

## Plans underway for wool contest

By Anne Morter  
Plans are being made for the annual district level "Make It Yourself With Wool" contest to be held November 11 in Ione. District contests are held around the state with winners in the junior and senior categories advancing to the state competition which is held December 4 at the Driftwood Shores Resort in Florence. The state competition is held in conjunction with the Oregon Sheepgrowers Association Convention. State junior and senior winners then advance to the national competition held January 18-22 1994 in Reno, Nevada. Maureen Krebs of Cecil directs District 5 which includes residents of Morrow, Gilliam,

Umatilla, Wasco, Sherman, Wheeler and Hood River counties. The contest is open to men and women in four age groups starting with pre-teen (12 and under), junior (13-16), senior (17-24) and adult (over 24). Garments are initially judged on the entrant with appropriate accessories. Judges look for current fashion, appropriateness of fabric and style to the entrant, fit, poise and presentation. After modeling, garments are judged on inner construction and durability. Deadline for entries is October 28. Entry information is available by writing Maureen Krebs at Cecil Star Route, Ione, OR 97843 or call (503) 422-7548.

## Ione Garden Club reviews beginnings

"Remembering our Beginnings" was the program presented to the Ione Garden Club on Sept. 8 at the home of Helen Martin. Lorraine Ladd acted as co-hostess. Helen showed slides of Woolery Park which was the first project of the club. Slides were taken by Helen Martin and Vida Heliker of Ione. Members enjoyed seeing pictures of early members in the beginning year of 1949. The club still works to help with the plans for improvement of the city park. Money was donated last year to help pay for the new addition of the wagon in the corner near the Tullis' home. The wagon was donated by Roy and Katherine Lindstrom. Next year the club will donate money to secure and place rocks on the

perimeter of the park. During the business meeting a report was made concerning the participation of members in putting on the flower show at the Morrow County Fair. Discussion was held concerning members' participation in the Cycle Oregon on Tuesday, Sept. 14. Members helped serve pasta salad and prepared the marinated salad on Sunday. Blue Mountain District #10 meeting was announced for October 8 at Condon. The October meeting will be held at the home of Phyllis Anderson in Lexington Oct. 13. The subject will be "Control and Eradication of Garden Weeds". Anyone interested is invited to attend. For more information contact Jean Nelson.

## Publication deals with grief, loss

"Loss and Grief in Later Life" is a 30-page publication to help people understand the feelings of loss and grief many older people experience. It also outlines steps others can take to be helpful and supportive during the grieving period. Written by Vicki Schmall, OSU Extension gerontology specialist, the publication explains that loss can come in many forms. It may be the death of a spouse, the loss of home and community through a move, or loss of independence. Although such losses can occur at any age, they are more common among older adults. While each person experiences grief differently, there are four main tasks that must be accomplished to regain balance in life, the OSU specialist stressed. These are: accepting the reality of loss; experiencing the pain of grief; adjusting to the changes

and withdrawing emotional energy from what was lost and reinvesting it in people or other activities. The publication outlines ways to help someone who is grieving, a situation in which many people feel awkward. Ways to make a difference include being a good listener, communicating caring, acknowledging the person's feelings, providing continuing support, sharing feelings and offering specific help. It's important to allow the person time to adjust to loss and to avoid giving advice. Friends and family are urged not to minimize the loss and to know their limits as a helper. Copies of "Loss and Grief in Later Life," PNW 439 are available from the Morrow County Extension Office for \$1 each. The office is located in Hepner in the Pettyjohn Office Building. Call 676-9642 for more information.



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## Youth adult study begins at St. Patrick's

A program of religious study for the high school students of St. Patrick's Parish will begin at 6 p.m. Wednesday, Sept. 22 at the parish hall. The first meeting will begin with a meal and will be followed by an evening of prayer and retreat. In the following weeks, the group will meet at 7:30 p.m. and will make a study of the life of Jesus and his meaning in life today. "The program is solidly based on Holy Scripture," said Father Gerry Condon. "It involves students in thought-provoking ideas and interesting activities." Plans are also being

made for a visit to Burnside, Portland, so that the students may see first hand the effects of poverty. These students will also have an opportunity to participate in the drama ministry being organized by Fr. Condon. Fr. Condon will also begin a program of study for adults who are interested in learning more about the Catholic faith and way of life. Those wishing to become Catholics, and those who may have been Catholic at one time, are welcome to attend. The first meeting will be held in the parish office at 7:30 p.m. Monday, Sept. 20.

## Family education conference set

Representatives from more than 30 Oregon counties will gather in Umatilla for the 1993 Oregon Family Community Education Association annual conference on Monday, Oct. 11. The conference will begin with an educational tour to the Oregon Trail in Echo. Small group tours will be available to tour McNary Dam, Irrigon Fish Hatchery and the Port of Morrow. John Meek, pioneer descendent and banquet speaker will share his experiences riding the Oregon Trail.

