

### Baptism to be held at Valby church

The adult Bible study class held at the Valby Lutheran Church is studying the letter to the Hebrews. The class is held Sunday mornings beginning at 8:15.

This Sunday, Sept. 26, the Valby church congregation will witness the Sacrament of Baptism for Lacy Ann Marie Hamlett, the daughter of Rich and Beth Hamlett of Portland. She is the granddaughter of the late Adon and Eva (Swanson) Hamlett, Ione, and Travis and Ann Mielke of Redmond. Sponsors are Dean Mielke of Seattle, WA, and Sharlene Arends of Benton City, WA. A reception for Lacy Ann Marie will follow the 9 a.m. worship service at the home of Paul and Rikka Tews.

Old and new members of Hope Lutheran Church will gather at 11 a.m. Sunday morning for celebration of homecoming Sunday. "This will be an excellent opportunity for all members to renew their friendships with old friends and make new ones as

well as sing hymns of praise and adoration to Jesus Christ and his church," said Pastor Stan Hoobing. Sunday School will also be held at 11 a.m. A special coffee hour is planned following service.

Rev. Stan Hoobings message will be entitled "Balancing the Ledger and Counting Forgiveness" based on scripture reading of Matthew 18: 21-35.

### HIT plans meeting

The fall meeting of the Heppner Intergenerational Theater group has been planned for Sunday, Sept. 26 at 3 p.m. at the St. Patrick Senior Center.

Anyone interested in participating in any way is urged to attend, said a group spokesperson.

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



One hundred one people were present for the senior dinner Sept. 15. Six meals were taken out. Florence Holtz won the meal ticket, Dorothy Henderson the door prize and Evangeline Buschke received the guest prize. Members of the Seventh Day Adventist and Nazarene churches served.

Bill Kuhn and wife Ann Spicer were present for dinner. Bill gave a presentation and answered questions about making health care decisions when you can't speak for yourself, a guide to Oregon power of attorney for health care and directive to physicians. It was interesting and informative. Bill advised seniors that this is something they should think about and take care of while they are still able to make decisions for themselves.

The menu for the birthday dinner Sept. 29 is meatballs, mushroom soup, broccoli, mashed potatoes, hot rolls, cake and ice cream. Members of the Methodist church will serve.

Mrs. McCabe has offered to show seniors how to make Christmas ornaments of materials most people have on hand. If anyone is interested call the senior center office 676-9030.

There were two tables of pinocle in play Friday afternoon.

The show Sunday night was the second part of "The Thornbirds". The CAPECO picnic is Friday, Sept. 24 at 10 a.m. at Hat Rock State Park in Hermiston. The bus will depart the senior center at 8:30 a.m. There are still spaces left. Sign up at the office or call the office. There is also a trip planned to the Oregon Trail Interpretive Center at Baker City Sept. 25. The bus will leave at 8 a.m.

Dates to remember: Bible study Mondays, 10:30 a.m. to 11:30 a.m.; quilting 1-4 p.m.; exercise Tuesday and Thursday, 10 a.m.; blood pressures Wednesday, 11:30 a.m.; cards Fridays, 2:30 p.m.; movie Sunday, 7 p.m.

### Forest Service vehicle involved in accident

Four people were treated for minor injuries following a motor vehicle accident on Highway 207 at the Rhea Creek Junction at Ruggs on Tuesday, Sept. 21 around 7:34 a.m.

According to a Forest Service spokesperson, a vehicle driven by a private citizen drove across the intersection and was struck by a

Forest Service vehicle which was driving toward Hardman on Highway 207.

Three Forest Service employees and the other driver were transported to Pioneer Memorial Hospital in Heppner said the spokesperson.

No further information was available at press time.

### Round-Up Sunday at Baptist church

Sunday, Sept. 26 is Round-Up Sunday at the Lexington Baptist Church. The decor for the 11 a.m. worship service will be western attire and a concert by Keith Foster will highlight the service.

Keith Foster's vocal selections have been described as "a discer-

nable celebration of praise to God". Keith has dedicated his voice and ministry in music to the Lord and has been blessed with seven albums. His variety in Christian music is represented in his tapes from hymns, to country gospel, to Christmas and contemporary. "He will surely touch your music fancy as he sings," said a church spokesperson.

A chuckwagon stew with biscuits will follow the church worship service. "Ya'll come to visit us." Everyone is invited to attend.

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#### Beta-Blockers and Performance Anxiety

Anxiety associated with speaking or performing in public is often referred to as stage fright or performance anxiety. The anxiety present during such situations may result in mild to moderate tremors, sweating, palpitations (sensing each heart beat) and tachycardia (rapid heart rate). These effects on the body are the result of stimulation of the so-called "beta receptors" of the nervous system. Therefore, use of agents that block stimulation of these receptors (prescription medicines known as beta-blockers) may provide benefits.

Although there are problems associated with evaluating anxiety and some studies have been criticized, beta-blocker medicines have been shown to reduce symptoms of performance anxiety. The beta-blocker *propranolol* may reduce performance anxiety within one to two hours following daily doses in the range of 40 to 150 mg. Most researchers point out that while beta blockers may prevent anxiety, the central or mental aspects of anxiety are not always relieved by these medicines. Counseling combined with beta-blockers is considered more effective than either approach alone. According to a recent article in *Patient Care*, beta-blockers are relatively safe. However, musicians who play wind instruments occasionally may experience dry mouth or reduced stamina.

### Pancake breakfast at Methodist church

The United Methodist Church pancake breakfast will be held this Sunday, Sept. 26 beginning at 8:30 a.m. in the church fellowship area.

Everyone is invited to attend, including Sunday school students and parents.

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Oregon Coast Aquarium Newport Oregon

Open for less than a year, the Aquarium has become a strong tourism force for the state, attracting as many as 6,000 visitors each day. But much of the work to be done happens behind the scenes and in off hours. When the Aquarium insured with SAIF in the building stages of the project four years ago, accident prevention was a big priority. SAIF had a unique reputation for offering innovative loss control programs and Early Return to Work programs that met the Aquarium's specific needs.

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