

Lexington News

By Delpha Jones

--Holly Rebekah Lodge met on Thursday for their regular meeting and installation with the V.G. presiding. Visitors introduced were district deputy grand master Richard Steward; district deputy president Inez Wright; district deputy marshal Glenn Barnay, district deputy chaplain, Barbara Zink and Robert Baker. Guests were Vivian McConnell and husband Charles and Dorothy Wilson, secretary of Sans Souci lodge of Heppner. They were installed at the same time.

Following dinner, the following were installed: noble grands, Geri Martin of Holly, Vivian McConnell of Sans Souci and Clarence Buchanan of Lexington Oddfellows; vice grands Kathy Clark, Holly, Edgar Murty Lexington Lodge #168, secretaries Dorothy Wilson, Sans Souci, Lyle Peck, Lexington and Delpha Jones, Holly; treasurers, Virginia Peck, Holly and Cecil Jones, Lexington; warden, Marlene Gray; conductor Dorothy Jackson; chaplain, Annetta Padberg; RSNL, Luella Taylor; LSVG, Frances Murty; and RSVG Joyce Buchanan.

Gifts of appreciation were given to Inez Wright, who had taken the place of Marie Baker, DDP who was ill, and Barbara Zink. A pleasant evening was enjoyed getting acquainted and visiting. The next meeting will be April 21 which will be state president Sheryle Phade's official visit.

--Truman E. Messenger is a patient in Good Shepherd Community Hospital in Hermiston, where he underwent major knee surgery.

--Robert Reaney of Centralia, WA, has recently moved to Lexington. He was a former resident and attended school in Lexington. He is living on the ranch now owned by Lee Wagenblast.

WCCC Golf

Ladies Kick Off March 5

Flight A: low gross-Pat Edmundson; low net-Jan Paustian; least putt-Karen Wildman; long drive-Anita Boyer #1; chip in Lois Hunt #7 and Karen Wildman #9.

Flight B: low gross-Bernice Lott; low net-Carol Norris; least putts-Suzanne Jepsen.

Flight C: low gross-Linda Schultz; low net-Betty Christman; least putts-Joyce Dinkins.

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Students study film animation

Twelve Heppner Middle School students got the opportunity to try their hand at animation as a part of a Portland Art Museum Northwest Film Center workshop at the school.

For the second year in a row, Sharon Niemczyk of the Northwest Film Center assisted middle school students in both 2-D and 3-D clay animation techniques. As a part of this year's project, the students created an imaginary amusement park, complete with underwater adventures on seahorses, a trip to Australia on kangaroos, space travel, a journey through a computer and a trip through an old French Castle.

After the students complete

their animation, which will be filmed on Super-8 film, Niemczyk will edit the project and return it to them for viewing at a later date.

Niemczyk lead another workshop for Heppner Elementary students in grades K-4 prior to spring vacation. The elementary students created an animated cartoon.

Participating in the middle school workshop were students: Laurie Michael, Casey Ingraham, Trisha Adams, Leah Denton, Ashley Ropp, Jeff Betzold, David Piper, Bradon Kanyid, Audra Bunch, Jaylene Papineau and Tai Sweek.

Easter bonnets judged



Winners of the Easter Parade at the PMH Nursing Home Friday, April 1 were: (l-r) Merle Boyce, Theta Lowe and Eddie Cress.

Food safety course planned

A food safety and sanitation course designed for all food handlers will be held at Blue Mountain Community College Friday, April 15, in Pioneer Hall

room 148, from 1:30 to 4:30 p.m. The course, taught by Jim Maben, sanitarian, is designed for employees of restaurants, delis, hospitals, daycare centers, bakeries, schools, grocery stores and all other facilities that work with food for public use.

Cost for the course is \$10 and .3 CEU certificates will be given for completion of the course. Anyone interested in registering may contact the BMCC Pendleton Continuing Education office, at 276-1260 ext 290. This class is limited so pre-registration is recommended.

Ione student plays football in England

By Anne Morter

Bridger Baker of Ione High School spent his spring vacation in a most unique way, playing football in Scotland and England with a group of 104 football players from around Oregon. Four complete teams made the trip with some of the teams playing in Glasgow, Scotland and the others in Manchester, England. The competition came in the form of American football clubs, comprised of mainly adults.

Baker learned of the possibility of this trip at the conclusion of football season last fall. He knew immediately that he wanted to go, but the trip required a substantial investment on his part. So with a lot of help from his family and by working as much as he could, he earned enough money for the trip.

