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Pharmacy & Your Health

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Some Medicines Affect Appetite

Medicines can decrease appetite. This may be due to the nausea that occurs after the medicine is taken. For example, some cancer medicines such as *azathiopurine*, *busulfan*, and *fluorouracil* can cause extreme nausea and vomiting. Other medicines may be needed to overcome this nausea.

Several medicines are capable of decreasing taste sensitivity which may decrease food intake. Such medicines include *aspirin*, *ampicillin*, *levodopa* (a medicine for Parkinson's disease), and the seizure medicine *phenytoin*. Some persons have experienced a metallic taste in the mouth when taking *allopurinol* (a gout medicine), *lithium*, and some medicines used to treat tuberculosis. A salty taste has been reported by some after taking *enalapril* and *captopril* (blood pressure medicines) and *dipyridamole* (a blood thinner).

Certain medicines can improve the appetite which may result in overeating and possible weight gain. Such medicines include some *tricyclic antidepressant medicines*, *lithium*, *phenothiazine-type tranquilizers*, some *antihistamines*, and *prednisone*. An article published recently in the *Journal of American Geriatrics Society* reported improved appetite in a significant number of older persons taking *amantadine*. This medicine is used to treat Parkinson's disease and sometimes as a preventative measure against influenza.

Extension honors Geri Grieb outstanding cooperater



L-R: Virginia Grieb, Julie Wimar, Bill Broderick, Carol Michael and Geri Grieb.

The staff of the Morrow County Extension office Carol Michael Bennett, Molly Rill, Christy Lovgren, Bill Broderick and Sonja McCabe nominated Geri Grieb for the 1994 Outstanding Cooperator Award, in the "individuals with less than 10 year's service" category.

Grieb, Lexington, began her Extension Volunteer involvement with the 4-H Youth Development Program. She was livestock project leader of the North Lex Livestock Club for seven years, from 1985 to 1992. During this time, she served as beef superintendent for 4-H and open class at the Morrow County Fair.

Chamber Chatter
By Claudia Hughes, Chamber Manager

Never, never, never will I shop out of town two days before Christmas. After doing most of our Christmas shopping locally, there were a few things on the "Santa please" list that we couldn't find, so off to the state across the river we headed. First stop will not be mentioned but let's just say it got the out-of-town shopping excursion off to a high stress nostril-steaming start. My first clue should have been the fact that there were no carts available, but upon spotting a plate saver container and tucking it under my arm I was off and running. Next stop, Segagenesis games. Now these, I'm clueless about. With four different kinds, and no first hand experience, I was baffled. Thanks to a kind customer who had previously pursued the problem, I found what I needed, only to discover that they were locked up and had to be ordered by number via a computer located in an aisle. This was my second clue that this wasn't as easy as just taking something off a shelf, so I returned the plate saver to the shelf, found the paper to write down the code and headed for the file cabinet section. (Here, I might add, you are totally on your own with no sign of human contact who might be of service).

As we viewed our choice of three file cabinets, finally settling on the one we wanted, a young man in a suit (who looked about 14) passed by, without tripping him, I got his attention to see if we could take the cabinet. "Oh, no, they come in boxes and need to be put together; you place your order at the computer." So, okay, I'm not totally computer illiterate. We move over to the computer line. After a wait and subsequent trial and error, the information is entered only to have the read-out say, "sorry, the item you want is out of stock, would you like number H2E4L6P?" How do I know unless I go look? My spouse, who has had just about all the fun he can stand by now, is posted as sentinel at the computer so no one can take the spot while I go look. Upon my return the screen has gone blank and entries must be re-entered.

At long last we are in line to pick up our order. I knew we were in trouble when the plate saver which started the whole thing turned out to be a crystal saver (plate savers are round; this was twice the size and

retangular. So maybe I gave them the wrong number.) No, it was their mistake. By now the steam is coming out of my ears and my spouse is trying to sneak away, not to be seen in my company. I read my Christmas cards, I count the people in line; I don't talk to them because they, too, would be unnerved by actual human contact in the store; I wait and wait and wait. Your order is up, says a voice. At this point, I come unglued. Is it a plate saver? No, it's not round either; it's for platters. At this point, my husband was ready to file; the clerk thought I was a crabby old lady; and the customers were giving me a wide berth. The little guy in the suit approached, asked if I had a problem and got me my round plate savers, which by then I wanted to throw in any direction. Then, we couldn't find the car but that's another story.

Moral: Shop at home and the season as well as your spouse will be jollier. Happy New Year.

Basketball clinic helps kids



Kenny Eckman (r) helps at the basketball clinic held Tuesday night at the Heppner High School gym. The clinic was for children in fourth through sixth grades and was sponsored by the Heppner Alumni Association. The alumni tournament gets underway this Friday.

together from their first day in the Navy just as they do aboard ships and at shore bases around the world. To reinforce the team concept, Baker and other recruits also were trained in preventing sexual harassment and ensuring equal opportunity.

Baker is the son of Robin and Robert Baker, lone. He is a 1994 graduate of Lone High School. Navy Petty Officer 3rd Class Shawn M. Hams recently returned from a six month deployment to the Mediterranean Sea and Indian Ocean with the amphibious assault ship USS Guam, the lead ship of the USS Guam Amphibious Ready Group (ARG).

Hams was one of 4,000 Marines and Sailors who completed the 30,000 mile voyage which included duty off Bosnia-Herzegovina in the Adriatic Sea, and being on stand-by off the eastern tip of Africa. After traveling from the Mediterranean Sea through the Suez Canal and Red Sea into the Indian Ocean, Hams spent more than a month off the coast of Somalia, where the Navy-Marine Corps team stood ready to protect and relocate American citizens if necessary. The Virginia-based USS Guam traveled with USS Tortuga, USS Austin, USS Harlan County and the 26th Marine Expeditionary Unit.

Hams began the deployment by participating in the 50th anniversary of D-Day with visits to England and France. During the D-Day commemoration, USS Guam helped support the visit of President Bill Clinton and numerous other government and military officials as well as thousands of World War II veterans.

Spending 120 days at sea during the six-month deployment and participating in both real world operations and amphibious landing exercises with other nations, Hams also visited Greece, Israel, Italy, Kenya, Spain and Turkey.

"Hams's involvement in the deployment is an example of how the Navy-Marine Corps team is designed to operate overseas and respond quickly when needed," said a news release. "Whether delivering humanitarian assistance, cargo, or troops from the sea, these highly-trained naval forces provide a unique crisis-response option, which can be withdrawn quickly when no longer needed."

Hams is the son of Wayne and Dianna of Lone. He joined the Navy in May 1992.

In the Service

Navy Seaman Recruit Bridger J. Baker recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight week program, Baker completed a variety of training which included classroom study, practical hands-on instruction and an emphasis on physical fitness. In particular, Baker learned naval customs, first aid, fire fighting, water safety, and survival, and a variety of safety skill required for working around ships and aircraft.

Baker and other recruits also received instruction on the Navy's core values, honor, courage and commitment; and what the words mean in guiding personal and professional conduct. Baker joins 55,000 men and women who will enter the Navy this year from all over the country.

Men and women train

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