

Students win recycling contest



Photo by Joyce Hughes

Poster contest winners front row l-r: Jesse Kempas, Ashley Ward, March Miller, Blake Allstott, Tanner Britt, Jeremy McKenzie, Jerry Shank. Back row: Jonas Healy, Lindsay Ward, Brandon Young, Tai Sweek, Danny Coiner, Jayme Hansen, Sherry Sieler

The students and staff of Heppner Elementary and Middle School are again participating in a program for saving recyclable office paper. This program started in the spring of 1992, with the encouragement of Douglas Orwick, then a first grader. Orwick won a prestigious state-level award from the Association of Oregon Recyclers for his leadership in this area.

The recycling effort for the 1992-93 school year began with an all-school assembly Oct. 6. The highlights included a skit by Lea Calvert's second grade class emphasizing the benefits of recycling paper and a visit from a representative from CAPECO explaining the new guidelines for saving paper.

Students in grades one through eight recently competed in a poster contest to demonstrate their awareness of the benefits of recycling paper. The best posters were in the display case for the week of November 2-6 and the students received a gift certificate for their work. Winners were: first and second graders-Blake Allstott, Tanner Britt, Jesse Kempas, Jeremy McKenzie, Marcy Miller, Jerry Shank and Ashley Ward; third and fourth grade-Tai Sweek, Lindsey Ward and Brandon Young; fifth and sixth grade-Danny Coiner; seventh and eighth grade-Jayme Hansen, Jonas Healy, Sherry Sieler.

In addition, the Department of Environmental Quality (DEQ) is sponsoring a state-wide poster contest which is not limited to paper recycling. School recycling program coordinators Barbara Orwick and Linda Shaw chose the following posters for submission to the state DEQ contest: first and second grade: Blake

Allstott, Tanner Britt, Lindsey Clough, Jesse Kempas, Ashley Ward and Josh Winters; third and fourth grade-Julie Proctor, Tai Sweek, Lindsey Ward and a poster made by Kyle McDaniel and David Piper; seventh and eighth grade-Jayme Hansen, Jonas Healy and Bonney Jo Hill.

CBEC holds annual meeting



Abby Kahl and her father Bob were happy winners of a 20-gauge shotgun at Columbia Basin Electric Co-op's annual meeting November 5. The gun was just one of the many door prizes that were given away.

Also at the meeting Manager Fred Toombs reported that the Co-op is in good financial shape, with an equity of 40 percent, and that capital credits would continue being issued.

Toombs also said that a back-feed line up Alkalie Canyon was being worked on, which should cut down on the number of power failures in the area. And also that engineers were presently working in the Condon area preparing to bury power lines there.

All Saints Episcopal plans Thanksgiving day dinner

All Saints Episcopal church will again have their annual dinner on Thanksgiving Day. The dinner will be served at 1 p.m.

As in the past, everyone is invited to attend. A special invitation is sent to those who might otherwise be alone or away from their families and friends. Turkeys will be prepared by

church members. Guests may bring salads, desserts or any other special dish.

"We invite the community to join us in a celebration of Thanksgiving for our many blessings," said a church spokesperson.

For more information call the church office, 676-9970 or Bob DeSpain, 676-5376.

Local woman wins trip around the world

Betty Bailey, Heppner, has won a trip for two around the world. Bailey won the trip by being the 13th caller in to the Channel 4 Good Evening show on Fri-

day the 13th.

Betty, who says she will take her husband, Chuck, along, is now awaiting confirmation from United Airlines.

Shakespearean actors visit Heppner

Heppner High School hosted a pair of actors from the Oregon Shakespear Festival on November 16. The actors Mark Booher and Jonathan Toppo, will perform excerpts from Shakespeare and modern literature in assemblies and individual classes.

The school visit program is part of the festival's commitment to bringing theatre to young people and young people to theatre, said a festival news release. Each year after the festival closes its season, teams of actors visit more than 280 schools and organizations, reaching more than 178,000 students in seven western states including Alaska.

For many students, these performances are their first experience with live theatre. One student wrote, "I used to be bored by Shakespeare and by plays in general. You have given me not only an appreciation of drama, but inspiration as well."

The tour is funded through a grant from Mervyn's Department stores. The grant recognizes the geographic impact of the school visit program, since the tour is made available to virtually every community where Mervyn's operates.

For more information about the visit contact Linda Dutcher at Heppner High School.

Lutheran churches hold joint services

The congregations of Hope and Valby Lutheran churches will hold a joint worship service on Sunday, Nov. 22 at Hope Lutheran Church located near the dam in Heppner. Church service begins at 11 a.m.

On this Christ the King Sunday, pastor Hoobing will preach on the theme, "Who is Jesus the Christ?," based on scripture reading of Colossians 1:15-21. A joint Sunday school will be held at the same time.

