

BOWLING

Thursday Night Ladies
January 23, 1992

	W	L
Jordan Elevator	9	3
B & C Repair	9	3
Tazmo's	6	6
Bedrock Bowlers	6	6
MCCG	5	7
Penland House	5	7
J & J Ceramics	2	10

High game: Dianna Hoeft 199.
High series: Pat DeBoer 524.
Splits converted: Liz Grabel 5-6.

Koffee Kup Keglers

	W	L
Gutter Dusters	13	3
Hi Ho's	13	3
MCCG	11	5
No Pin Hitters	8	8
The Dregs	7	9
The Pytts	6	10
Hopeful Has Beens	5	11
Alley Cats	1	15

High game: Linda Schultz 510, Katie McRoberts 523, Iris Campbell 526.
High series: Pat DeBoer 524.
High games: Alvin Padberg 200.

Dime A Dozen
January 26

	W	L
# 3	13 1/2	6 1/2
# 5	12 1/2	7 1/2
# 4	12	8
# 1	10	10
# 8	10	10
# 7	9	11
# 2	9	11
# 6	4	17

High game: Millie Hanna 190, Elmer Heath and Harry Hartley 198.
High series: Millie Hanna 487, Harry Hartley 542.
High team game: # 2, 764.
High team series: # 5, 2,147.
Splits converted: Katie McRoberts 3-10, 4-7-9.

BOWLING

Thursday Night Ladies
January 30, 1992

	W	L
Jordan Elevator	13	3
B & C Repair	11	5
Bedrock Bowlers	9	7
Penland House	7	9
MCCG	6	10
Tazmo's	6	10
J & J Ceramics	4	12

High game: Marie Rudisill 200.
High series: Marie Rudisill 519.
Splits converted: Marie Rudisill 4-7, Gayle Gutierrez 3-10, Ellen Fox 6-7, Katie McRoberts 4-5, Janet Beamer 5-6, Millie Hanna 3-10.

Koffee Kup Keglers

	W	L
Hi Ho's	15	5
Gutter Dusters	14	6
MCCG	14	6
No Pin Hitters	10	10
The Pytts	9	11
Hopeful Has Beens	8	12
The Dregs	8	12
Alley Cats	2	18

High series: Linda Schultz 505, Iris Campbell 530.
High games: Iris Campbell 184.
Splits converted: Ruth Bergstrom 3-10, Linda Schultz 2-7 and 5-10.

Dime A Dozen
February 2

	W	L
# 5	16	8
# 4	16	8
# 3	13 1/2	10 1/2
# 2	13	11
# 8	13	11
# 1	10	14
# 7	10	14
# 6	4 1/2	20 1/2

High game: Judy Rickert 192, Gary VanArsdale 234.
High series: Nola Binschus 511, Gary VanArsdale 575.
High team game: # 5, 803.
High team series: # 5, 2,197.
Splits converted: Elmer Heath (2) 3-10; Delbert Binschus 3-10, 3-9-10; Billie VanArsdale 5-10; Dianna Hoeft 5-10; Janet Beamer 5-6; Wayne Rollis 3-10; John Breidenbach 3-10.

Rhea Creek study group meets

By Delpha Jones
The Feb. meeting of the Rhea Creek study group met at the home of Leila Palmer. An informative interesting lesson on "Fitness of Refrigerated Foods" was given by Mary Wright and the hostess. They advise to always refrigerate raw eggs and dairy products to maintain high quality as well as safety and to maintain quality fresh fruits and vegetables, mustard pickles, salad dressings, whole grains, coffee and others. They said not to store smoked fish longer than two weeks and to keep refrigerator temperatures at 33-40 degrees F. (1-4 degrees C). They also offered some pointers to prevent food poisoning: wash hands with soap and water before handling food and be sure utensils are clean; cook poultry, seafood and eggs thoroughly; don't leave

perishable foods at room temperature longer than 2-3 hours; if in doubt throw it out. Following a delicious lunch a business meeting was held with president Judy Stevens presiding. A report was heard from the Homemaker's Day Committee. Dinner and a meeting at Stokes Landing will be held either April 21 or 23. A program is being planned with door prizes and a trip to the Port of Morrow. The one-day excursion for the group is planned for May 6 and will be a visitation eastern Oregon. The next lesson on "Laughter is the Best Medicine" will be at Ruth McCabe's home with Mildred Wright assisting. The April meeting will be at Norma Crabers' and will be on "Fats and Foods". Twelve members were present.

Laughter is the best medicine

You may already know that humor is good for your health. Laughter increases circulation by increasing oxygen intake. But did you know that laughter can cause the release of natural painkillers? Recent research has discovered laughter, combined with medical care, and medication, has a therapeutic effect on disease. The role of laughter in maintaining wellness, the effect of laughter on your heart as well as circulatory and respiratory systems will be discussed at the Extension

Homemaker Study Group Leader Training on Wednesday, Feb. 26. The training will be offered at 10 a.m. at the Umatilla County Extension office, 721 S.E. Third Street, Pendleton, and at 7 p.m. at the Stokes Landing Center, 195 W. Opal Place, Irrigon. There is no charge for the lesson and the program is open to all interested citizens. Participants are asked to bring an example of a cartoon or joke to share. For more information, contact Carol Bennett, Morrow County Extension agent, 676-9642.

