

New managers at NW Motel



Bonnie and Noel Bunch

The new managers of the Northwest Motel in Heppner, Noel and Bonnie Bunch, have over 50 years of business experience between the two of them.

Noel Bunch, 52, has around 28 years of experience in hotel-motel and restaurant management, operating businesses in Portland, Whidbey Island, Astoria and Salt Lake City. Bonnie Bunch, 55, has had around 30 years experience in retail, public relations, food service and apartment management. The couple is from the Portland area, but has spent the last seven years in Salt Lake, where they ran an apartment complex.

The pair decided to come to Heppner when they realized they had had enough of city living," said Noel. "The city is not what it used to be 20 years ago." The Bunches said that they had looked at other small towns, but decided on Heppner because of its hospital and other services, such as the Department of Motor Vehicles

office. They saw an ad in "The Oregonian" as they were preparing to leave Salt Lake City. "It was perfect timing," they said. Noel had been hunting and fishing in the area previously.

The move to Heppner also brings them closer to their mothers. His lives in Vancouver and hers is in Camas, Wash. Noel's daughter will graduate this spring from Gonzaga University at Spokane, Wash. His son is an associate professor at Loyola University at Chicago, Illinois.

Moving to Heppner with the Bunches is their mixed-breed dog, Bonehead, who likes playing Frisbee.

Former managers of the motel, Bill and Becky Morris, will be staying in the area and, says Noel, will pinch hit at the motel occasionally when the Bunches are out of town. Bill Morris has been hired on the Kinzua Resources security crew and he and his wife are buying a home in Lexington, says Bunch.

The motel is owned by Tom LaRusso and Dolores Cooper.

Heritage garden has appeal

For the gardening enthusiast who happens to be a history buff, the heritage garden has fascinating appeal. The featured plants in a heritage garden are botanical treasures from years gone by, shrubs and flowers that our great-grandparents might have known well.

"Heritage gardens are established for the same reason that historic places are preserved and restored, a general desire to remember our past," said Bill Rogers, Oregon State University Extension agent in Lincoln County.

"In several cities and towns throughout the country where historic buildings are restored and opened to the public, heritage gardens are established in the surrounding landscape to show visitors the types of plants commonly grown and nurtured by our forebears," Rogers added.

Heritage gardens are also established for more practical reasons. "There is value in preserving old plant varieties," said Rogers. "Modern seed catalogs frequently focus on newer hybrids. Older varieties may be lost if they aren't planted. In addition, there are situations where older varieties may be better adapted to regional growing conditions than the more commonly available plant materials. Heritage gardens show off these lesser known varieties to home gardeners who otherwise wouldn't know about them."

The gardens also provide a way to educate others about the uses of older plants such as vegetable varieties that were once common, Rogers said.

He stressed that heritage gardening is not just for gardeners connected with historical associations. Anyone can stock the garden with heirloom plant varieties.

"Any specific period of time could be the basis for a heritage garden. If you, in cooperation with other gardeners, want to begin a heritage garden at a public site, consider the time period that would be most appropriate. For example, if the location is a historical home from the last 1800s, plants from that time period would probably be best," Rogers said.

"One additional tip: frequently older gardens mixed herbs with flowers in their borders. Most herbs are therefore appropriate for heritage gardens from the early 1900s or before."

In some cases, older varieties have special cultural requirements, Rogers added. These techniques can be demonstrated in heritage gardens, he said.

John Murray will be available to help with questions at the Master Gardener clinic at the Morrow County Extension office from 1-4 p.m., Monday, May 22. For more information, call Murray at 676-9642.

