

Merchants committee to meet

The Heppner Merchants Committee will meet this Friday, 12 noon at Kate's Pizza. Christmas promotions and other holiday

business will be discussed. All business people are invited to attend. For further information contact David Sykes at the Heppner Gazette-Times.

Ione Legion to host election day dinner

By Anne Morter

The Ione Legion Auxiliary will host its annual Election Day Dinner on Tuesday, November 9 at the Ione Legion Hall.

The dinner, which will include a variety of soups, sandwiches

and homemade pies, will be held from 11 a.m. to 4 p.m.

Diners will be able to purchase all or part of the dinner if they choose.

BMCC announces Oregon Trail class

Blue Mountain Community College announces a special one-day course on the Oregon Trail Saturday, Nov. 13 from 9 a.m. to 2 p.m. at the Morrow County School District office in Lexington.

The course will be present an overall synthesis of the overland emigration by applying the concept of "change through time." It also examines the emigrants' reasons for undertaking the journey, life on the trail, the perils involved, and the emigrants' role in shaping the region they entered. The overlanders are placed in a historical perspective by reflecting on the significance of the current celebrations honoring the "anniversary" of the Oregon Trail. A "trail fare" lunch consisting of beans, sourdough biscuits and pie will be served to all participants.

Tuition is \$15 with an additional \$5 lab fee to cover lunch. All ages are welcome. Those over 60 years received free tuition. For registration contact BMCC South Morrow County Coordinator Sue Warren 422-7040. For more information concerning the course content contact the instructor Theresa Lindsay 989-8468.

Vets office closed November 11

The Veterans Service Office will be closed Nov. 11 to observe Veteran's day, but will be open Friday Nov. 12 from 9-5 for any veteran in need of help or information on veterans' benefits.

Lexington News

By Delpha Jones

--Peterson's Jewelers and John and Jean Jepsen (Dobyns Pest Control), were inadvertently omitted from the list of donors to the auction recently held at the Oddfellow Hall in Lexington. The day was considered quite a success even though it turned a bit chilly.

--Phillip Tellechea spent a couple of weekends with his uncle Mike Burcham and enjoyed deer hunting.

--McNary district of the Oddfellow and Rebekah Lodges was held in Milton-Freewater on Saturday, Oct. 16. Luella Taylor and Delpha Jones attended. The 1994 meeting is scheduled for Pendleton and the 1995 meeting will be in Heppner with San Souci hosting.

--The Blue Mountain Fiddler concert was held at the Lexington Grange Hall on Saturday evening, Oct. 16. A good crowd was present. A stew supper was served before the concert.

--Visitors at the Cecil Jones home over the weekend were their daughter, Charlene Whitney of Portland and Lona (White) Wehling of Seattle, WA. The occasion was the girls' birthdays. Lona is a former Ione resident, daughter of Maureen and Gordon White. Others present for dinner were Jo and George Irvin, Irri-gon; Clifford and Pearl Traham, Pilot Rock; Kenneth and Connie Jones, Mike and Chris Jones, Shane Eng and Cecil and Delpha Jones, Lexington.

--Several of the Lexington and Ione ladies motored to Hood River on Sat. Oct. 16 for the arts and crafts show.

--Shane Klinger and a friend of Ketchikan, Alaska visited his grandparents, Bill and Annetta Padberg on Sunday.

--Helen Krueger returned home on Monday from a stay in Good Shepherd Community Hospital in Hermiston.

--Florence Gray is recuperating at the home of her sister, Faye Ruhl, after a stay in Pioneer Memorial Hospital.

--Weekend callers at the Ruhl home were Rick and Lauri Ruhl and sons from North Bend, Traci and Sam Pollack and son Sam; Candi Ruhl and Scott Littlefield from Hermiston.

--Cammie McReynolds and children were Halloween callers at the Kenneth Jones' home. Others visiting were Shawn Eng and son of Mrs. Jones.

--Floyd Graham of Sun City, Arizona, and Gordon Graham of the Portland area were Lexington callers for a short while on Wednesday at the C.C. Jones ranch.

--Bob and Luella Taylor were recent callers at the home of their son in Baker City.

--Visitors recently at the Joe Yocom home, to help celebrate his granddaughter Heather's birthday, were Debbie Jones and daughters, Leland and Marie Jones and children, all from Pendleton and Jack and Renee

Yocom, from Heppner and their two children. Birthday dinner was served and an afternoon of visiting was enjoyed.

--The card party at the IOOF hall is scheduled for Saturday, Nov. 6 at 8 p.m. The time was changed due to a conflict. Prizes and refreshments will be served by the men in charge.

--IOOF Lodge and Holly Rebekah Lodge will meet on Thursday evening for their regular meetings. It is now time to think of those less fortunate so the V.G. is asking that food and any other articles for the baskets for the needy be brought to the next three meetings. This is a project that started several years ago and members hope to continue it this holiday season.

EMT I graduates announced



EMT graduates l-r: back Dawn Garrett, Diana Grant, Judy Durkee, John Collin; front-Barbara Judd, Paula Miller.

Nine area people are recent graduates of an EMT I class taught by EMT III Carl Lauritsen.

Students attended a six-month training course three nights a week for two hours each night.

Graduates were Diana Grant, Paula Miller, Barbara Judd, Rachel Norton and Judy Durkee, all Heppner; John Collin, Dawn Garrett, Harvey Childers and Ann Bedortha, Ione.

Walt Jepsen celebrates 102nd birthday with family and friends



Walt Jepsen (front center) celebrates his 102nd birthday with family members.