Rock Creek Conservation to meet

The Rock Creek Conservation Corporation will meet Wednesday, February 19 at 7:30 p.m. at Bob Van Schoiack's residence. Agenda items will include 1991 cost-share assistance and a

presentation from Tim Keith, Oregon State Service Forester, on the SIP program for private forest landowners. For more information contact Dave Pranger 676-5452.

Lex Grange slates wildlife program

By Delpha Jones
A presentation on illegal commercialization and sale of wildlife and high seas drift nets will be the program for Lexington Grange Monday, Feb. 17. The

program will be given by Norman Zeller. A 6:30 p.m. potluck dinner is planned with the program at 7:30 followed by the regular meeting. The program is open to the public.

Beginning golf classes slated

Blue Mountain Community College will offer two beginning golf classes this spring at Willow Creek Country Club. The first class will be held on Friday mornings from 10:30 a.m. to 12 noon and will run four weeks. The class dates will be March 6, 13, 20 and April 3. The second class will be held on Monday evenings from 5 to

6:30 p.m. Class dates will be March 30, April 6, 13 and 20. Classes will cover the basics of the rules of golf and the playing skills of golf including putting, chipping, pitching, approaching, fairway shots, teeing off and problem shots. Students must provide their own golf clubs. Balls and tees will be provided by the class. The class fee is \$15 with a temporary membership fee of \$15 for non-members of Willow Creek Country Club. Registration forms may be obtained by contacting Sue Warren, South Morrow County BMCC coordinator, 422-7040. For further information contact Warren or John Edmundson, instructor, 676-9187 (work) or 676-5177 (home). Each class is limited to the first 12 enrollees to sign up with Mrs. Warren.

St. Patrick's Senior Center Bulletin Board



Eighteen seniors and bus driver Gene Cole enjoyed listening to the Old Time Fiddler's music in Hermiston Monday evening Feb. 3. They plan to go to hear the Fiddler's again March 2. The bus also took a group to the senior dance in Hermiston Sat. Feb. 8. For information about future trips to the dances contact Velma Wight 676-9050. The bus will go to Pendleton Friday, Feb. 14 to tour the Pendleton Underground, the Bordello tour and have a no-host dinner at the King's Table. The group will leave the senior center at 8 a.m. There are still a few seats available. Interested persons should call the senior center office. One hundred twenty-nine people were present for dinner Feb. 5. One dinner was taken out. Members of the Lutheran Church served. Lois Allen won the meal ticket, Jason Palmer the door prize and Mary Kirk Lamb of Weston received the guest prize. The menu for Feb. 19 will be lasagna with meat, peas and carrots, fruit salad, garlic bread and pudding. Members of the Christian Life Center and Mormon Churches will serve. There will be a transportation meeting Wednesday, Feb. 19 following lunch at 1:30 p.m. The nutrition site committee met after dinner Feb. 5. The transportation committee met Thursday, Feb. 6. The office staff and other volunteers folded news letters for the Extension Service Thursday afternoon. Dates to remember are: Mondays-quilters and company 1-4 p.m. Anyone wishing to learn to quilt is welcome; knitting 7-9 p.m.; Tues & Thurs. exercise 10-10:30 a.m.; Wednesday senior dinner, noon; Friday 10:30 a.m. Bible study.

Lutherans celebrate

Sunday, Feb. 16, the congregations of Hope and Valby Lutheran churches will celebrate the sixth Sunday after the Epiphany with a service of Holy Communion. Pastor Hoobing will preach on the theme of "The Victory Has Been Won," based on a reading of I Corinthians 15: 12, 16-20. Valby Lutheran church, located on the Lone-Gooseberry Road will meet at 8:15 a.m. for an adult Bible class. The class is finishing up their study on the Book of Revelation and will soon begin the study of the Book of Esther. Communion services will begin at 9 a.m. All Sunday school students are encouraged to attend Saturday Sunday school, which meets at 10 a.m. on Saturday, Feb. 22. Sunday School at Hope begins at 9:30 a.m. and service of Holy Communion begins at 11 a.m. Coffee hour will follow the service. A nursery for small children is provided during worship service.

And for those people who wake up to late for morning service in Heppner, Pastor Hoobing will preach in Condon at the United Church of Christ building at 2 p.m. "It's a nice scenic Sunday drive," said Pastor Hoobing.

Cheatgrass subject of Extension tour

Cheatgrass-and what to do now. That's the topic of a tour Monday, February 17, in Morrow County according to Mike Stoltz, OSU Extension Agent. "Don Rydrych, retired weed control scientist at the Pendleton Experiment Station, has agreed to tour with us," said Stoltz. "We will start at 9:30 a.m. at the Morrow County Grain Growers office in Ione and tour that area in the morning." In the afternoon the tour will start at the Heppner Extension office at 1:15 p.m. and tour the area around Heppner. "There is a lot of concern on what to do right now with the small wheat and cheatgrass growing all winter," said Stoltz. "We feel very fortunate to have Don Rydrych join us as he did a lot of the research work on metribuzin for cheatgrass control." The tour is being coordinated by the Morrow County Extension office and Morrow County Grain Growers.

Christian Life Center to hold evangelistic services

The Rev. James Retherford will be the speaker for special evangelistic services to be held at the Christian Life Center on Sunday, Feb. 16 at 10:30 a.m. and 6 p.m. and Monday through Wednesday evenings Feb. 17-19 at 7 p.m. James and his wife Betty

minister through music, preaching through the Bible, and testimonies of God's power and blessings in their lives. They have pastored churches for seven years and have travelled as evangelists for six years. The public is invited to attend the services.

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