

Grief recovery program offered in Hermiston

Vange John Memorial Hospice is offering its fourth Grief Recovery Program in the Greater Hermiston area. The series, consisting of five

consecutive sessions held weekly, is designed to provide greater understanding of the grief process and how to cope with it. Individuals who have suffered a loss are always welcome, be the loss recent or many years ago.

Sessions will be held in Room 7 at the First Christian Church, 775 W. Highland, beginning October 22 from 7 to 9 p.m. and will continue Oct. 29 and Nov. 4, 11 and 18. There is no charge for the program. Presenter will be Barbara Bennett.

Vange John Memorial Hospice is a volunteer organization providing services to terminally individuals and

to their families, enabling them to enhance the quality of their remaining time together. All services and programs are provided with respect

to individual religious choices. For more information contact the Hospice office at 567-4369 or Bennett at 567-6764.

Market Report

Comments of the Morrow County Grain Growers

Tuesday, Oct. 22	
Soft White	
Oct.	\$3.99
Nov.	\$4.00/\$4.04
Dec.	\$4.05/\$4.07
Jan.	\$4.05/\$4.10
Barley	
Oct.	\$1.07
Nov.-Dec.	\$1.08
Jan.	\$1.07

Trick or treat tips offered

What comes every year, thrills kids of all ages and worries parents and motorists? It's Halloween. Parents can minimize risks by making sure their trick-or-treating youngsters follow safety tips, says Jill Marie Perucca, staff writer and speakers' bureau coordinator for Western Insurance Information Service (WIIS).

Smart parents can assure a safe and fun Halloween by accompanying their children around the neighborhood. If your children are older and not guided by an adult, instruct them to visit only homes where they know they'll be welcome. "If the house is dark and uninviting, tell the kids to stay away," Perucca suggests.

Parents should warn children to stay on sidewalks and to cross streets carefully. It's also a good idea to put reflective tape on costumes and trick-or-treat bags and to arrange for youngsters to go out in groups rather than individually.

At home, leave your porch light on once it is dark. It will be a signal that you welcome trick-or-treaters and it also will help to brighten the neighborhood.

Perucca warns motorists to watch out for children. "Motorists need to be distracted by all the costumes and candy," Perucca urges motorists to drive slowly in residential areas and to honk their horns on dimly lit streets to let children know they're coming. Drivers also need to watch out for youngsters crossing against the light, darting from between parked cars and walking in the street, she adds.

Your insurance companies through WIIS offer trick-or-treaters the following safety tips:

Wear a safe costume: your costume should be easy to see, flame retardant and allow easy movement; wear shoes that fit well and feel good-heavy boots, high heels and large clown feet could cause a fall; make sure that accessories such as large hats, wigs or beards do not impair vision.

See and be seen: reflective tape worn on both sides of your costume can help motorists see you in the dark streets; use make-up to paint faces instead of masks which can impair vision.

Supervise your trick-or-treaters: have a parent or older sibling supervise kids on their treat route; always travel in groups, walk on sidewalks (never in the street) and cross only at crosswalks; don't allow kids to eat any treats before they get home; check sidewalks, porches and steps. A stray toy or tool could trip a costumed child.

Treat tips: as kids collect treats, they may be tempted to sample some sweets before reaching home. To help curb their hunger and stop snacking, serve an early dinner. Carefully check all goodies-throw away unwrapped or loosely wrapped items. Wash fruit, cut it up into bite size pieces and look for anything that may have been added.

WIIS is a non-profit, non-lobbying, consumer education organization affiliated with the Insurance Information Institute. WIIS serves consumers and insurers in 10 western states.

Telecast on children's health Nov. 7

Improving children's nutrition and health will be the focus of a national live teleconference, "Working Together for Healthy Children," on November 7. The three-hour teleconference will be broadcast by satellite from Michigan State University to Morrow County Extension Service, Pettyjohn Office Building, Heppner, from 10 a.m. to 1 p.m.

Current estimates suggest that one in five children are overweight and one in three have high blood cholesterol level. Some health professionals are concerned that parents could misinterpret adult guidelines for fat intake and exclude nutrient-dense foods from their child's diet. At the same time, 5.5 million children under 12 years of age in the U.S. are now hungry and an additional six million children under 12 years are at risk of hunger.

"Kids are overweight and undernourished for a number of reasons," says Pat Albright, of the Dairy Council. "Family-life, exercise habits, self-esteem, academic and extracurricular activities all influence what children eat. If you

want your kids to eat better and be physically active, you must understand how all of these factors are interrelated."

Changes in eating behaviors should be accompanied by increases in physical activity and reduction in television time, as well as increased nutritional guidance from parents, teachers and other caregivers.

"This national teleconference will explore the critical factors in children's health in which adults make a difference: nutrition, health, safe use of medicine and exercise," said Evelyn DeNike, consumer affairs officer with the Food and Drug Administration. During the teleconference, a panel of nationally recognized experts will discuss the various positive and negative influences on kids.

For more information on the teleconference, "Working Together for Healthy Children," contact the Morrow County Extension Service, 676-9642 or the Morrow County Health Department 676-5421.

Continuing education credits will be available for health professional groups, including nurses, dietitians and home economists.

Lutherans hold Reformation Sunday Oct. 27

Sunday, Oct. 27, the congregations of Hope and Valby Lutheran will observe Reformation Sunday. Pastor Hoobing will preach on the theme of "Freedom in Jesus Christ," based on the scripture reading of John 8:31-36.

Worship service at Valby begins at 9 a.m. and is located on the Lone-Gooseberry Road.

Worship service at Hope Lutheran Church in Heppner begins at 11 a.m.

