

All Saints plan Italian night

Italian night at All Saints Episcopal Church is planned for May 7 with two seatings, at 5:30 p.m. and at 7:30 p.m.

The menu will include lasagna, spaghetti or seafood fettuccini, homemade bread, spumoni ice cream and wine or sparkling cider.

Cost is \$7 for adults and \$3.50 for children under 12.

For reservations, call Aloha DeSpain 676-5376, Marcia Anderson 676-5182 or the church 676-9970. "This is always a sellout so call early for reservations," said a spokesperson for the event.

Tickets on sale for Oregon Trail show

Heppner Chamber manager Claudia Hughes announces that tickets are now available for "Voices from the Oregon Trail" at the Chamber Office located at Heppner T.V. Inc. and at the Morrow County Museum.

The performance will be staged July 17 in Pendleton's Vert Auditorium at 4 p.m. and 8 p.m. Tickets are \$5. This will be the only area appearance for the musical production commemorating the trail's sesquicentennial, so tickets are apt to go fast, said Hughes.

Ross Productions of Lake Oswego developed the show for the Oregon Trail Coordinating Council, the non-profit group charged with organizing the 1993 celebration, as well as interpretive centers and activities in future years. The 20 piece musical features seven actors and nine musicians interpreting the trail's hardships through many different perspectives. The show, sponsored by U.S. West, First Interstate Bank and Blue Cross-Blue Shield, has received rave reviews and standing ovations at each of its performances, Hughes said.

Garden clinic plant exchange set

The Heppner Garden Club will hold their annual Spring Gardeners' Clinic and Town Plant Exchange on May 1 from 9 a.m. to 4 p.m. at the St. Patrick's Senior Center in Heppner.

"At this time when yards and gardens are in the minds of both experienced and beginning gardeners, this annual clinic offers information and answers to garden questions," said a club spokesperson. "While we don't claim to be master gardeners, we

Artist teaches weaving at lone school



Front clockwise: Jeremiah McElligott, Shelby Krebs, Chris Peck and Adrienne Swanson make baskets

Students at the Lone Elementary School enjoyed the 'Artist in the Schools' program this year. Gretchen Douglas of Wilsonville taught a two week session on weaving and basketry.

Students in kindergarten through second grade wove large murals to decorate the school walls. Older students wove their own baskets using beads and colored material to enhance the

design. Douglas received her bachelor of fine arts degree from the University of Oregon in 1987. She has been employed by the San Francisco Opera and the Eugene Ballet as a costume painter/dyer. Her work with children has included camps for the performing arts and for gifted student artists.

While in Lone she instructed students in various techniques in design and weaving.



Artist Gretchen Douglas helps Meghan McCabe weave a wall mural

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April Taylor chosen girls state delegate



April Taylor
Lone High School junior April Taylor has been selected as the

school's delegate to Girls State to be held June 27 through July 3.

Girls are selected for the program, which is sponsored by the American Legion Auxiliary, for their leadership, character and honesty, cooperativeness, community participation and service and scholarship.

During her week at Girls State April will participate in a model state. The select group of girls who attend will assume the duties of citizens by electing their own city, county and state officials. They will set up their own city and county governments, conduct court sessions and pass and enforce city ordinances. They will also elect their own state senators and representatives and, in their legislature, introduce, debate and pass bills.

April, 17, has been involved in volleyball, basketball, track, the Lone Youth Group, the Future Business Leaders of America, the Letter Club, and the National Honor Society. She is also the assistant secretary of the student council. April is the daughter of Roy and Carol Taylor of Lone. She has a younger brother Jacob, 14.

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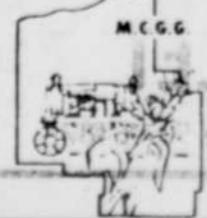
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Rev Miller to visit All Saints

The Reverend Alfred F. Miller of St. Luke's Episcopal Church, Jamestown New York, will be visiting All Saints church in Heppner and St. John's church in Hermiston on Friday, April 23 through Sunday, April 25. Rev. Miller will be accompanied by his wife Michelle.

Rev. Miller will be in Hermiston on Friday, April 23 at Fontaine's Restaurant for a no host dinner beginning at 5:30 p.m. Joint interview by All Saints of Heppner and St. Johns will be

held at 7 p.m. at St. Johns Parish Hall, Hermiston.

Saturday April 24 Rev. Miller will be at the All Saints Episcopal Parish Hall in Heppner for a 10 a.m. coffee hour. A potluck dinner will be held at 6 p.m. at the parish hall.

Sunday, April 25 Eucharist service will begin at 9 a.m. at St. Johns Episcopal Church in Hermiston with brunch following church. All members and friends of All Saints Episcopal Church in Heppner are invited to attend all of the scheduled activities.

Motorcyclists to stop in Heppner

"Roll out the red carpet," says Chamber of Commerce president Rollie Marshall. Saturday, May 8, townspeople can welcome the Oregon 500 as participants roll into town on a timed motorcycle trial. The flux of the participants should arrive between 9 a.m. and 2 p.m. Many will take time to have a bite to eat, take a walk around town and visit the stores.

Chamber Manager Claudia Hughes suggests that stores offer the option of mailing purchases for these people and says that organizations might like to have snack booths.

The motorcycle group visited Heppner about six years ago. At that time the check point was the county extension office. This year it will be in the "heart of Heppner. Most of the participants are

doctors, lawyers, accountants, white collar workers and retirees who motorcycle as a hobby," Hughes said. "This is yet another opportunity to showcase Heppner and invite people back," adds Marshall. The chamber is looking for volunteers to meet and greet the visitors.

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Weight Control with PPA and Benzocaine

Exceeding one's "desirable" weight is generally understood as a broad definition for obesity or being overweight. According to the *AMA Family Medical Guide*, about 20 percent of men and over 30 percent of women in the United States can be considered overweight. Most health experts agree that effective weight control involves some combination of dietary changes and exercise (activity). Weight control also may be achieved in some persons with the assistance of certain over-the-counter (OTC) medicines. Based on numerous studies, the U.S. Food and Drug Administration allows two ingredients to be included in OTC weight control products - phenylpropanolamine (PPA) and benzocaine.

PPA: According to animal and human studies cited in the *Handbook of Nonprescription Drugs*, phenylpropanolamine causes a reduction in the amount of food (liquid and solids) ingested. According to recent research conducted at the University of Michigan Medical School, PPA can enhance weight loss in moderately obese individuals.

Benzocaine: An FDA advisory panel has determined that products containing benzocaine generally are effective for short-term weight control. The panel further determined that 3 to 15 mg of benzocaine (as gum, lozenges, or candy) generally is safe and effective.

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