

## College visitations planned at HHS

Parents of high school students are invited to attend a college visitation program by representatives from Oregon's state colleges and universities for Heppner and Lone students at Heppner High, September 22 at 1 p.m.

The program is an opportunity for interested students and parents to receive first-hand information about academic program offerings, admission requirements, student support services, housing, costs to attend, financial aid, scholarships and other information important in planning for college.

A general presentation on the state system will be followed by individual college sessions presented by representatives from Eastern Oregon State College, Oregon Institute of

Technology, Oregon State University, Portland State University, Southern Oregon State College, University of Oregon and Western Oregon State College.

The Oregon State System of Higher Education college visitation program reaches almost all public and private high schools in the state. The program's goal is to stimulate good post-high school planning and decision-making by students and to provide them with an introduction to the educational and career opportunities available through Oregon's state colleges and universities.

Parents are urged to discuss post-high school plans with their sons and daughters before and after the visitation program.

## Harvest Festival planned in Pilot Rock

The Pilot Rock Boosters, in conjunction with other service clubs in the community, are making plans for Pilot Rock Harvest Festival (formerly known as "Community Days"), which will be held Saturday, September 24 at the Pilot Rock City Park and Elementary School area.

Activities include a parade, vendor booths, softball tournament, horseshoe tournament,

fashion show, miniature golf, kids' games, a trap shoot, and an auction. The Lions club will have a mobile health screening unit in the area.

The Senior Citizens are sponsoring a pancake breakfast and Kesslers are catering a chicken/ribs dinner.

For vendor information, contact Brenda Benschel, 443-2815. For parade information, contact Jana Whitten, 443-1116.

## Oregon Trail ride/walk Sept. 18

The Morrow County 4-H Leaders Council is sponsoring the second annual Oregon Trail Walk/Ride in Morrow County. "This is a Wonderful opportunity that shouldn't be missed," says a Morrow County 4-H leader. "Bring yourself, your children, grandchildren, and neighbors to the trail runs in Morrow County, on Sunday, September 18.

The guided walk will leave Wells Springs at 12:30 p.m., and is open to anyone who is able to walk between 1/4 and 4 miles of the trail. The guided walk will tour the Wells Springs vicinity, and return to the starting point for a pioneer meal at 2:30 p.m.

The horse ride will begin at Wells Springs, will follow the trail through the NWSTF Bombing Range for 10-12 miles and will end at Wells Springs. Walkers and riders will meet to share an authentic pioneer meal at a cost of \$2 per person. Local musicians will be singing songs of the trail at Wells Springs. Anyone with an Oregon Trail tale, or musical talent is invited to share during

the entertainment time. Portapotties will be available at the trail end.

"This is not a glamorous ride," according to Glaya Baker of Boardman, event organizer. "The diaries and journals indicate the original trip through Morrow County was bleak and dusty. The goal is for everyone to have lots of fun, socialize, make new friends, and experience some of the history of Morrow County along the Oregon Trail."

Participants with appropriate costumes are encouraged to wear them.

Rules to participate include: absolutely no smoking because of the fire danger; a liability waiver must be signed; stay on the trail; no littering tolerated; bring your own horse if you plan to ride; red flags on kicking horses, and horses with shoes recommended.

For more information, contact Glaya Baker, 481-7488; Shelly Riekkola, 481-2984; Karen Lunders, 922-3518 or Morrow County Extension Service, 676-9642 or 1-800-342-3664.

## Dallas McKennon to be guest speaker for Historical Society

Dallas McKennon will be guest speaker at the Morrow County Historical Society's annual meeting on Sunday, Oct. 2. The meeting will begin at 1 p.m. at the Lexington Grange. McKennon will speak on the Oregon Trail.

McKennon has an extensive background in musicals, the theater, cartoons, radio, television and motion pictures. "We really are fortunate to get him," said Morrow County Historical Society President Delpha Jones.

McKennon's credits include voices and narration for the radio shows, "Fibber McGee and Molly", "Gunsmoke", "Texas Rangers" and "Dragnet"; motion pictures, "Bend of the River", "Seven Faces of Dr. Lao", "Brothers Grimm", "Clambake", "Son of Flubber" and "The Birds"; television shows, "Daniel Boone", "Death Valley Days", "Wagon Train", "Gunsmoke", "Rifleman", "Bonanza" and "Big Valley" among others. He also contributed to many cartoons and children's shows and lists cartoonists Walt Disney and Walter Lantz as personal friends.

According to McKennon, he was born on the Oregon Trail at LaGrande. He had a one-man radio show at the age of 15 at station KLBM at

LaGrande and attended the University of Washington in the drama department. He is a story teller for service clubs and schools, where he has performed for hundreds of school children. He has also performed for the Interpretive Center at LaGrande.

McKennon has a personal interest in the Oregon Trail. His great, great-grandfather on his father's side helped Sam Barlow carve trail through thick underbrush and forests around the base of Mt. Hood to provide an alternate route from The Dalles to Oregon City. On his mother's side, his great, great-grandfather and mother were married on high seas by the Rev. Jason Lee. The ship sailed around the horn to the Sandwich Islands on to Fort Vancouver, where the couple was received as personal guests of Dr. John McLaughlin of the Hudson Bay Company.

McKennon and his wife Betty have a home adjacent to Haystack Rock in Cannon Beach, where they raised some of their eight children. The McKennons have 18 grandchildren.

The Historical Society annual meeting and potluck are open to the public. The society will provide the main course and beverages. Those attending are asked to bring a potluck dish. Also on the agenda is the election of board members.

## Make it with Wool contest Nov. 11

Plans are being made for the annual District 5 "Make It Yourself With Wool Contest" to be held Friday, November 11 in Lone.

