

Business Office			
Name of Fund	Actual Data Last Year 92-93	Adopted Budget This Year 93-94	Approved Budget Next Year 94-95
1. Total Personal Services	93,015	120,244	124,558
2. Total Materials and Services	22,562	34,741	34,531
3. Total Capital Outlay			
4. Total Debt Service			
5. Total Transfers			
6. Total Contingencies			
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance	115,377	154,985	159,089
9. Total Requirements			

Administration			
Name of Fund	Actual Data Last Year 92-93	Adopted Budget This Year 93-94	Approved Budget Next Year 94-95
1. Total Personal Services	18,740	41,782	65,538
2. Total Materials and Services	222,709	374,704	260,353
3. Total Capital Outlay			
4. Total Debt Service			
5. Total Transfers			
6. Total Contingencies			
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance	241,449	416,486	325,891
9. Total Requirements			

Nondepartmental			
Name of Fund	Actual Data Last Year 92-93	Adopted Budget This Year 93-94	Approved Budget Next Year 94-95
1. Total Personal Services			
2. Total Materials and Services	434,289	381,320	285,000
3. Total Capital Outlay			
4. Total Debt Service			
5. Total Transfers		30,800	30,000
6. Total Contingencies			
7. Total All Other Expenditures and Requirements	704,213	794,177	1,015,471
8. Total Unappropriated or Ending Fund Balance	592,120	491,502	583,529
9. Total Requirements	1,730,622	1,697,799	1,914,000

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Fillies down Rockets



Jenny Krein looks to pass the ball.

Junior Kelsie Evans led the Heppner Fillies with 20 points making 8 of 9 freethrows as they beat the Pilot Rock Rockets 49-25 on the Filly home court last Friday, Feb. 11.

Good defense and free throws

were the key to Heppners victory. Heppner was 75 percent from the charity stripe connecting on 18 of 24.

Jenny Krein tossed in 10 points for the Fillies while Jennifer Humphreys put in 10 for the Rockets.

Nutrition program offered

"The Food Pyramid and New Food Labels" will be the topic for an educational program offered Wednesday, Feb. 23 at 10 a.m. at the Extension Office in Pendleton, 721 SE Third St.

"The Food Pyramid has guidelines for selecting a healthy diet, and the new nutritional information required on food labels makes selection easier than ever before," comments Carol Michael-Bennett, instructor.

This program will train participants to reteach the information to an organization in their community. The primary audience is Morrow and Umatilla County Family Community Education study group leaders, but all interested individuals are welcome.

For more information about this educational program contact Carol Michael-Bennett, Morrow County Extension Service, 676-9642 or 1-800-342-3664.

BMCC to offer golf classes

Blue Mountain Community College will offer group adult beginning golf classes this spring at Willow Creek Country Club. The classes will be available on Wednesday mornings from 10 to 11:30 a.m. or from 5 to 6:30 p.m. and will consist of six instruction sessions. Classes will be held March 2, 9, 16, 23, 30 and April 6.

The classes are intended for people with little or no prior golfing experience. They will cover the basics of the rules, play and etiquette of the game. The skills of putting, chipping, pitching, approaching, fairway shots and teeing-off will be covered.

There is a \$20 course fee and a temporary golf course membership fee of \$20 for non-members of Willow Creek Country Club.

Registration may be completed by contacting Anne Morter, south Morrow County BMCC coordinator at 422-7429. The classes will be limited to 10 people.

Ione Cards take Echo 94-60

By Anne Morter

The Cards had the visiting Echo team firmly in hand by halftime Saturday night, Feb. 12, when they led 48-26 and finished the night with a 94-60 win.

Almost all of the players had circulated off the bench by halftime, but the offense rarely hit a hitch. Jim Logan did some damage to the opponents, hitting three consecutive shots from three point range in the second quarter, and was threatening more before he was brought to the bench for a rest. He finished the game with five three pointers. The Cardinals won comfortably, 94-60.

Logan finished the game with 21 points, high for the night. Aaron Heideman had 17, Jared Ashbeck added 16 and Jason Halvorsen made 10 in a game where everyone scored. The Cards continued to rebound well, outboarding the Cougars 48-23. Heideman had 12, Halvorsen had 10 and Ashbeck had seven. The Cardinals had 25 assists for the second night in a row led by Logan and Jake Bacon with five each. Logan, Ashbeck and Steve Allen all had two steals to lead that category.

