting around. The odor is difficult to prevent and remove, says Carol Bennett, Oregon State University Extension agent in Morrow County.

There are several commercial products available for skunk odor removal, but they may be difficult to locate. Try stores and shops that sell veterinarian supplies, hunting supplies, sporting goods and hardware. The commercial products currently on the market tend to mask the odor more than they remove it.

Skunk odor results from an oily compound, explains Ardis Koester, OSU Extension textiles and clothing specialist. It can be removed by methods used to remove oily soil. The odor molecule can be destroyed with a weak acid.

Home remedies for skunk odor removal start with washing in a strong soap or detergent. Use products designed for the laundry preferably ones that contain an anionic surfactant. If the odor lingers, rinse several times with diluted white vinegar or lemon juice.

If the odorous clothing cannot be washed, use a solvent such as dry cleaning solvent. It is available in grocery stores and drug stores.

For articles that cannot be washed or dry-cleaned, such as shoes, you can try burying them in fine, dry soil for several days. The fine particles of soil will absorb the odor. Examples of fine, dry soil include kitty litter and sweeping compound.

For pets, do not use laundry detergents, Koester warns. They contain caution statements to avoid contact with the eyes or mucous membranes. Use tomato juice, which is a mild acid, to wash away the odor. Tomato juice may be alternated with mouth wash, which contains a flavoring and fragrance that is safe.

The family of Beverly and Darrel Wilson cordially invite friends and former students to an Open House celebration of their 40th wedding anniversary Saturday, August 10, 1991, 2:00-5:00 p.m. at the United Church of Christ, Ione, Oregon. The gift of your presence is all we request.

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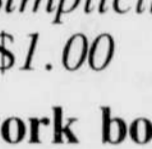


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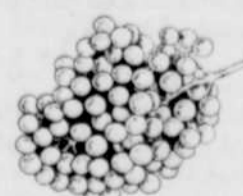



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