District contests are held around the state with winners in the junior and senior categories advancing to state and then national competition. Last year's senior division champion from district 5, Jimi Kaye Alexander of Milton Freewater, advanced to the national contest where she placed fifth.

Maureen Krebs of Lone directs District 5 competition for Gilliam, Morrow, Umatilla, Wasco, Sherman, Hood River and Wheeler Counties. The contest is open to men and women in four age groups: pre-teen (12 and under), junior (13-16), senior (17-24) and adult (over 24).

Garments are initially judged on the entrant with appropriate accessories. Judges look for current fashion, ap-

propriateness of fabric and style to the entrant, fit, poise and presentation. After modeling, garments are judged on inner construction and durability.

The deadline for entering is October 28. Entry information is available by writing Maureen Krebs, Cecil Star Route, Lone, Or 97843 (503) 422-7548. Entry forms are also available at the Heppner Extension Office.

## Market Report

Compliments of the Morrow County Grain Growers

Tuesday, Sept. 12	
Soft White	
Sept.-Oct.	\$4.33
Nov.	\$4.34
Dec.	\$4.35
Jan.	\$4.36
Barley	
Sept.	\$91
Oct.	\$92
Nov.	\$93
Dec.	\$94

## Baptist church plans Round-Up

The Lexington Baptist Church will hold their annual Round-Up Sunday Sept. 18 at 11 a.m.

The attire for the service is western, all the way. "Most people will wear their jeans and have a great time," said a church spokesperson.

A musical concert is held every year as part of the festivities. This year one of Morrow County's own musicians, Bill McKinney, of Lex-

ington, will be featured. McKinney will be playing his guitar and singing country gospel songs. John Hall of Moro will accompany McKinney on the keyboard. "We are allowing these two guys to please your ear and after the service we will please your stomach with a free meal of chuck wagon stew and biscuits," said the spokesperson.

Everyone is invited to this special service. Sunday school starts at 9:45 a.m.

## Children's program starts Sept. 23

The congregations of Hope and Valby Lutheran and All Saints Episcopal churches have teamed up to bring "Adventures In Faith" to children ages kindergarten through sixth grade on Fridays when there is no school.

The program will feature exciting Bible stories, applications of Christian faith to daily life, prayer, arts and crafts and constructive play time.

Members of the steering committee are Father Al Miller, 676-9970, Dr. Jeanne Barretta, 676-5504 at Pioneer Memorial Clinic, Vicki Broden 676-5065 and Pastor Stan Hoobing, 676-9940.

Registration for "Adventures in Faith" ministry takes place on Round-up Friday, September 16, from 9 a.m. to 3 p.m. at Hope Lutheran Church.

The first session will start on Friday, September 23.

## Nelson named to board

Chuck Nelson, Lone, was named to the E.R. Jackman Foundation Board. Nelson's name was inadvertently omitted from an OSU Extension news release.

Tom Rietmann was named to the board along with Nelson. They join board members Marjie Anderson, Lone, and Mac Stinchfield, Condon.

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## A New Cholesterol-Lowering Medicine

Treatment of elevated blood levels of cholesterol with medications generally is advised if non-drug measures do not keep cholesterol within acceptable ranges. Non-drug measures include exercise, dietary changes, weight loss, and smoking cessation. Total blood cholesterol levels of less than 200 are considered desirable. Levels between 200 and 239 are considered "borderline high." Cholesterol readings of 240 or more are too high, and persons with such levels are at risk for heart disease.

A group of cholesterol-lowering medicines referred to as the HMG-CoA reductase inhibitors have been used extensively and effectively during the last 5 or more years. Medicines in this family include lovastatin (Mevacor), pravastatin (Pravachol), and simvastatin (Zocor). These work by blocking the production of cholesterol in the liver, lowering levels of low density and total cholesterol in the bloodstream.

The newest addition to the CoA reductase inhibitors is fluvastatin (Lescol). This is the only medicine in the group produced synthetically. The other three medicines are produced by organisms called fungi. Fluvastatin comes in 20 and 40 mg capsules. One capsule is taken during the day or at bedtime. Fluvastatin should not be taken during pregnancy, by nursing mothers, or persons with liver problems.

## Bridal Tables

Elizabeth Doherty and Jack McGuire  
Wedding September 24

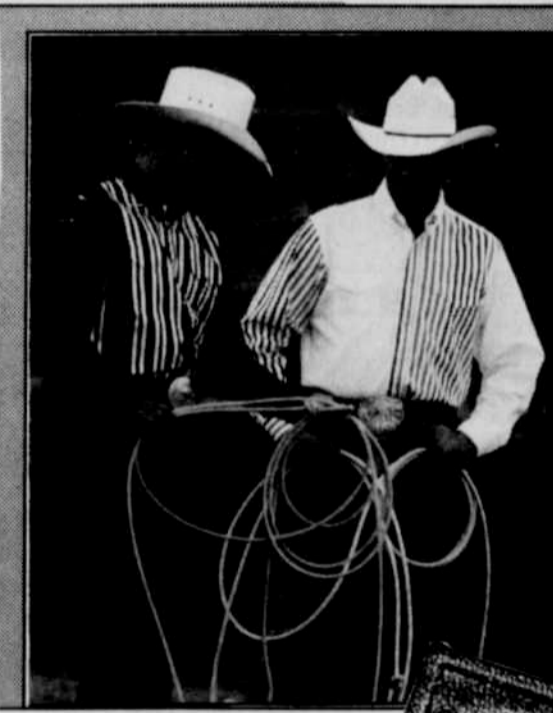
Staci Toll and Ty Zeller  
Wedding October 8

HOURS: Mon-Fri. 8 a.m.-6 p.m.  
Sat. 9 a.m.-6 p.m.

RX Hours: Sat. 9 a.m.-1 p.m.

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