Grandview couple buys Office Cafe in lone

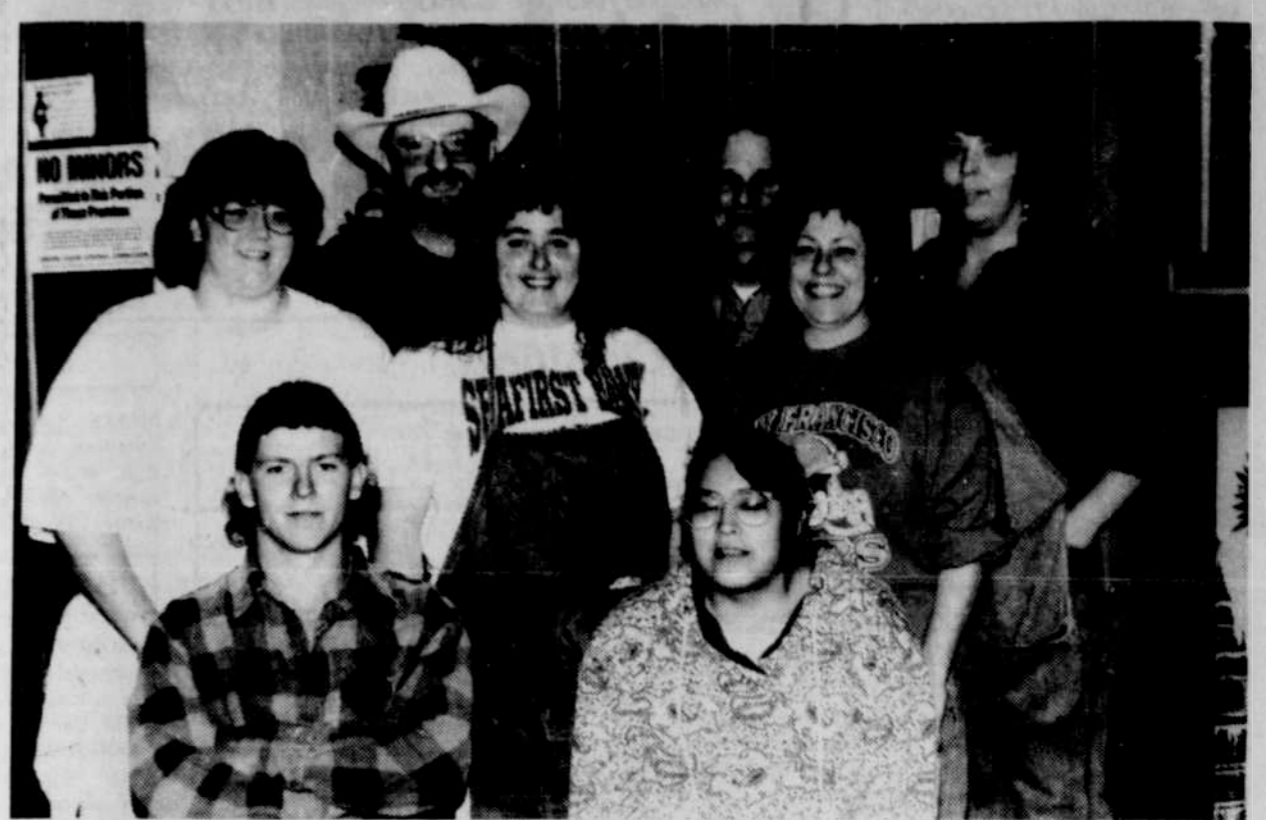


photo by April Sykes

Back row l-r: Gene Drake, owner Archie McArthur, Teresa Phelps; middle-Dannelle Whitaker, Heather Drake, owner Lita McArthur; front-Richard Trevino, Samarra Silva.

by April Sykes

If lots of experience and a supportive family can guarantee success, then Lita and Archie McArthur will succeed at their new endeavor as owners of the Office Cafe and Tavern in lone.

The McArthurs, with 50 years restaurant experience between the two of them, bought the restaurant on May 1.

Lita was born and raised in Grandview, where they owned and operated the Fireside, a family restaurant and lounge, for 10 years. She has also worked in restaurants and lounges in Boardman and Irrigon.

In addition to restaurant experience, Archie is retired from the Kitsap County Sheriff's Office, where he worked as a deputy for 12 years.

Coming to lone to help the McArthurs get started were their daughter and son-in-law, Heather and Gene Drake, niece Dannelle Whitaker, nephew Rich Trevino and Lita's sister, Teresa Phelps, also from Grandview. The McArthurs have three daughters, two from the Yakima Valley and one in Bremerton, WA, a son, just out of the service in Connecticut, three granddaughters and one grandson.

