

Free tax assistance available

Would you like assistance in completing your income tax forms this year? Do you have questions about your taxes?

Free income tax assistance is now available in Heppner at the Neighborhood Center. Interested persons may make appointments by calling 676-5024. TAX-AIDE program is sponsored by the American Association of Retired Persons (AARP) in cooperation with the Internal Revenue Service (IRS) and made available to all low and moderate income persons.

Catherine Dowrey, local coordinator of the program, says "the service is to help all low and moderate income tax payers understand the income tax forms and the benefits available to them."

"Taxpayers who had a child living with them, and whose earned income was less than \$23,750, may be due money from the government under the Earned Income Credit," Dowrey said. This year for the first time wage-earners between ages 25 and 64 without a child at home and with earnings of \$9,000 or below could be eligible for the Earned Income Credit.

"Many older persons are unaware of some tax credits they may be entitled to claim," Dowrey stated. "Some may not now be required to file a return because of limited income."

Persons using the service should bring copies of their previous year's federal and state tax returns, forms for the current tax year, relevant material showing income for the year (including W-2's and 1099's etc.) and receipts, cancelled checks for personal deductions (medical, property taxes, contributions, etc.).

According to Dowrey, TAX-AIDE counselors are trained to assist with basic tax forms and questions. The local training covering the federal and state tax forms was held last week. Each counselor must pass a test before giving TAX-AIDE assistance to anyone. Individuals with complex tax assistance needs may be referred to professional tax preparers.



Heppner Fillies

Good Luck Fillies

at District Tournament

Friday and Saturday, Feb. 24 & 25

Heppner vs. Weston-McEwen Feb. 24, 7 p.m.
Pendleton Convention Center

Tickets \$3 adults; \$2 students

Pharmacy & Your Health

Boardman Pharmacy & Hardware

202 1st. N. W. P.O. Box 170
Boardman, Oregon 97818
481-9474 481-7351

Nonsedating Antihistamines: Pros and Cons

Oral antihistamines are used to treat a variety of health problems including seasonal and chronic allergic rhinitis and urticaria (hives). Terfenadine (*Seldane*) was the first of the nonsedating antihistamines. It became available in the U.S. in 1985. Since then, astemizole (*Hismanal*), and loratidine (*Claritin*) have been approved. The original antihistamines (first generation) and nonsedating antihistamines (second generation) block or antagonize histamine, a chemical that, when released in the body, causes runny nose, watery eyes, and redness or inflammation of the skin.

The second generation antihistamines do not cause drowsiness, fatigue, or sedation. They will not make you sleepy like first generation antihistamines. Therefore, they can be used safely by truck drivers and persons who operate dangerous equipment. Disadvantages relate to cost (they are more expensive than first generation antihistamines), potential drug interactions (they can cause more harmful interactions with other medicines than do first generation drugs), and they require a prescription.

First generation antihistamines such as *diphenhydramine* and *chlorpheniramine* generally cost less, cause fewer drug-drug interactions, and are available without prescription. In most persons, they are effective.

These business and individuals wish the Heppner Fillies 'Best of Luck'

Charlie, Marcia, Colin & Claire Anderson
Bank of Eastern Oregon
Don & Jean Bennett
Bev's Bookkeeping
Jim & Barbara Bloodsworth
Rob, Lorna, Jeff & Justin Botefuhr
Russell & JoLynn Britt
Peggy, Ted & Leonard Brittner
Cal's Service Center, Cal & Bev
Central Market Red Apple
Coast To Coast
Columbia Basin Electric Cooperative, Inc.
Barb, Austin, Josh & Danny Coiner
Country Rose
Court Street Market
D & L Auto Parts & Repair
Devin Oil Co., Dick & Joe
Steve, Kathi, Chris, Traci & Tim Dickenson
Harlan, Linda, Sheila & Dwayne Dunaway
Don & Margaret Evans
Monte, Becky & Casey Evans
Wayne & Sue Evans
Gardner's Men's Wear
Dave, Sandi, Jason & Jon Hanna
Heppner Gazette-Times
Heppner TV Inc.
Joyce, Trent & Jaclynn Hughes
Inland Empire Bank
Bill & Marge Kenny
Kinzua Resources, LLC
George, Debbie & Brian Koffler

Bob, Joy & Bobby Krein
Les Schwab Tires
Lexington Machine Works,
Al & Jean Brazell
Larry & Corrine Lindsay
M.C. Abstract & Title Company
Miller's Mini Mart & Chevron
Miller & Sons Welding, Inc.
Larry & Betty Mills
Morrow County Grain Growers
Murray Drugs Inc., John & Ann
Tom, Sue, Becky, Rachel,
Ruth & David Norton
Peterson's Jewelers
Pettyjohn's Farm & Builders Supply
R & W Drive In
Steve, Molly, Macy & Trevor Rhea
Cecil, Molly, Lonnie & Leland Rill
Robert D. Rolen, O.D.
Kirk, Delia & Royal Robinson
Wayne, Lori, Brandon & Regi Seitz
Skaggs Auto Clinic, Frank, Janice,
Rob & Kim
Charlie, Cindy, Sam & Tim Sumner
Sweeney Mortuary, Pat & Trish
David, April, Chris, Andy
Allison & Camille Sykes
Ken, Jean Ann & Sandi Turner
VanMarter & Kahl Insurance
Ed & Sheridan Tarnasky
Wheatland Insurance