

Off the Wall By Meryn Robinson

In order to stay in step with Heppner area Christmas elves, one needs to begin earlier each year. Obviously many people have been doing their homework in order to present such a delightful assortment of crafts and goodies at last Saturday's infamous Artifactory.

For myself it's an effort just to turn the calendar to December knowing that I'm already 11 months behind. And unless there is another month added to next year, it will probably be the same thing all over again.

Along with all the tinsel, lights and glitter, one of the homeiest touches is provided by the Heppner Garden Club. Year after year those elves keep turning out an amazing number of Christmas wreaths and swags to brighten doorways. And the profits from all that volunteer labor go back into the community in the form of scholarships and making tables festive for special occasions.

Then there are the ambitious souls who come to that workshop to fashion their own wreaths made from a plentiful assortment of fresh evergreens. There really ought to be an admission charge just to savor the pungent smell of those greens. It all happens because willing souls like Wilbur Jackson and Riley Munkers and the Orval Mathenys who trek to the forests and others who harvest their own backyard shrubbery.

At the Artifactory Santa Claus and Mrs. Claus are a feature to delight children. However in spite of the reward of a candy cane there were a number of toddlers who couldn't be bribed into sitting on Santa's lap. For the braver ones who did perch on his lap, years from now those pictures will remind them how gullible they were.

Another highlight of this occasion were the Christmas carols sung by State Patrol officer Tim Cundell. I don't plan on finding out what kind of music he sings when handling out a citation, but his melodious voice was a spectacular treat. On the more lively tunes, he was even accompanied by the dancing of two small boys who seem filled with the Christmas spirit.

It's a great community to give of time, the caring and sharing of small town life. Whether it's Lunch with Santa by the chamber, the Artifactory, managed by the Soroptimists or the individuals who take the time to fashion homemade things every year it only gets better.

And let's not forget about helping to fill those many Christmas baskets that are put together at the Neighborhood Center. It seems one doesn't have to write a letter to Santa in order to get a wish list fulfilled. But the best gift of all is the kindness to others and remembering what Christmas is all about.

It's unfortunate that we can't teach the rest of the world how to get in step with our music.

Sheriff's Report

The Morrow County Sheriff's office in Heppner reports dispatching the following business during the past week:

Nov. 29: Morrow County deputy responded to a report of vandalism at a residence in Irrigon. Investigation is continuing;

Morrow County deputy responded to investigate a juvenile problem in Irrigon;

Morrow County deputy attempted to locate a report of a drunk and disorderly subject in the lone area.

Nov. 30: Morrow County deputy responded to the lone area for a report of a disturbance. Jeffrey Keith Key, 30, lone was arrested for Failure To Appear, Driving Under the Influence of Intoxicants. He posted 10 percent bail and was given a court date;

Morrow County deputy responded to the Irrigon area for a report of a suspicious vehicle;

Morrow County deputies responded to lone to assist Oregon State Police with the recovery of a stolen vehicle and arrest the suspect.

Dec. 1: Morrow County Sheriff's office dispatched the Boardman ambulance to a residence on 2nd St. for a female with an illness. Female refused transport;

Morrow County deputy responded to Hilltop Drive to begin an investigation of an animal problem in that area.

Dec. 2: Morrow County deputy responded to a complaint of a prowler in Irrigon on California St. and 2nd. Deputy was unable to locate anything;

Morrow County deputy arrested Nicholas Kauffman, 34, for Criminal Trespass II. He was lodged in Benton County Jail;

Morrow County deputy arrested Malichi Robert Vernon, 53, Irrigon, for Rape I, Sodomy I, Contributing to Sexual Delinquency of a Minor. He was lodged at Benton County Jail; Morrow County deputy responded to the Irrigon area for an animal problem.

Dec. 3: Morrow County Sheriff's office dispatched the Boardman ambulance to a residence on Wilson Road for an adult male with an illness. Patient was transported to Good Shepherd Community Hospital in Hermiston;

Morrow County deputy responded to Old Hwy 730, Irrigon, for a complaint of an animal;

Morrow County deputy

responded to assist Irrigon Fire Dept with a report of a house on fire in Irrigon. Call was unfounded.

Dec. 4: Morrow County deputy responded to the Irrigon area for a report of loud music coming from Utah St.;

Morrow County Sheriff's office dispatched the Arlington ambulance to Hwy 19 for a female with an injury. There was no transport;

Morrow County deputy responded to Irrigon regarding a juvenile problem;

Morrow County deputy responded to Boardman to assist city officers with a report of a domestic disturbance;

Morrow County deputy responded to a report of a neighborhood problem in Irrigon.

Dec. 5: Morrow County Sheriff's office dispatched the Heppner ambulance to Sourdough Canyon for a patient with an injury.

