

Morrow County receives Forest Service grant

Morrow County is one of four eastern Oregon counties receiving grant money from the U.S. Department of Agriculture, Forest Service as part of a new rural community development program. Morrow, Harney, Wheeler and Grant counties are each scheduled to receive grants of \$20,000 to \$30,000.

In 1990 the U.S. Congress passed the Food, Agriculture, Conservation and Trade Act, otherwise popularly known as the Farm Act of 1990.

The act authorizes the Forest Service to assist rural counties and communities near national forests. Assistance can be in the form of technical and financial aid in community development planning, technical assistance in project design, and direct financial aid for projects. The Oregon Rural Development Council was

influential in linking aid to Oregon's rural counties. The grant to Morrow County is for use in the area of community development planning.

"This program is designed to help communities and counties with dependence on timber and forest-related products to shift to a broader economic base," stated Earle Rother, Umatilla National Forest rural development coordinator. "The program is also designed to assist counties and communities to upgrade existing industries to use forest resources more efficiently," according to Rother.

"Community leaders worked together to write a community vision statement and action plan for economic development. Their devotion to the community and willingness to work together has paid off," stated forest service district ranger Delanne Ferguson.

Hospitality training workshop set

A hospitality training workshop for owners, managers and employees has been planned for Nov. 5 from 7 to 9:30 p.m. at the Morrow County Museum at Heppner.

A workshop will also be held in Boardman on Nov. 4 from 7 to 9:30 p.m. at the Dodge City Inn at Boardman.

The workshop sponsored by

the Morrow County Tourism Committee, will concentrate on hospitality and customer service, "what to say and how to say it."

Registration is limited to 25 participants for each session and is due by October 23. For registration or more information contact the Heppner Chamber of Commerce. Cost is \$5 per person.

Sports action in Ione



Photo by Wayne Hams

Ione running back Jerad Ashbeck (11) is wrapped up by a defender during the Card's 14-12 loss to league leading Culver Friday night.

Ione led the Bulldogs 12-8 in the fourth quarter, but a 70-yard run by fullback Nathan MacRostie pulled out the win for Culver.

Culver scored first on an 80-yard touchdown play in the first period, but Ione came back

with a five-yard Mac Lovett touchdown in the second quarter, and a David Wagenblast to Jason Proudfoot pass in the fourth to pull ahead of the Bulldogs before the long touchdown run.

Ione is now 2-1 in league play, 3-1 overall.

Fillies welcome back Sherman

By Patty Anderson

The Heppner Fillies welcomed Sherman County back into the Columbia Basin Conference Sept. 29 with a quick drubbing 15-8, 15-4 win on the Fillies home court. The win puts the girls 1-0 in league standings.

Super team serving and a good mixture of bump set spike teamwork enabled the Heppner girls to take an early 7-2 lead. Holly Eckman had the hot hand going eight of nine at the net with four kills taking the set from Jodi Johnston. Sara Greenup had some good power hits and Rondi Robinson picked up the receiving slack. The Fillies kept Sherman off beat from recovering as Heppner took the win 15-8.

Game two saw Heppner beginning with Johnston and Eckman taking care of the setting duties, advancing the ball between themselves along with Jenny Krein, Becky Norton, Donita Sharp and Greenup. Keeping Sherman off guard as to who was hitting next the Fillies took a big 13-3 lead.

Greenup and Johnston rounded out the serving order followed with an ace dink by Donita Sharp to win 15-4.

Holly Eckman had a good night going 12 of 13 at the net with six kills. Ruth Norton came off the bench to add a quick 4-4 with two kills in a clutch situation to please coach Terri Gentry, along with overall solid team play and serving by everyone.

The C-team lost their first game of the night 12-15 with a new player and setter. The young team got off to a troubled start.

Heather Ripple, out late in the season played her first game and was the teams new setter. Fortunately Heppner took control of the second game with a 15-6 win.

Unfortunately Sherman didn't have enough players to play a third game so Heppner split with Sherman. High scoring honors went to Renee Devin and Tina Kemp with six points each. Tina Chinen contributed two aces to the team. The Heppner C-team record stands at 3-2.

The first game for the Heppner J.V. team was a seesaw event. When one team scored the other would tie the game up. Sherman, however, finally came out on top winning 17-15.

The Fillies, upset over losing the first game were determined to win the second. They put their strength to the test and with grim determination the Fillies spiking ability shone through. With the Fillies stuffing spikes into Sherman's back row players the Fillies took their win 15-4.

