

## Sixth graders enjoy beautiful weather at Tupper



Austion Coiner helps Matt Berretta (L) and Ian Sweek learn how to track animal prints.

The sixth grade classes of Heppner and Ione enjoyed "beautiful weather" at their Outdoor School held at Tupper Guard Station during the week of May 10-14.

Heppner Middle School sixth grade teacher Jannie Allen, who accompanied the students on their trip, said the thermometer reached a sizzling 93 degrees on one day. Allen said that the kids also caught "lots of fish" and enjoyed 70 degree weather on their day

trip to Bull Prairie Lake. Fifty-two students attended the Outdoor School, 41 from Heppner, nine from Ione and two from Olex.

Allen, Ione teacher Dean Robinson and Heppner teacher Dave Gunderson stayed with the kids the entire week. Heppner teachers Bill Ewing and Vickie Broden and Ione teacher Greg Likens each spent different days at the camp.



Learning to survive: Archery shooting and finding food to eat in the wilderness were a part of tupper.



Quiet time was a daily part of the routine, however, counselor Austin Coiner was probably one of the few that really took advantage of it.

### Creative Arts and Crafts to sponsor summer art classes and projects

Morrow County Creative Arts and Crafts are starting area workshop projects for summer and fall.

Five different artists have been contacted and arrangements are being made for classes for members and non-members. Anyone interested may contact Betty Mills, 676-5546 or Shirley McNary 422-7569.

Artists include Mark Downey, Patty Reid, Betty Crosswhite, Sherry Cantrell and Robert Walton.

Downey is an oil painter doing a glazing technique of wet on dry, which does animal fur very well. He will teach a class on painting animals such as deer. The animal has not been decided upon. The cost is \$75 for three days. Downey's class will be the third week of June or July.

Reid is a pastel artist from Craigmont, Idaho. A very well known artist, Reid was the Insert Print artist for the National Western Art Show and Auction held in Ellensburg, WA. last year. The class will be on landscapes done from each person's own photo. Each painting will be a different scene. The class cost and date are still pending.

Crosswhite is an oil painter from New Zealand and now of Parker, WA. Her class will be on English country cottage scenery. The class will be held on a Saturday and Sunday during June or August. Cost is around \$60 depending on class size.

Watercolorist Sherry Cantrell, Kennewick, WA. has also been contacted. The class would cost \$55 for two days and could be in June or August. Cantrell, who does florals, has a very simple clean line approach and uses an abundance of color.

September will see Robert Walton of Leavenworth, WA.

returning for a two day class. Walton is an oil painter and paints mountains and snow scenes plus teepees. He will be teaching falling snow in a scene with a building such as a cabin, house or barn with a horse. An evening class is also possible. The cost, estimated \$60 or more and will depend on class size.

Anyone interested must sign up for classes by May 24 in order for class size to be determined and the artist given final notice for his or her schedule.

People may view pictures of artist work and sign up for classes at the Morrow County Creative Arts and Crafts meeting on May 24 at Kate's Pizza. The meeting will begin at 1 p.m. All class dates will be set at that time.

### St. Patrick's Senior Center Bulletin Board



There were 125 in attendance including 11 guests at the Mother's day dinner Wed., May 12. Six dinners were taken out. The members of the Methodist church served. Pete Schwarzin won the meal ticket, oldest mother's gifts went to Ida Coleman and Millie Evans, youngest mother was Laura McElligott. Each of the ladies from the nursing home also received flowers. The Senior Center Board, Meal Site Committee and the activities committee met following the dinner.

The menu for the birthday dinner May 26 is baked chicken, whipped potatoes, spinach, muffins, cherry crisp and ice cream. Members of the Lutheran Church will serve.

The senior bus took a group to John Day for lunch at the Senior Center and a tour of the Cam Wah Chung museum. They had some trouble with the bus coming home, but had a good time anyway.

One table of cards and visiting were enjoyed in the sitting room Friday afternoon. Ten seniors attended the movie "Home Alone" Sunday evening. "Home Alone 2" will be shown Sunday, May 23.

A reception honoring Mr. and Mrs. John Wood on their 50th anniversary will be held in the senior center dining room Sunday, May 23.

A Senior bus tour will travel to Baker to visit the Interpretive Center Friday, May 21. The bus leaves St. Patrick's Senior Center at 7 a.m. There are a few seats left. Anyone wishing to go may call the senior center, 676-9030, or come by the office to sign up.