Laura and Brandyn Muir of Boardman on November 17, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 6 lbs. 12 oz.

Cesar Junior Gutierrez Munoz-a son Cesar Junior was born to Rosa Munoz and Cesar Gutierrez of Irrigon on November 22, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 8 lbs. 11 oz.

Micheala Nicole Bray-a daughter Micheala Nicole was born to Tracie LeAnna Phillips of Boardman on November 22, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 8 lbs. 2 oz.

Justice Court Report

The Justice Court office at the courthouse annex building in Heppner reports handling the following business during the past week:

David H. McCurry, 21, Heppner-Excessive Tire Noise, \$135 fine;

Norm Weigand, 67, Lone-Out of State Shipment of Livestock without Brand Inspection Certificate, \$540 fine, 30 days in jail, jail sentence suspended with one year probation with no further violation of the law excluding minor traffic;

Richard B. Goodhead, 57, Tigard-Trespass while in Possession of a Firearm, \$249 fine;

Curtis Sweek, 35, Hermiston-Combination Overload, 80,000 weight limit, 90,100 alleged, \$42 fine.

Births

John Nicholas Julian-a son John Nicholas was born to Jana and John Julian of Portland on Wednesday, November 16, 1994 at St. Vincent Hospital in Portland. The baby weighed 7 lbs. 15 oz.

Grandparents are Betty Marquardt, Lexington and the late Carl Marquardt; and John and Leslie Julian of Fresno, CA. Great grandparents are Truman and Marquerite Messenger of Lexington and the late Leita Messenger; Phyllis Bennett of Prescott, Az.; Mariom Julian of Carmel, CA.

Evan Colson Unruh-a son, Evan Colson, was born to Loren and Kathryn Unruh, Heppner, Sunday, November 27, 1994 at Kadlec Medical Center in Richland, WA. The baby weighed 8 lbs. 5 1/2 oz. He joins sisters Emily 10; Meaghan nine and Anna, four at the home.

Grandparents are Gene and Margarette Unruh, Richland, WA. Ella Larrick, Bothell, WA., and Dean Colson, Woodinville, WA.

Sydney Cecile King-a daughter Sydney Cecile, was born to Wendy and Dan King of Longview, WA. on Wednesday, Nov. 23, 1994. The baby joins a sister Ashley, six and a brother Casey 4 1/2 at home.

Grandparents are Nancy and Jerry Myers of Heppner and Norma King and Ray King of Richland, WA.

Great-grandmother is Lila Myers of Hermiston and great-grandfather is Walt Schuler of Aurora.

Alan Ronald Burgess-a son Alan Ronald was born to Roxanne Lee Burgess of Irrigon on November 10, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 8 lbs. 4 oz.

Alicia Marie Muir-a daughter Alicia Marie was born

Thought for the week: "A truly cheerful giver is someone who donates first and then asks whether the gift is tax-deductible".

Todd Currier earns CPA certificate

Todd L. Currier, who has been employed with Barnett & Moro, P.C., in Hermiston for the last three and a half years, has passed the nationally administered certified public accountant examination.

The exam, given by the Oregon State Board of Accountancy, covers four various parts of the accounting profession and is given over a two-day period.

Currier, who is at Barnett & Moro's Heppner office on Tuesdays, is an active member of the Hermiston Rotary Club and is currently the president of the Hermiston Grid Kid Youth Football Program.

The certificate allows Currier to participate in all aspects of accounting which include the preparation of tax returns, year end tax planning and preparation of financial reports, including audits, reviews and compilations.

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High Blood Pressure Medicine May Help Winter Depression

Depression may occur in some persons during the winter months simply because they are exposed to fewer hours of sunlight. Researchers have discovered that darkness causes the tiny pineal gland in the brain to produce more of a substance called melatonin. This substance is thought to play an important role in the normal daily rhythms of the body and as such may be useful in sleep regulation.

One of the treatments recommended for depression associated with darkness is light therapy. Sitting in front of a bright light for extended periods of time has been reported to decrease fatigue and depression. Light therapy also may be involved in decreasing melatonin secretion.

A group of blood pressure medicines known as the beta blockers also decreases melatonin production. Physicians who see patients with winter depression may prescribe *propranolol* for this condition since antidepressant medicines commonly used in depression do not always help. One of the problems with beta blockers is that they sometimes can cause fatigue and mental depression themselves. According to clinicians who have used beta blocker medicines to treat winter depression, they should be used early in the morning and in low doses.

Player of the Week

Nov. 28 - Dec. 3



Trent Hughes



Kelsie Evans

Players of the week are sponsored by Mustang/Fillie 21

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Ployhar Insurance
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