Walter Jepsen celebrated his 102nd birthday on Oct. 22, surrounded by family, friends and staff of Pioneer Memorial Hospital and Nursing Home, where he is a resident.

"I'm tickled to death that he could live to celebrate his 102nd birthday and by what the people at the nursing home have done," said son, Bob. "We're appreciative of what we have in our community with the hospital and nursing home. We're appreciative of the care he's getting at the nursing home."

Jepsen, was born in Denmark in 1891. He came from a family of 11 children and is the last survivor of his siblings. At the age

of 20, he emigrated to the United States through Ellis Island. At the time of his immigration, Denmark was a poor country and there were limited opportunities for everyone there. Jepsen's decision to leave Denmark was made easier by the fact that he already had a brother and a sister in the United States.

Originally, he established himself in Minneapolis, Minnesota and worked on a dairy farm. The urge to head west and be a part of the settling of the "last frontier" inspired him to relocate to Sandy. After his move westward, Jepsen served in WWI on a naval ship. During the war, he was stationed off the coast of South America and in the Mediterranean. After the war, he returned to Oregon and began ranching on Rhea Creek, between the communities of Ione and Lexington. In 1924, he married Matilda Berns. She passed away in 1972. The Jepsens reared nine children on their 580 acres of ranch land and raised wheat, dairy cows, pigs and chickens.

Family members on hand for the celebration were: daughters, Mary Holtz of Federal Way, WA., and Anna Larson, Portland; son Bob and his wife, Suzanne, Heppner; grandson Bill, his wife, Nancy and their children, Matthew, Daniel, Amy and Eric, also of Heppner. Jepsen has 15 grandchildren and 14 great-grandchildren. A son John and his wife Jean live in Ione.

Full reunions are difficult to achieve as this large family is scattered from coast to coast. The last time the entire family could get together was for Jepsen's 100th birthday.

Daughters Mary and Anna say their father taught them many important things including the merits of being "self-supporting, honest, responsible and unafraid of hard work."

Dress for success workshop planned

It is a proven fact that people who look successful are given better service in public places than those who do not. Teenagers can learn how to make a good impression at a free workshop, "Best Foot Forward" on Saturday, Nov. 6.

The workshop, sponsored by the Oregon State University 4-H Youth Development Program, will be held at Riverside High School in Boardman and is open to all interested youth and adults.

A variety of "hands-on" mini-classes will provide opportunities for youth to learn the part good health and nutrition play in a making a good impression. Layla Vaughn, a recent Riverside High School graduate and professional model will instruct participants in modeling techniques, moving confidently up and down stairs, across the stage, and down the modeling runway.

Youth will also learn how to determine their individual body types and proportions, learn how line can enhance body type, and to select clothing styles with the

best lines for their body proportions. Professional beauty consultants will conduct classes on skin, hair, and nail care. There will be opportunities for parents and 4-H leaders to visit a resource area with video tapes, instructional kits and ideas for "quick and easy" clothing construction projects.

The workshop will begin in the auditorium of Riverside High School, 210 NE Boardman Avenue with registration from 9:15-9:30 a.m. Pre-registration is not necessary. The program will begin at 9:30 a.m. and will conclude at 12:30 p.m. The workshop is free. No products will be sold. Participants are asked to bring a snack for the mid-morning break. The Boardman area coordinator is Shane Fritz and is open to the public. You need not be a 4-H member to participate. For more information call Carol Michael-Bennett at the Morrow County Extension office, 676-9642 or 1-800-342-3664.

Pat Townsend receives therapy

Mrs. Hersh (Pat) Townsend, formerly of Ione, who has been residing with her daughter, Sue Wiegand in Portland for the past several years has recently been moved to a care facility to receive therapy and rehabilitation.

Mrs. Townsend has been bed ridden for the past year with a nerve problem caused from diabetes which has resulted in her not being able to walk.

She has been at the care center for two weeks and is already showing a great improvement since beginning therapy to build

her strength. The therapist as well as her two daughters, Brenda Hoxsey and Wiegand, "have great expectations that Pat will be up and walking on her own within 30 to 60 days, at which time she will return home."

Mrs. Townsend welcomes cards and letters from her friends in Morrow County and if anyone is in the Portland area they should stop by or give her a call. Her new address is: Pat Townsend, 11325 NE Weidler, Room 22 B, Portland, 97220, phone 252-0989.

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Pressure Sores Common in Bedridden

Pressure sores, also known as *bedsores* or *decubitus ulcers*, are common in persons who are bedridden for long periods of time. Between 8 and 13 percent of hospital and nursing home patients experience problems with pressure sores. According to a recent issue of *American Family Physician*, the most important factors to consider in the prevention of pressure sores are the degree of patient mobility, skin moisture, personal activity, nutritional status, sensory perception in the skin, and friction placed on the body. These and other findings have prompted nursing personnel to establish preventative measures. One measure is the rotation or repositioning of bedridden patients every two hours.

Treatment of pressure sores may require removal of dead skin tissue. This may be accomplished through the use of *collagenase*, an enzyme that has been shown to be superior to other enzyme preparations for this purpose. Cleansers and disinfectants are used to clean the affected areas. Topical antibiotics such as *bacitracin* or *gentamicin* may be used. Air mattresses and air-fluidized beds aid sore healing by distributing body pressure more equally. *Vitamin C* and *zinc* supplements are used in some treatment programs. If the sore produces infection inside the body, treatment with oral antibiotics may be required.

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Lexington Auto Body will close at noon Nov. 5 and be closed through November 14. Tow trucks will be available in the evenings, 989-8545.