The bus will go to Spray Thursday, May 27.

Dates to remember, Sunday movie at 7 p.m.; Monday, 10:30-11:30 a.m. Bible study, 1-4 p.m. quilting; Tues. and Thurs. 10 a.m. Exercise; Wed. noon senior dinner; Fri. 2:30 p.m. cards, games and visiting. There is always a jig saw puzzle to work on in the sitting room. Come by any time.



Philip Traylor (standing) and Tony Greenup learned how to whittle and make boats out of tree limbs. Bottom l-r: Jaime Perez, Jaclynn Hughes and Jill Barber learned bead making as part of their craft time.



Pringle Power Vac, Inc. will be performing air duct, furnace, and chimney cleaning services in your area May 25 through June 11. If you would like to be put on our schedule for cleaning this year, please call us at 503-276-2297.

### Pharmacy & Your Health

**Boardman Pharmacy & Hardware**  
202 1st N.W. P.O. Box 170  
Boardman, Oregon 97818  
481-9474 481-7351

### Health Benefits of Oral Contraceptives

Oral contraceptives are routinely used for pregnancy prevention and menstrual cycle regulation. Much of the medical literature in the last 20 years has focused on the adverse effects that may occur with long-term use of these agents. British and American studies published in the 1960s and 1970s indicated serious risk of developing high blood pressure, cardiovascular disease, and stroke. The oral contraceptives in use today are lower dose formulations of less than 50 micrograms of estrogen. These lower-dose products are associated with less risk of stroke and cardiovascular death.

The incidence of breast cancer may increase slightly from oral contraceptive use, according to some reports. However, the risk to certain other cancers decreases with oral contraceptives. For example, after 5 to 10 years of use, the risk of ovarian cancer drops by 40 percent. After 10 years, this risk drops by 80 percent. This is especially beneficial since ovarian cancer tends to be detected late, and generally the outcome is poor.

Finally, the risk for pelvic inflammatory disease (PID), sexually transmitted disease, and ectopic pregnancy, a leading cause of pregnancy-related deaths, is less in women who take oral contraceptives. Other benefits include less abdominal cramping and blood loss which could be associated with iron-deficiency.

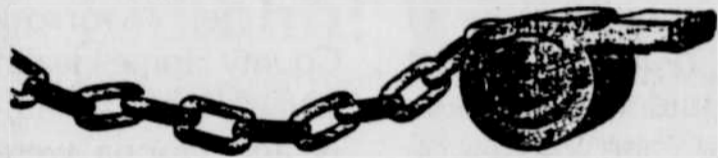
## Guess Who's 22?

Jason is that's who!

Love your family



### Clean As A Whistle Pre-Owned



### HERE ARE JUST A FEW OF OUR LATE MODEL USED CARS!

**1989 Honda Accord DX**  
4-dr., 5 speed, air, cassette, only 64, miles  
Extra Clean Trade In!

**1990 Toyota Camry DIX**  
4-dr., Loaded Car, Priced to Sell  
Only 48, miles!

**1987 Toyota 4 Runner 4x4**  
5 speed, clean

**1990 Chevrolet S10 Blazer 4x4**  
2-dr., Tahoe, 5 speed, 4.3 V/6 engine,  
air & Much More!

**1991 Olds Cutlass Supreme SL**  
4-dr., Loaded- Only 30, miles!

**1992 Chevrolet Cavalier**  
4-dr., auto, air, only 12, miles  
Balance of Factory Warranty

**1990 Chevrolet Corsica Hatchback**  
4-dr., V/6 engine, auto, air,  
Priced To Sell!

## Wright Chevrolet, Inc.

Chevrolet & Oldsmobile

763-4175 - Fossil

Herb Wright - Bill MacInnes - Bill MacInnes, Jr.



Over the years some things never change at a quality dealership

**HONESTY-INTEGRITY-RESPONSIBILITY-SERVICE**

Doing business for over 45 years in the same old fashioned way



## SHERRELL CHEVROLET

Hermiston, Oregon

Phone 567-6487



### Buy Your Crop Insurance Here: Why?

- Low Rate & Cash Discounts Available
- One of the largest crop agencies in Oregon
- We offer EXPERIENCE and SERVICE
- Excellent adjusters

Call Us Soon 422-7410