



Dave Wildman (right) was named Heppner Lion of the year at a recent club meeting. Club president Roger Trueax is presenting the award. Wildman was honored for his dedication and hard work to the club.

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



There were 100 people present for the senior dinner July 20 with two guests. Ten meals were sent out. George Jeffries won the meal ticket, Helen Crawford the door prize and the guest prize went to Helen Jones. Members of the Christian Life Center served. Blood pressures were taken before the dinner.

The menu for Aug. 3 will be Swedish meatballs, green beans, carrot sticks, rolls, watermelon and cantaloupe. Members of the Seventh-Day Adventist and Nazarene Churches will serve. A Nutrition Site Committee meeting will be held following the meal. Hearing aid assistance and blood pressures will be done before the meal. Foot care is now being done at Home Health Care at the hospital on Wednesday afternoon. Call Molly Rhea at the hospital to make an appointment. Transportation is provided from the Senior Center.

One table of pinochle was in play Friday afternoon. Six ladies watched the movie "Last of the Mohicans" Sunday evening. The potluck dinner at Gonty's cabin was a great success and it was reported to have been much cooler at Penland Lake than in Heppner. Several seniors had to cancel because of illness. More bus trips have been planned. July 29 at 10 a.m. the bus will depart to Umatilla for lunch at the meal site; on Aug. 2 it will travel to the Weston meal site; and on Aug. 8 to the Pendleton meal site. Come by the office or call 676-9030 to sign up.

Other dates to remember: Tues. and Thurs., exercise 10 a.m.; Friday cards, 2 p.m.; Sunday movie, 7 p.m.

It will soon be Fair time. Please sign up to make pies and or work in the pie booth and help support the Senior Center.

Rene Wallace from Salem will be at the Senior Center Aug. 4 from 6:30 p.m. to 9:30 p.m. to discuss public utilities, phones etc. This is a public meeting.

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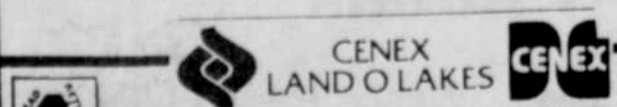
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## Weddings



### Cleary — Fishburn

Amy Judith Cleary and Mark Robert Fishburn were married April 9, 1994 at St. Cecilia Catholic Church in Beaverton.

The bride is the daughter of Paul and Judith Cleary of Beaverton. The groom's parents are Earl and Peggy Fishburn of Heppner.

The bride graduated from St. Mary's of the Valley High School in 1988. She received her bachelor of science degree from Oregon State University in 1992 and her master's from Lewis and Clark in March 1994.

The bridegroom is a 1988 graduate of Heppner High School and received his bachelor of science degree in engineering health physics from OSU in 1992.

The couple are residing in Kennewick, WA.

## Preschool to hold meeting

By Anne Morter

Creative Care Preschool of Lone will hold its annual meeting on Tuesday, August 9, at 7 p.m. The meeting will be held at the preschool facilities at the United Church

of Christ Christian Education Building on Main Street in Lone.

The annual meeting entails a financial report, a program report and the nomination of new board members. Presently, three board positions are open. Interested parents and friends of the preschool are invited to serve on the board. Board meetings are held on the first Thursday of each month at 7 p.m. at the preschool.

### WCCC Golf

WCCC Ladies July 26

Flight A: low gross-Jan Paustian; low net-Lois Hunt; least putts-Barbara Gilbert; long drive on #15 Pat Edmundson; K.P. second shot #11-Eileen Padberg; chip in #18-Mary Schoonover.

Flight B: low gross-Carol Norris; low net-Muriel Palmer; least putts-Norma French.

Flight C: low gross-Lynnea Sargent; low net-Betty Christman; least putts-Bebe Munkers.

Low gross of the field: Eileen Padberg and Pat Edmundson.