The war was on for who would win the third game, both teams wanting it. But the Fillies took hold of the game and wouldn't let go beating Sherman 15-6 for the match. J.V.'s high scorer was Alissa Brownfield with eight points. Char Coe served four aces in a row.

October 1, Heppner JV and Varsity teams traveled to Condon. The JV's lost their first game 5-15. Determined to win the match the Fillies played their hardest and won the second and third games, 15-9, 15-9. Ten aces were served during the games, three by Jessica Sumner and April Rollis, two by Char Coe and Ruth Norton and Dani Hill each had one. Rollis, Hill and Coe were high point scorers with six points each.

The varsity team didn't accomplish as much losing the match 13-15, 10-15. Jenny Krein had two aces and served for 100 percent. Rondi Robinson had three aces. Sara Greenup had two aces and was high scorer with five points. Kelsie Evans served one ace and Donita Sharp had an ace and 100 percent. Char Coe also served for 100 percent. The teams total serving average was 84 percent.



Photo by Wayne Hams

Ione Cardinal Melissa McElligott returns a ball against the Culver Bulldogs in Big Sky Volleyball action Friday night. Culver beat Ione 15-3, 15-12 to improve its record to 7-0.

Christian men's group to be formed

The men of Hope Lutheran Church invite the men of Heppner and Lexington area who are interested in forming an ecumenical Christian men's group to a meeting this Friday, Oct. 9 at 6:30 p.m. at the Hope Lutheran Church. The church is

located at the corner of Cowin and Alfalfa streets near Willow Creek Dam in Heppner. Coffee, hot chocolate, tea and donuts will be provided.

Ruth Locust to meet

Ruth Locust Chapter NO. 32 Order of the Eastern Star will meet Monday, October 12 at 8 p.m. at the Heppner Masonic Hall.

Special visitors for the evening will be Helen Felt, a member of the Publicity and Awareness Committee and Lucille Cohoon, a member of the Special Projects Committee of the Grand Chapter of Oregon.

On Wednesday, October 21, there will be a special meeting for the School of Instruction, which will be preceded by a potluck dinner at 6 p.m. The instruction will be conducted by Elena Sipp, associate Grand Conductress from Corvallis.

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Use of Fluoxetine In Women with Bulimia

Bulimia nervosa is an eating disorder that affects up to 10 percent of American women from all social and economic classes. This condition, which is seen more often in women in their teens and twenties, typically involves compulsive eating binges followed by self-induced vomiting and use of laxatives or diuretics in an attempt to lose weight.

According to a study published in a recent issue of *Archives of General Psychiatry*, fluoxetine (Prozac) may be helpful in the long-term treatment of bulimia. Three groups of women were evaluated on the basis of their level of depression, craving for carbohydrates, and bulimic behavior (binge eating and purging). One group of women received 60 mg of fluoxetine daily. A second group received 20 mg of the drug each day. The third group received a placebo (blank). Women in the group that received 60 mg of fluoxetine showed the least amount of depression, craving for carbohydrates and bulimic behavior. Other antidepressant medicines have shown some promise in the treatment of bulimia.

A potentially beneficial effect of fluoxetine in bulimia patients is its ability to cause weight loss in both depressed and non-depressed individuals. According to the *American Hospital Formulary Service*, the exact method of weight control is yet to be determined.

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Market Report
Compliments of the Morrow County Grain Growers

Tuesday, Oct. 6, 1992

Soft White	
Oct.	\$4.34/4.36
Nov.	\$4.38
Dec.-Feb.	\$4.39
Barley	
Oct.	\$98
Nov.	\$100/\$101
Dec.	\$102/\$103
Jan.	\$104

Wool contest planned Oct. 10

By Anne Morter

Contestants from as far away as Hood River, Milton-Freewater and Pendleton will gather in Ione, Saturday, October 10, for the annual Make It Yourself With Wool Contest.

The public is invited to attend a fashion show starting at 1 p.m. at the United Church of Christ Basement on Main Street in Ione. There is no admission charge to the event which will also include the presentation of awards and a tea for participants and spectators.

Event organizer, Maureen Krebs of Cecil, reports a good turnout of contestants, not only geographically but also in age. Garments will be judged in the morning, initially on the contestant for style, then off for inner construction and durability. Winners will be announced at the conclusion of the fashion show. Winners in the junior and senior division will advance to state-level competition.

Day Care sponsors contest

Heppner Day Care is sponsoring a contest to guess the weight of a pumpkin displayed at Murray's Drug. The winner of the contest will split the pot with day care. Tickets are 50 cents each. The winner will be notified on Halloween Saturday, Oct. 31.

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