The main gist of the trip, of course, was football. Baker's team played two games in Manchester, defeating Chester 14-0 and tying St. Helens, 6-6. But the trip included activities off the field like sightseeing. Baker reports that the group went on several tours where they saw massive castles and some beautiful countryside. "It was

Ione Garden club plans plant sale

Ione Garden Club members are preparing for their annual spring plant sale which will be held April 26 at the Ione Legion Hall from 10 a.m. to 3 p.m. Perennials, shrubs, herbs, berries, bulbs, trees and house plants will be available. Anyone requesting special orders may do so by contacting Delta Huber or Jean

Nelson. Pie and coffee will be served during the day.

Members will gather at the home of Helen Martin on April 20 to dig plants and prepare them for the sale.

Members will be attending the District #10 meeting at Pendleton on April 15.

Lex Grange holds meeting

By Delpha Jones

Lexington Grange met on Monday evening, March 21, for their regular meeting with Master Roger Scharen in the chairs.

Preceding the meeting a potluck dinner was enjoyed, followed by an interesting talk by Virginia Grieb on her trip to Russia. The main topic was the farming methods used there in comparison to the U.S.

Candidates were elected to membership with initiation to be held in April. The supper com-

mittee for April will be Verna Brinda, Bob and Judy Stevens, Barton Clark and Mildred Wright.

Word has been received by local granges of the injury of Glennabelle Leaves, who fell, breaking both arms. She is at her home in Baker City. Glennabelle is the eastern Oregon member of the State Grange Executive Committee.

The Master Gardeners training sessions were held at the Grange Hall.

Students selected for academic contests

Students at Heppner Elementary and Middle School participated in special academic activities and were notified of selection to participate in upcoming contests and learning opportunities recently.

The Oregon Writing Festival is held annually at Portland State University. Students have the chance to share their own writing and to learn new techniques to enhance their writing techniques. Stephanie Clough, Matt Van Liew, Jill Barber, and Jaylene Papineau will represent Heppner Elementary and Middle School. Alternates are Amber Flaiz and Jayme Hansen. The writing festival will be held May 7. Twenty-two students and four teacher chaperones will attend from Morrow County Schools.

The third Knowledge Master Open of the year was held Friday, March 18. This activity was limited to fifth graders and served as introduction for students who had not seen this contest format before. Team members were Bradon Kanyid, Tai Sweek, Marissa McCabe, Lindsey Ward, Craig Scott, Amber Flaiz, Krista Adams, A.J. Perez and Blake Knowles.

The Knowledge Master allows students around the world to compete as they demonstrate their ability to apply knowledge within a time limit. This group placed 11th out of 14 fifth grade teams competing in the state of Oregon and was 37th out of 46 fifth grade teams from small schools around the United States. Linda Shaw, TAG coordinator, supervised the competition.

Serger workshop set in Condon

A Basic Serger Workshop will be held in Condon, Wednesday, April 27 from 10 a.m. to 2:30 p.m. This workshop is designed for the beginning serger operator. "Hands-on" experiences will include: how sergers work; serger care; choosing threads; adjusting tension; basic seams; applying

ribbing; gathering; flatlocking and rolled edges.

Participants can finish the day by constructing a seven minute knit shirt if they desire.

A supplies list and location will be sent to all enrollees two weeks before the workshop so they have time to purchase materials. Basic example materials will be furnished and there is no charge for the workshop.

The class will be taught by Elva Maddern, Wheeler County Extension agent.

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Medicine Problems in the Elderly

The elderly are especially vulnerable to the effects of prescription and nonprescription medicines. There are several reasons for an increased risk for adverse drug effects among older persons. Increased risk may be related to a larger number of medicines used, an increase in the number of chronic health problems, and a general reduction in body organ function. For example, a reduction in kidney function with aging is not uncommon. Since most drugs are eliminated through the kidneys, the net result is more active drug retained by the body, leading to more side effects.

There are many things that can be done to help minimize drug-related problems. The older person taking medicine can:

- ask family members and/or friends to read labels that are too small to be seen easily,
- tell his or her physician and pharmacist about all the medicines being taken (to help determine potential side effects and drug interactions),
- keep a list of past and current health problems and phone numbers of health care providers, and
- learn how to avoid drug-related problems that have occurred in the past.

Everyone is invited to attend the 50th wedding anniversary of Dean and Mary Eleanor Gilman Saturday, April 23, from 2 to 4 p.m. at All Saints Episcopal Parish Hall
No gifts please, but loving humorous stories about the couple would be appreciated.