There will also be a sacrament of baptism for Taylor Thomas Disque, son of Duane and Robanai Disque of Lexington. His sponsors are Tim and Peggy Owens of Oregon City and Ron and Ginger Bowman of Heppner.

Worshippers are reminded to set their clocks back one hour Saturday night as Standard time begins at 2 a.m. Sunday morning.

Diaries, journals sought by author

Historian and author Terence O'Donnell will be at the Morrow County Museum Tuesday, Oct. 29 from 3 to 5 p.m. to review diaries, journals and correspondence for possible inclusion in a forthcoming

anthology of Oregon writing to be published by OSU in 1992.

O'Donnell invites anyone with family journals and letters they might wish to share to visit with him at that time.

Lone youth group volunteers time to help the homeless



L-R: Amy Pointer, Kari Morgan and leader Cathy Halvorsen assemble sack lunches for the homeless on Burnside.

By Anne Morter

The lone youth group, armed with peanut butter, apples and piles of cookies, traveled to Portland recently to do a service project that had been in the works for some time. Using the extra day off from school (because of teacher inservice), 19 young people and four adult leaders prepared and delivered 250 sack lunches to agencies serving the homeless in the Burnside area of Portland. Jeri McElligott, one of the group's leaders, coordinated the project using the many contacts she had made while participating in the "Portland Plunge" in June. The "Plunge" is a week-long trip into the world of the homeless on the streets of Portland.

The youth group spent most of the day Saturday working in the Burnside area. Besides walking from hotel to hotel to distribute their sack lunches, they also helped with various cleaning projects. Some of the agencies they visited included Outreach Ministries, Blanchet House, the Salvation Army, Sisters of the Road Cafe and Transition Projects.

The response to the lunches was slightly disappointing, reports Jeri McElligott. A combination of factors, the time of month, an unseasonably warm and dry fall, and a sweep by the Immigration Service the previous night, drove demand down and waste up. This was not something that Jeri had witnessed on earlier visits to the area. For the most part, however, the group found the people on the streets to be quite thankful for their efforts.

For the youth group, the weekend was not all work and no play, as they did make time for shopping and trips to some of Portland's attractions. They visited Pioneer Courthouse Square, Niketown, Saturday Market, the Church of Elvis, and Rose's Restaurant for dinner.

A majority of the students indicated that they would do another service project at a later date. Even with a lower demand for food on this particular visit, seeing so many people depending on the goodness of strangers for their next meal was undoubtedly a sobering experience. And hopefully it was a reminder of just how lucky the rest of us are.

Tidewater announces environmental division

Ray Hickey, president of Tidewater Barge Lines, has announced that Tidewater has formed a new subsidiary company. The new company, Tidewater Environmental Services (TES), was developed specifically to service the emergency environmental needs of the Columbia River Gorge and the Columbia/Snake River system.

Hickey said that TES is totally equipped and staffed to handle environmental emergencies anywhere on the Columbia/Snake River and that a full complement of the latest spill and salvage equipment is located at 10 key sites along the system--Rainier, Oregon; Tidewater's two Vancouver locations, Moorage # 3 and Moorage #5; Sundial Marine, Troutdale; Hood River; John Day Dam; Tidewater's

Umatilla terminal; Tidewater's Snake River Terminal in Pasco, WA.; Little Goose Dam; and Tidewater's Wilma Terminal near Lewiston, ID.

"Recent events have shown that when a spill occurs, a quick well-prepared response can make the difference between a small problem and a major disaster," said Hickey. "That's why we've put so much thought and effort into the development of this company." Hickey said that Tidewater Environmental Services has been two years in the planning.

"We're very serious about this program. Everyone at Tidewater is dedicated to a continuing effort to preserve the Columbia River for future generations," Hickey continued. "Protecting our environment shouldn't be an obligation, it should be a privilege."

Lone Lions club to sponsor bingo

By Anne Morter

The Lone Lions Club will sponsor another session of Sunday afternoon Bingo on October 27 at the Office Cafe in Lone. The bingo games, which will feature cash prizes, will run from 4-6 p.m. Proceeds from the

bingo games will be used by the Lions for their various community service projects.

The Office Cafe will serve a dinner special at the conclusion of the session.

CBEC joins Radio Help

You need help, but there's no phone. What do you do? Stop a Columbia Basin Electric Cooperative, Inc. vehicle with a Radio Help decal.

Columbia Basin Electric Cooperative has joined a growing number of Northwest agencies and businesses that are part of Radio Help, a community service program designed to increase public awareness that radio-equipped utility vehicles can provide an instant link between the scene of an accident, fire, or life-threatening situation and emergency aid. Radio Help also offers assistance for other emergencies—a lost child or a call for help from a stranded motorist. Radio-equipped vehicles are identified by a Radio Help decal.

Columbia Basin Electric Cooperative employees have always offered assistance by using their communications system in an emergency. Radio Help simply reminds people that the utility can summon assistance. Columbia Basin Electric Cooperative provides electric service to more than 3,300 customers in Morrow, Gilliam and Wheeler counties, with service vehicles on city streets as well as state highways and county roads

eight hours per day and during severe weather conditions and are alert for anyone in need of assistance.

Radio Help was initiated by Pacific Power in Oregon in 1985. Since then, utilities, other government agencies, and businesses have volunteered to become part of the Radio Help program. The Northwest Public Power Associations supports Radio Help and is encouraging its 160 utility members in the Western U.S. and Canada, including Columbia Basin Electric Cooperative, to participate.

Arlington/Heppner-The Federal Government has allocated money to provide new homes for buyers who qualify for subsidized housing.

These 3 bedroom houses, would cost approximately \$200 per month for people with good credit, low monthly payments for other bills and the right income. It appears the houses would be available to move in around June 1992. If you are interested, call Gene Stith, 503-276-7729 in the evenings or weekends.

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