

Expanded outreach services offered

CANDO (Community Advantage Networking for Developing Opportunities) is a pilot project that will begin during November in Morrow and Umatilla Counties. The project will continue through June 1995.

The project is one of the ways the Region 12 Workforce Quality Council, which serves the two counties, is linking services to areas where agencies providing such services are not

located, said a press release. It will be a team approach with agency representatives from Adult and Family Services, Blue Mountain Community College, Employment Division, and the Community Action Program East Central Oregon/JTPA (CAPECO) and Vocational Rehabilitation Division.

The CANDO Outreach team will be in Heppner at the Neighborhood Center the second Thursday of each month and in Boardman at city hall the third Thursday of each month. Hours will be from 10 a.m. to 2 p.m.

Adult and Family Services was formerly at the Neighborhood Center the third Tuesday of each month. That program will be discontinued and will be teamed up with CANDO beginning Nov. 10.

The team that will serve these areas is out of Hermiston. The Umatilla Indian Reservation will also be involved with their Outreach team on the reservation the third Thursday of each

month, with the team coming from Pendleton.

The main focus is for the first stop service for both residents and employers. Residents may seek training, education and employment opportunities in addition to available resources to assist them. Employers can identify employment openings that require special skills or education needed to apply for positions.

Glenda Cole, Hermiston, District 12 manager, Adult and Family Services and a member of the Region 12 Workforce Quality Council, says this is a "win-win situation for local residents and employers. We hope to meet the needs of both, in order for families to find work locally and employers to be able to hire local residents," said Cole. "Persons who have questions about other resources and programs available, can also utilize the CANDO Team for assistance."

For more information call Cole 564-5673 or Jerry Wood, 276-9000.

The best of times, the worst of times

For families with young children, the December holidays can be both "the best of times and the worst of times," according to Sue Doescher, Oregon State University Extension child development specialist.

While the holiday season promises to be a joyful time, filled with anticipation and delight, it can also be exhausting, disappointing, and expensive. Parents see too much to do, too little time to do it in, and not enough money to pay for everything on the list.

The answer to this common dilemma, notes Doescher, lies partly in having realistic expectations, partly in simplifying preparations and gift-giving.

Doescher has the following suggestions for parents:

Timing—children begin to see holiday decorations in stores before Thanksgiving. But preschool children have difficulty grasping the concept of time and are more likely to understand "yesterday" and "today" than "tomorrow". Try down playing the waiting period for the actual holiday and focusing on some special activity during each week.

Traditions—holiday rituals and traditions draw families together and create wonderful memories that link the past with the future. However, trying to do everything connected with holiday celebrations can be exhausting. Decide on those that will mean the most to your children, maybe cutting down a Christmas tree, or baking special holiday treats, or making decorations, or collecting food for others less fortunate, and be realistic in what you can reasonably accomplish. For children, the process is as important as the finished product.

Gift-giving—teach children the joys of giving by helping them to make gifts for the important people in their lives. Save children's artwork and help them to construct a scrapbook. Ask children to dictate a story about the doings of a favorite stuffed animal or doll, and help them make the dictated story into a gift book. Bake some special cookies together or frost and decorate store-bought cookies and wrap them festively. Or purchase a small houseplant and help the child put it in a decorated container.

Selecting toys—gifts are an important part of Hanukkah and Christmas celebrations. But in today's atmosphere of heightened consumerism and high pressure advertising, finding a toy with lasting play value can be a challenge. A general guideline is to select play materials that encourage children to solve problems and use their imagination. Don't

overlook collecting materials for a play kit: a little suitcase filled with dress-up clothes; a sewing kit with blunt plastic needles, large-mesh screen, and colored yarns; or a carpentry kit with pieces of soft pine and real tools. And if children receive a great many gifts, put some away to bring out at a later time.

Engagements



Owen — Burkenbine

Rebecca Burkenbine, Hermiston, and Gabriel Owen, Lexington, announce their engagement to be married.

The bride-elect is the daughter of Arthur Burkenbine, Hermiston. She is a senior at Hermiston High School and will graduate this December. She is employed with Pizza Hut, Hermiston.

Owen is the son of Ira and Billee June Owen, Lexington. He is a 1992 graduate of Hermiston Interfaith School and is a student at Blue Mountain Community College. He is employed with the Bill Marquardt Ranch outside of Lexington.

The couple plan a November 19, 1994 wedding at the Baptist church in Lexington.

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Allergic Reactions Affecting the Eyes

An allergy is a reaction to an environmental substance or irritant by the body's immune system. Allergic reactions, depending on their severity, may cause runny nose, watery and red eyes, itching and inflamed skin, sinus stuffiness, swollen mouth or throat, headache, and difficult breathing. Eye drop medicines can help people cope with eye allergies.

Artificial tears help wash foreign materials out of the eyes. Preservative-free artificial tears will help relieve dry eyes, a problem in about a third of persons who experience allergies.

Decongestant eye drops shrink swollen blood vessels in the eye and help remove eye redness. Mild over-the-counter decongestants typically contain less than one percent of phenylephrine, naphazoline, oxymetazoline, or similar medicines. Decongestant eye drops are combined with astringents such as zinc sulfate and antihistamines such as pheniramine. Both are useful in controlling itching.

Other eye medicines include **mast cell stabilizers** such as *lodoxamide* which help control the release of histamine from certain body cells. **Nonsteroidal anti-inflammatory agents** such as *ketorolac* are approved to control itching associated with seasonal allergies.

Plans underway for St. Pat's auction

The St. Patrick's Day Auction Committee held its first meeting last Friday to begin organizing for the 1995 Auction. Doris Brosnan and John and Ann Murray will co-chair the committee. The auction is the main fund source for the St.

Patrick's Day Celebration. Although St. Patrick's Day would not be possible without the dedicated efforts of many volunteers, several thousand dollars are required each year to cover expenses for publicity, brochures, entertainment and facilities rentals.

The community needs to support the St. Patrick's Day Celebration by donating auction items. In addition to "treasures", auction donations can also include services or opportunities. Escorted hunting or riding trips, babysitting services, garden care, home repair work, etc. are all examples of auction items. Volunteers are

available to pick up large items at your home or business. Please call Steve Rhea, days 676-9113, Mike Mills, days 676-9141 or the Murrays, days 676-9158, evenings 676-9631 to arrange for pick-up service. Small items can be left at the office of Kuhn, Spicer and Mills on main street, or at Doris Brosnan's house.

HHS plans fall sports dessert

The fall sports dessert for Heppner High School athletes will be held Tuesday, November 15 at 7 p.m. in the Heppner High School cafeteria.

All students that participated in volleyball and football are encouraged to attend with their parents, friends or relatives.

Parent/teacher conference set

Parent teacher conferences for Heppner High School students will be held Thursday, Nov. 17 from 4-8 p.m. and Friday, Nov. 18 from 7:30 a.m.-11:30 a.m.

Karen Smith-Griffith will be available Thursday evening in lone and Friday morning in Heppner.

For more information call the high school 676-9138.

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