Following the worship service there will be a potluck in the Fellowship area. Members are asked to bring a hot dish and a dessert or salad.

Pat Cole, a member of Christ the King Lutheran Church in Milton-Freewater and former president of the Blue Mountain WELCA cluster, will give a slide presentation on her recent trip to Indonesia, following lunch, around 1 p.m. Cole was one of several women in the United States to participate in the Woman to Woman program of the national Women of the Evangelical Lutheran Church in America. This past summer the Women to Women program visited Indonesia. Her presentation will help the congregations of Hope and Valby understand and appreciate the life and ministry of the Lutheran church in Indonesia. The Oregon Synod of the ELCA has a companion synod partner, Huria Kristen Batak Protestant Church of Sumatra, Indonesia. Bishop Soritua Nababan of the Batak Church spoke to the Oregon Synod Assembly in June of 1991.

Off the Wall

By Mervyn Robinson

The good news is the rains received lately to recharge underground springs and green up the fall countryside. Also the general election is over thank heavens. Now politicians can plan on the best way to break campaign promises while doing their part in escalating the national debt.

The cloudy conditions in November don't come solely from fog. Property taxes came due before counting our blessings as we pass the turkey. There's little relief for small businesses, ranchers and farmers who are trying to hang in there.

But budget time is just around the corner after trying to stretch those Christmas spending dollars. Now that city governments have reduced tax dollars to spend perhaps some voters would agree that the county could do likewise.

In this agricultural dependent area, there aren't many business owners that receive a cost-of-living margin increase along with a paid health benefit plan. A cap on county employee wages, the largest part of the budget might set well with taxpayers who are just getting by while still supporting those wages.

It's time people reacted to a threat not only to their pocketbook, but to the economy and the area's way of life. With the projected appointments of ardent environmentalists to national cabinet posts, it's highly unlikely that the Northwest will benefit from changes in the endangered species act that is heavily weighted against the human factor and the economy.

So "hats off" to a converted east Oregonian, city manager Gary Marks. After only a short time away from big city life, he cast aside his business suit and sported a western shirt at a recent chamber meeting.

In his remarks to chamber he said that eastern Oregon's way of life is being threatened by the "mind set" in Salem and others who hold different values. He said there is "tyranny of the majority" due to an imbalance of representation for the largest land mass in the state.

He suggested that the 18 counties east of the Cascade range should endorse an advisory issue on the ballot that reads "should the senate be based on a representative from each county?" To do so would require a state constitutional amendment, but why aren't the counties represented in state government the same as the states that are represented in Congress, he questioned.

Marks cited that the state Department of Environmental Quality is holding Oregon cities to higher standards than demanded by Congress under the Clean Water Act. And LCDC should be implemented through local land use laws that best serve local needs, the present state rules don't always apply to different areas and lead to a loss of self-determination, he said. And water issues are being decided by people on boards that lack knowledge of the eastern area.

People here are at a crossroads for acting now to preserve a way of life, Marks said. And this young man is right on target. It's time that these counties and the communities that they support hop on the sagebrush train. They may become as extinct as the 'Wampus' bird, the one that sat on the fence with his 'wamp' on one side and his 'puss' on the other.

And P.S.--I'd like to see our county tax dollars at work on painting a yellow line over the bumps in the Sandhollow road so people like me can find the way home in the fog after dark.

RJ's Says Remember

Taste Appealing Lunch Specials Tues - Fri

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Fri. Eve. - Steamed Clams
Grilled Razor Clams
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Sat. Eve. - Australian Lobster Tails
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Steak & Spaghetti or Ravioli

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Smith

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202 NW 1st, Boardman
481-9474 or 481-7351

High Blood Pressure Medicines in Children

Essential hypertension (high blood pressure) in adults is thought to have its beginnings during the childhood years. The major cause of high blood pressure in children is from existing health problems such as kidney disease. In adults the major cause often is not known nor is it related to a specific disease.

According to a recent issue of *Patient Care*, decongestants are one group of medicines that can raise blood pressure to abnormally high levels, particularly during early childhood. If you are a parent, discuss the medicines your child is using with your physician and pharmacist. Among teens and preteens alcohol and tobacco use can cause high blood pressure to develop at an earlier age than it might occur otherwise. Other factors that may contribute to the development of high blood pressure in children include a history of the condition in one or more family members, obesity, and a diet that is high in sodium (salt) and fat.

Hypertension in a child is usually more difficult to treat than it is in an adult, and the dosing of medicines for children is different than for adults. Nondrug approaches include an exercise program, a salt restricted diet, and weight reduction. First-choice medicines for the control of chronic high blood pressure in children includes the diuretics (water pills) and beta blocker medicines.

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