Condon-Kinzua Invitational July 17

Low gross: first-Lyle Pound, second-Bill McGinnis; men, first-Howard Gilliam, second-Barry Munkers, third-Wayland Hyatt; women, first-Eileen Padberg, second-Cindi Doherty.

Low net: first-Fred Dunn, second-Jerry Shurtz and JT Wimer; men, first-Gene Sonstegard, second-Earl Norris, third-Frank Bailey; women first-Carol Norris, second-Susan Wimer.

Long putts: Cindi Doherty. KP #2 K. Loomis #4 Lyle Pound, #6 J Bowman, #4 Howard Gilliam.

Ladies Flag Tournament July 19

First-Pat Edmundson, second-Carol Norris, third-Betty Rietmann, fourth-Linda Schultz. Others who passed #9 Lois Hunt and Betty Christman.

Ball in #9 Norma French. First to plant flag Lorrene Montgomery. Chip in Mary Schoonover.

### Pharmacy & Your Health

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### Cautions When Using Laxatives

Laxatives are medicines used to prevent and/or treat constipation, a condition in which the feces (stool) becomes hard. It's elimination from the large intestine becomes infrequent and difficult. Constipation usually can be prevented with a high-fiber diet, adequate consumption of fluids, exercise, and not delaying the habit of normal bowel movements. However, when such measures are not effective in preventing constipation, a laxative product may be helpful.

According to the *Handbook of Nonprescription Drugs*, the following are important points to remember when using laxatives:

- Use of a laxative to treat constipation should be temporary. Once regularity has returned, laxative use should be discontinued.
- If laxatives are not effective after a week, contact a physician.
- Mineral oil and magnesium citrate should not be given to children under age six. Stimulant laxatives such as castor oil can cause a variety of problems and should be used cautiously or not at all.
- If nausea, vomiting, bloating, abdominal pain, or cramping is present, do not use laxatives before contacting a physician.

## Local ranchers receive recognition



L-R Merlin Hughes, Bob Van Schoiack, Ned Clark

Food, fun and fast music were enjoyed by Morrow and Umatilla Cattleman and families at the Hughes Ranch shop building on Little Buttercreek, Saturday evening, July 23.

This get-together gave special recognition to three long-term Morrow County Livestock Growers' board members, Merlin Hughes, Ned Clark and Bob Van Schoiack.

Framed plaques in honor of years of service were presented to these cattlemen. The Morrow County Livestock Growers also donated \$100 in each man's name to the Cowboy Heritage Museum in Portland.

This festive occasion also served as a membership drive. There are currently 76

county members as compared to around 50 members in past years. President Sam Bellamy said that the dedication of those board members has helped sustain the cattle industry that is facing major challenges. He encouraged all cattle owners to join in support of one of this county's leading industries.

Bellamy also said that the county organization hoped to set a precedent by donating to the museum. The museum which offers an insight into both the present and past cattle industry, is funded by the Cattlemen's Association.

Recognition was also given to Wayne Evans, a local rancher, who served two years as the Oregon Beef Council president. A \$100 donation in his name will also be given to the museum.

## Theological student to visit

Irek Lukas, a fifth year theological student of the Lutheran Church of Poland, will be visiting Heppner July 27-29. Lukas will be a guest Thursday, July 28 at Hope Lutheran Church beginning with a potluck. A special presentation will follow at 7:30 p.m. Congregations of Valby in Lone, Good Shepherd in Boardman and Trinity in Hermiston have

been invited to attend. People attending are urged to bring a salad or dessert and table setting.

Sunday morning worship services are 9 a.m. at Valby Lutheran Church, and 11 a.m. at Hope Lutheran in Heppner. Pastor Hoobing will preach on the theme of "Seeing One's Self in the Miracle", based on scripture reading of St. John 6:1-15.

## Methodist slate outdoor service

Services at the Heppner United Methodist Church will be held outdoors on Sunday, July 31 between the church

and the parsonage beginning at 10:30 a.m.

Services will be held indoors in the event of inclement weather.

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