Umatilla and Union counties. Representatives of county advisory councils, under the direction of regional director Isabelle Jones of Irrigon, have been meeting for several months to plan the annual conference. The lessons and banquets are open to all persons interested in family and community education. Pre-registration is recommended in order to have enough room for all participants. To receive an agenda and registration brochure, call the county extension office, 676-9642.

The Tuesday classes will include topics such as: "Family Projects: Quickly Done, Greatly Needed"; project ideas to benefit families around us during the International Year of the Child; "The Rotten Truth", information relating to composting in the home garden; and "Public Policy-Letter Writing Can Make A Difference". The popular "Echos of the Past" fashion show from Ft. Henrietta Days, will be a highlight of the Tuesday evening banquet. The meeting will conclude on Wednesday afternoon.

The annual meeting will be hosted by the Oregon State University Extension Service Study Groups from Morrow,

## Waterfowl sign up deadline nears

Local bird hunters are reminded that September 20 is the closing date for the first season waterfowl hunt reservations and the opening weekend upland game reservations for the McCormack Unit of Umatilla National Wildlife Refuge. According to refuge manager Kathy Cheap, waterfowl hunters must meet the September deadline if they want a reservation between October 16 and November 30 for this popular hunt. Those who desire a waterfowl blind reservation from December 1 until the end of the waterfowl season have until November 6 to apply, she said. Reservation and blind fees for the 1993-94 waterfowl season will be \$12 per person per day for reservation hunters and guests. Non-reservation or "stand-by" hunters will be charged only the blind fee of \$10 per person per day. Applications and instructions for the waterfowl hunt may be

obtained by calling (503) 922-3232 or writing to Umatilla Refuge, PO Box 700, Umatilla 97882-0700 and should be requested now to allow enough time to mail in applications prior to the deadline. To obtain reservations for the upland hunting on the McCormack Unit on October 16 and 17, hunters should send a postcard to the Umatilla Refuge with their name, address, the name "Umatilla Upland Game" and the day (Saturday or Sunday) they wish to hunt. Hunters may apply for one day only. Each reservation will allow up to two hunters on the refuge, and the reservation fee is \$5 per hunter per day. Only 25 hunt reservations will be allowed per day on the unit. Hunting is allowed on the McCormack Unit during the waterfowl season on Wednesday, Saturday, Sunday, Thanksgiving and New Year's day. All hunters must check in and pay fees at the Hunter Check Station on Pater-son Ferry Road.

## Cattlemen's fall meeting Sept. 22-23

Lynn Lundquist, president of the Oregon Cattlemen's Association invites all interested cattle producers to attend the Cattlemen's fall quarterly meeting Sept. 22 and 23 at the Pendleton Convention Center. Headlining the event will be Dr. Bill Bennett of Eaton Colorado. Smith Kline Beecham is sponsoring this "distinguished veterinarian, publisher, teacher, consultant and cattle producer." Topics will be "Select Supplier" and "Send the Calf your Buyer Wants". "Squeezed by economics and faced with beef quality concerns, feedlots will demand more from cow-calf producers," said Dr. Bennett. "Along with the right genetics, they'll expect high health status cattle that can put on pounds efficiently without reliance on antibiotic injections and therapeutic drugs. Producers who can match those needs are going to become known as select supplier, while those who can't will suffer discounts." Bennett's professional path has

given him insights and perspectives for cattle production, but his thoughts on animal health programs have to meet the criteria of his professor, Dr. Jim Wiltbank. "The average rancher must be able to put it readily to use and profit in doing so," said Wiltbank. Lundquist will convene all the committees of the association during the morning sessions. Wednesdays schedule will include the nominating committee followed by committee meetings: Public Lands, Animal Health and Brand, membership, Beef Cattle Improvement. The afternoon session will be general session-Dr. Bill Bennett and Dr. Julie Weikel. A barbecue will be held at the Anderson ranch in the evening. The bus will leave at 5:30 p.m. Call Tami, at 503 731-3200 for reservations. Thursday will be committee meetings: Private Lands, Land Resources, Water Resources and Wildlife Marketing followed by a general session and legislative committee.

## Cut grass often for best results

In case you've been wondering what to do with your grass clippings, just leave them on the lawn, advises master gardener Anna Torgersen from the OSU extension service. Unless you've let the lawn grow excessively long and the clippings are in thick clumps, grass clippings are a good source of nutrients and help save homeowners fertilizer costs. Grass clippings contain about 20 percent fertilizer, in the form of nitrogen, phosphorus and potassium, explained Torgersen. "Research has also shown that where clippings are removed, the lawn needs up to two extra pounds of nitrogen per thousand square feet to stay green and healthy," she said. "So why not keep the clippings on the grass and save money, fertilizer and your energy?" If you plan to leave the clippings, mow the lawn often. "And when you mow, be sure the mower blade is sharp and cuts the grass, not tears it. A sharp blade will also help chop the clippings into smaller pieces as you mow over the lawn time after time."

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