The field goal percentage looked good at 48 percent on 39 of 81 shooting. At the line, Ione connected on 10 of 17 for 59 percent. "The percentage is starting to pick up and that's what we want to do," said coach Del LaRue. Echo shot 21 of 55 for 38 percent from the field and 18 of 29 for 62 percent from the line.

"It was really a well executed game," said LaRue. "We moved the ball real well and most of the time, we played pretty good defense," he added. He also noted that the younger players looked good that night. "I was really pleased with them," he said.

With the Cards off to district, coach Del LaRue is feeling good about their chances. "We seem to be peaking at the right time. We are moving the ball well and shooting the ball well. Hopefully we are where we need to be," commented LaRue.



Aaron Heideman and Jason Proudfoot go for the loose ball.

Inspirational Player of the Week

Ad sponsored by Kinzua Corporation



Rick Koffler



Jossie Evans

The Heppner Booster Club is proud to announce an Inspirational Player of the Week Award. This award features a boy and girl athlete at Heppner High School who has demonstrated a positive attitude, desire, dedication and extra effort. Players are selected by the coaches from the prior weeks game(s) and practices. The ad is sponsored by different businesses each week.

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Heppner Bowl 'Our Place Cafe' GRAND OPENING

Sunday, Feb. 20
11 a.m. - 9 p.m.

Drawings for prizes every hour 12 to 5
Specialty of the day will be stuffed pork chops



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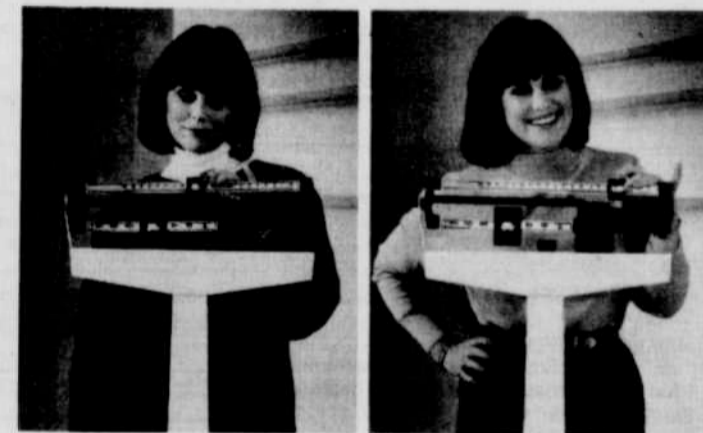
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What to Do About Dizziness

Feelings of dizziness and vertigo are common complaints, especially among older persons. The person affected by vertigo may feel that the world is spinning around him. There may be a sensation of dropping, falling, or swaying. Dizziness is an altered orientation to one's surroundings - perhaps a light-headed or giddy feeling. Some experts consider dizziness to be a mild form of vertigo.

Common causes of dizziness include inadequate blood flow to the brain, infections, ear problems, anemia, heart valve problems, high blood pressure, or low blood pressure. Certain medicines such as the diuretics (water pills), calcium channel blockers, digoxin, and medicines used to treat irregular heart rhythms can cause dizziness. Finally, dizziness can result from foods and beverages which contain caffeine or alcohol. A trial elimination of caffeine-containing foods and beverages may alleviate dizziness. However, abrupt withdrawal from heavy caffeine use can cause headaches.

If caffeine restriction does not help dizziness, contact a physician in order to rule out heart problems, infection, medicine side effects, anemia or other potential causes. Antihistamines and medicines used for nausea or motion sickness may be prescribed to help relieve the problem.



DAY 1. KATHLEEN SULLIVAN JOINS WEIGHT WATCHERS

DAY 14. KATHLEEN SULLIVAN HAS LOST MORE THAN 8 LBS

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"I can't wait to see how much I've lost in my second week. And there's no question for me that I'll stick with Weight Watchers after I've completed Superstart. I intend to reach my goal." The two-week Superstart program works. If you want to see results quickly, then you'll love Superstart. As Kathleen says, "What are you waiting for? Come and do Superstart with me. And if you join now you pay only \$14 for your first week. That's what I call a Superstart."

Weight Watchers Superstart!

1-800-651-6000

Heppner Methodist Church
175 W. Church,
Thurs., 6:30 p.m.

Hermiston Senior Center
435 West Orchard
Mon. 6:30 p.m.

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 2/7/94-2/19/94. See receipt 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.