

Sara Greenup earns leadership award



HHS Counselor Barbara Hayes (left) presents Sara Greenup with leadership award.

Sara Greenup received the 1993-94 Century III Leaders Award for Heppner High School. Greenup will compete next at the state level.

The contest is sponsored by the National Association of Secondary School Principals and Sylvan Learning Centers. A local selection committee in each participating school chooses a local winner. School winners go on to compete at the state level. There, two winners receive \$1,000 scholarships and all-expense-paid trips to the Century III Leaders National Meeting. "The Century

III Leaders program is designed to inspire America's youth to become involved in community and social issues, to assume leadership roles and to explore their responsibilities as adults," said a press release. The program also encourages young people to explore America's past, the issues confronted today and the direction America is to take in the future. The Century III Leaders program influences young people to apply responsible leadership techniques and methods for community action."

Photo by Joyce Hughes

Boardman mayor's ball Feb. 12

The Boardman Mayor's Ball, sponsored by the Boardman Chamber of Commerce, will be held Saturday, Feb. 12 at the Nomad Restaurant. The evening will begin at 6 p.m. with a no-host cocktail hour. The dinner will be held at 7 p.m.

Besides dinner and cocktails,

the evening will include an auction and live music. The theme will be "Moonlight and Roses." Attire may be dressy or casual.

Tickets should be purchased by Feb. 7 at Boardman City Hall, Boardman Pharmacy or Inland Empire Bank.

For more information, call 503 481-3222.

Hoop Shoot winners announced



Photo by Joyce Hughes

Winners of the local Hoop Shoot contest held last Monday, January 17 were: (back, l-r) 12-13 year olds-Clint Bellamy and Jaclynn Hughes; 10-11 year olds-Travis Bellamy and Julie Proctor; 8-9-year olds Marcy Miller and Kiel Waterland.

Local winners advance to the district meet held in Hermiston on Saturday, January 29 beginning at 1:30 p.m. The local contest is sponsored by the Heppner Elks Club. Dave Gunder-son is the local coordinator for the event.

Lexington Grange holds meeting

By Delpha Jones

Lexington Grange met on Monday evening for their regular meeting. The evening got underway with the pancake supper cooked and served to about 40 people, by the men.

Following dinner a most instructive movie was shown and a talk was given by Sgt. Mitch Southwick and tooper Butch Musks. The subject was new policing projects, which included fish and game, traffic and criminal laws, alcohol and drug related problems. They expressed concern that the area does not have a local Oregon State Police officer. They also stated that their purpose is to protect people and property.

The meeting was called to order by master Roger Scharen. Draping was held for Wavel Wilkenson and Vernon Munkers with background music provided by Frances Smouse.

Introduced and welcomed were

Martha Baker, master of Greenfield Grange and county deputy Delpha Jones. A report was heard from ag chairman Kenneth Smouse on the ag show in Spokane, and some of the business conducted there. Legislative chairman Barton Clark told of the consolidation of Farm Credit Bank of Omaha and Spokane, which will now be called American Federal Credit Bank.

The county deputy reported on the meeting held recently at the Mt. Vernon Grange for Grange officers. A meeting of the GWA women will be held at the home of Eldon and Barbara Gilbert Jan. 31 at 10 a.m. The group is planning to reorganize the GWA.

A Valentine card party open to the public will be held Feb. 12 beginning at 7:30 p.m. Prizes will be awarded and refreshments served.

Pomona will meet January 29 at 10 a.m. at the Lexington Grange.

Lions Club to raffle rifle



Heppner Lions Club member Steve Rhea shows rifle the club is raffling off.

Some lucky person will win a Ruger 30-06 model 77R with a 3X9 Tasco scope. Rhea says only 400 tickets for the drawing will be sold.

Tickets may be purchased from Rhea for \$5 each, or five for \$20. Drawing for the rifle will be April 9.

California visitors tour Heppner

--Saturday visitors in Morrow County were Thomas Glover, a history and science teacher from Portland and William Zacha from Los Angeles, CA., who were doing research on the Heppner flood. They visited at the museum where they later were met by Judge Louis Carlson who escorted them to Hardman and

Valby Church. Zacha is involved in the motion picture industry and says they are always looking for interesting locations for the industry. They were very appreciative of the friendliness and help they received from the historical society and Marsha Sweek at the museum and Judge Carlson.

Ione Lions club plan Bingo night

By Anne Morter

The Ione Lions Club will hold another of its popular Bingo sessions Sunday, February 6, from 4-6 p.m. at the Ione United

Church of Christ basement.

Proceeds for this session will go to the Creative Care Preschool of Ione. Refreshments will be available during Bingo.

Booster Club plans pizza feed

The Heppner Booster Club will be serving pizza, dessert and a drink, all for \$1.50, in the home ec room from 3:30 to 5:30

p.m., this Saturday, Jan. 29, during the game against Wahtonka. Pizza may also be purchased by the slice for \$1.

Game night set at Stokes Landing

Dinner and game night will be held at Stokes Landing Senior Center in Irrigon on Friday, Jan. 28. Dinner will be served from 5 to 7 p.m. The menu will be beef stew, fresh rolls, pear, jello salad and peach dessert. The cost of the dinner is \$2.50.

Games of pinocchio and scrab-

ble will begin at 7 p.m. There is a \$1 game fee. Everyone is invited to attend.

Pharmacy & Your Health

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Two Types of Pain Reliever Medicines

The two major categories of pain relievers are narcotics and non-narcotics. Narcotics, which are produced either from the opium poppy or synthetically in the laboratory, include powerful pain relievers such as morphine, codeine, and meperidine. Generally the narcotics relieve pain within a short time span and may produce a feeling of well being. Unfortunately, narcotics can be highly addictive. For this reason they usually are reserved for short-term use for control of severe pain, such as may occur with cancer, broken bones, or surgery.

Non-narcotic pain relievers (prescription and nonprescription) are the most commonly used of all medicine types. This group includes aspirin and the other salicylates, acetaminophen, and medicines referred to as the nonsteroidal antiinflammatory drugs. Many prescription pain relievers contain codeine or another narcotic combined with non-narcotic agents. Such combinations may contain lesser amounts of narcotic and, therefore, may be less addicting than narcotics used alone.

Narcotic pain relievers are thought to affect several nerve transmitter systems. The exact method of pain relief is unknown. Many nonnarcotic pain killers inhibit the production of substances called prostaglandins, desensitizing certain pain receptors.

Child discipline class slated

Are you looking for ways to confine your two year-old's gymnastic routines to the floor instead of the counters? Did you try physical punishment and it didn't make a difference?

According to research, spanking or other physical punishment by itself does not teach new appropriate behavior. You can learn new realistic effective alternatives to spanking at 'Setting Limits', a free program for parents of two to five year olds.

'Setting Limits' will be taught by OSU Extension agent Carol Michael-Bennett.

The 'Setting Limits' video/discussion lesson will be offered January 27 at the Heppner Extension office, Pettyjohn Building, at 7 p.m. and at the Boardman Library old U.S. Bank Building, Boardman on Feb. 3 at 7 p.m.

For more information contact the Morrow County Extension office 676-9642 or 1-800-342-3664.

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This is Kathleen Sullivan's experience. As people vary, so does individual weight loss, maintenance and results. Fee for subsequent weeks \$10.00. Offer good from 1/3/94-1/31/94. See receptionist for details. Offer available in participating areas only. Cannot be combined with any other offer. © 1993 WEIGHT WATCHERS INTERNATIONAL, INC., owner of the WEIGHT WATCHERS trademark.

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