

Area children enjoy SDA Bible school



Children entertain with a program at Seventh-Day Adventist Bible school

The Heppner Seventh-day Adventist Church vacation Bible school program, "Friends Forever", was a "huge success", according to spokesperson Ruth Parm.

Classes from "cradle roll" through juniors were offered each afternoon. To start each day, children gathered in the church and were treated to special children's songs which were "vocalized with happy enthusiasm and laughter". The children also saw a skit by the juniors' Good Life Team to teach them how to be friends forever and how not to be exclusive in making friends, said Parm. The skit was followed by memory verse reciting and prayer.

Division leaders, Kelly Fritz, Joyce Grasser, Diane Monroe and Delta Huber, were under the leadership of Sharla Erich. Classes offered instruction in crafts, hands-on first aid, home survival skills, personal safety awareness, Bible stories and other related activities.

"Children were so thrilled with their craft projects, they insisted on taking them home each day rather than waiting until the last day for parents' day," said Parm.

Playground activities were supervised and games were chosen to enhance cooperation and team spirit, rather than competition, added Parm. A daily healthful snack of fruit, veggies and crackers or muffin was prepared and served by



Children enjoy activities at SDA Bible school

Parm.

The last day, the children visited the Pioneer Memorial Nursing Home, singing to the residents and presenting them with cards they had made out of paper and ribbons.

Basketball camp set in Hermiston

A basketball camp for boys and girls in grades six through eight (next year) will be held August 7-9 in Hermiston.

Boys will attend the camp from 9 a.m. to noon; girls will attend from 1 to 4 p.m. Cost of the camp is \$35.

Those interested in attending

Special volunteers for the Bible school program were: Amber Flaiz, Julie Harris, Katie Kenny, Danielle McDowell, Frances and Judy Peck, Camille Sykes and Myrna Van Cleave.

the camp should mail their registration to: Mike Royer, Bulldog Basketball Camp, Rt. 5, Box 5101, Hermiston, OR 97838, including the camper's name, phone number, address, grade, age, T-shirt size and a \$35 check made out to Hermiston Basketball Camp.

Five generations gather for reunion

Jeremy Wright and daughter Katelyn, Linda Pettyjohn, Lola Ann Pettyjohn and Ruth McCabe were a five generation group at a birthday party for Ruth McCabe held at the Legion Hall in Lone, June 29.

Family members came from New York, North Carolina, Texas, Arizona, California, Alaska, Washington and Oregon for a family reunion held at the same time.

After an afternoon of visiting, the family enjoyed a potluck dinner at the Hall in the evening. A slide show of the family through the years "brought many chuckles," said a family spokesperson.

Members of the Class of 1974 joined the group to visit with Doris McCabe Berry, a member of that class.



l-r: Ruth McCabe, Lola Ann Pettyjohn, Linda Pettyjohn, Jeremy Wright and Katelyn Wright

Check numbers again for ODFW big game controlled hunt

Those who think they were unsuccessful in the Oregon Department of Fish and Wildlife (ODFW) Big Game Controlled Hunt drawing may want to check again. Due to a shortfall in the system's program, hunters may have received the wrong information when they first checked, according to Cres Bakker, office manager at ODFW's Northeast Region office.

"Applicants should check their success status by using their social security number and their hunting license number. If you used only one of these numbers, you may not have received the correct information," says Bakker.

Additionally, applicants who applied for Landowner Preference Tags (LOP) must use their social security number to check for their success. Since LOP tags are registered under social security numbers, the computer system can only access the information using that number.

Anyone wishing to check or recheck their success status should go to a point of sale (POS) license vendor, or they may call the ODFW NE Region office at 963-2138. Hunters should have their social security number and hunting license

number readily available.

Bakker also reminds all successful applicants that they must purchase their tags before July 31. Any tags that are not purchased by that date return to the system and will be available to applicants in the second drawing. If hunters do not purchase their tags, they cannot get it back unless they apply and are successful in the second drawing. LOP tags must also be purchased by Ju-

ly 31, or the applicant will have to reapply for the tag in the second drawing.

To date, out of more than 225,000 tags, successful applicants have purchased only one-fourth of the tags (about 56,000).

A list of the available and leftover tags will be available after August 5. Interested applicants may apply for these tags, with the application deadline date being September 1.

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Timing of Medicine May Improve Therapy

How and when medicines are taken often needs to correspond with other events that are occurring in the body. Medical researchers who study body rhythms have identified a biological clock that describes the frequency of many body functions. Understanding body rhythms can help determine the best time for dosing medicines.

According to a review of bio-rhythm studies in a recent issue of *American Journal of Health System Pharmacy*, short-acting medicines for high blood pressure, angina, and arrhythmias should be given in the morning because heart attacks, strokes, and other heart related problems tend to occur most often between 6 AM and 12 noon. Researchers believe such problems are related to early morning release of chemicals called *catecholamines*. Corticosteroid medicines also are usually given in the morning. This time of dosing parallels the normal release of cortisol and helps prevent a dysfunction or shut down of the adrenal glands.

In contrast, long-acting high blood pressure medicines may best be given at bedtime. This helps assure adequate drug blood levels the next morning. Medicines which prevent cholesterol synthesis, such as *simvastatin*, are more effective when given in the evening hours because the body tends to produce cholesterol at night.

Boardman girl to attend youth congress

A delegation of 15 will represent Oregon at the 1995 National 4-H Youth Congress in Memphis, Tennessee in late November.

Alejandra Torres, Boardman, was selected for the trip in personal development and leadership among non-4-H club programs. She is a leader in the annual Hispanic Youth Leadership Conference involving young people from Morrow and Umatilla counties. The trip is being sponsored by Friends of Oregon 4-H.

The young people were selected on the basis of leadership, citizenship and communication skills as well as

their overall accomplishments in 4-H and a personal interview, according to Duane Johnson, Oregon State University Extension 4-H youth development specialist.

The national event, to be held on November 24-28, will focus on issues of concern to youth and will include a nationally televised session during which youth, government and private sector leaders will identify solutions for issues raised by delegates.

Accompanying the Oregon members to Memphis will be Johnson, Sheila Kester, Lake Oswego 4-H leader and Vicki Avery, Extension 4-H program assistant.

Pioneer Memorial Hospital's "Hot Meal Express"



"Hot Meal Express" provides homebound Heppner area residents with a nutritious hot lunch on Monday, Tuesday, Thursday and Friday of each week. Meals may be scheduled on an ongoing basis or as needed.

If you require this type of assistance and are handicapped, elderly, disabled, or recovering from an illness, please call Evelyn Sweek, PMH Dietary Director, for more information. Phone 676-9133.

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