The McArthurs have special plans for the Office, with a different buffet served from 5 to 8:30 p.m. Monday through Thursday. Mondays they will serve a taco buffet; Tuesdays, burgers; Wednesdays, pizza and spaghetti; and Thursdays, fried chicken. Cost for the buffet is \$6.50 for all you can eat. Lita bakes her own bread and pies and makes her own soups

and chicken fried steak.

The restaurant will be open from 6 a.m. to 9 p.m. A license is pending for the bar which will be open from 7 a.m. to 2 a.m. The McArthurs will also have a karaoke bar on Friday and Saturday nights beginning at 9 p.m. They hope to have video and pinball this week. A grand opening is planned for Memorial weekend.

Archie has been working on remodeling the restaurant and their nephew, Richard Trevino, is putting in a cement patio outside, so patrons can sit outside during the summer months.

Office employees are Angie Drummond and Samarra Silva.

The McArthurs are happy to be living in lone. "We wanted a small community," they said. "We like a small town."

WCCC Golf

Ladies Play, May 16

Low gross of the field was Pat Edmundson.

Flight A: low gross Jan Paustian; low net a tie between Linda Schultz and Neoma Bailey; least putts a tie between Luvilla Sonstegard and Lois Hunt.

Flight B: low gross Karen Wildman; low net a tie between Lynnea Sargent and Karen Thompson; least putts a tie between Joyce Dinkins and Norma French.

Flight C: low gross Dorris Graves; low net Lorrene Mont-

gomery; least putts Cam Wishart.

K.P.: #4 Karen Wildman, and #7 Carol Norris.

Jack & Jill Tournament May 12

Lap prizes (low score in each type of play): Scramble holes 1, 2, 3 and chapman holes 4, 5 and 6 John and Pat Edmundson 9; Scotch ball holes 7, 8 and 9 a tie between Les and Jan Paustian and Mike and Cindi Doherty, both 11.

Special Events: KP second

shot #1 Bob and Suzanne Jepsen; #7 Les and Jan Paustian; men #4 Earl Fishburn and women Pat Edmundson, long putt #3 Earl Fishburn.

Gross: first John and Pat Edmundson 31; second Mike and Cindi Doherty 35, third Les and Jan Paustian 37, fourth Bob and Suzanne Jepsen 38.

Low net: first Earl and Peggy Fishburn 24½, second Jim and Cam Wishart 25, third Earl and Carol Norris 25¾, fourth Frank and Neoma Bailey 26½.

Show displays feats of strength



Team Destiny, a team of athletes who perform unusual feats, such as breaking blocks of ice and concrete with their heads and arms will put on a public performance on Friday,

May 19, beginning at 7 p.m. at Heppner High School. There is no admission charge.

Team Destiny also put on a performance for the high school students.

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Heart Attack Risk and Certain High Blood Pressure Medicines

Concerns about the risk of heart attacks from calcium channel blockers were widely published in the media earlier this year following the presentation of a scientific paper at the American Heart Association's Annual Meeting. News reports indicated that researchers had discovered a 60 percent increased risk of heart attacks in persons who took these medicines.

Statistics indicated that if 1,000 persons took a calcium blocker, 16 persons in the group might have a heart attack. If they used other medicines (diuretics or beta blockers) only 10 out of 1,000 might have an attack. The actual increased risk is quite small regardless of which drug was used. And there are potential problems with the study. It is possible, for example, that those who received calcium channel blockers were sicker than others.

Larger studies such as the Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT) are needed to answer questions raised by this report. In the meantime, the American Heart Association's Office of Scientific Affairs is advising patients not to stop taking calcium blocker medicines on their own. Consult your physician if you have questions about these or other high blood pressure medicines.

Morrow County Parks will open May 13, 1995

Both parks (Anson Wright and Cutsforth) have full hook-ups for trailers, and tent sites for camping. The fishing ponds are handicapped accessible. There is also playground equipment for children.

Volunteer park hosts are on site at all times to greet and assist visitors.

Anson Wright pond will not be stocked with trout this year due to work being done at the park, but the area has other excellent fishing spots just a short drive from the park.

For more information, call 503-676-9061 ext. 17

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