

Estate Planning publication available at Extension office

Statistically, it is unlikely that a parent of a minor child will die, and it is even more unlikely that both parents will die before their children reach 18 years of age.

"But it does happen," says Carol Michael, Oregon State University home economist in Morrow/Umatilla Counties.

When children under 18 survive their parents, guardianship is a key issue, according to Alice Mills Morrow, OSU Extension family economics specialist.

Parents may designate in a will the person they would like to be the guardian of their children. The guardian has the power and responsibility of a parent and makes decisions

about how the child will be raised. Such issues as schooling, religious training, and the parents' hopes and dreams for their children should be considered in deciding on a guardian.

For more information about estate planning, Morrow recommends two publications: "Estate Planning for families with Minor Children," FS 313, no charge for single copy. And "Estate Planning: Your Will," EC 1421, 50 cents.

These publications may be obtained from either the Morrow County Extension Office, 430 Linden Way, 676-9642 or Umatilla County Extension office, 721 S.E. Third -3 Pendleton, (541) 278-5403.

Horse around at State Fair

The Oregon State Fair Horse Show is the oldest and longest running horse show in the northwest, and one of the 10 largest in the United States, according to an Oregon State Fair news release. The state fair wants you to be a part of it.

Entries are now being accepted in 18 separate breed divisions and in 27 exhibitors' categories. Pre-entries are due August 10, but entries will be accepted until day of show.

The horse show runs continuously throughout the fair. This year, the show will begin on August 22, with the hunters and jumpers. It will continue daily through Labor Day.

Quarter horses, hunters and jumpers, draft horses, miniatures, appaloosas, walking horses, paints and the AHSA Western Division will show horses, carriages, hackneys, shetlands, and the regional pinto show will remain on the last six days. The draft horse pulling and log skidding contests are held on Labor Day.

For more information and a premium book containing complete listing of rules and entry forms, all the State Fair office at (503) 378-3247 or (800) 833-0011, or write 2330-17th Street NE, Salem 97310. Interested parties may also pick their premium books up at the fair office.

Gift from Pat Kilkenny starts project

Pat Kilkenny says he and his insurance company share many qualities with Duck athletic teams—they're all underdogs who use great determination and teamwork to take risks and defy the odds.

His admiration for the Ducks' gutsy play and high-quality coaching in football and other sports motivated Kilkenny to give \$1 million to help finance a new multiuse, indoor practice facility.

"The most important reason is the quality of the coaching staff at Oregon," says Kilkenny, class of '74. "I get great joy out of seeing the kind of commitment they gave and the way they produce results with such limited financial resources. They primarily do it by gutting it out."

"I've been an underdog most of my life, too," says Kilkenny. "I grew up on a wheat farm in Heppner, Oregon."

Kilkenny majored in journalism at the UO, was president of his fraternity (Kappa Sigma) and active in the interfraternity Council.

He went to work for an insurance marketing firm in San Francisco and worked his way up in the insurance industry. Today he's the principal shareholder and chairman of The Arrowhead Group, a consortium of 17 companies specializing in high-risk auto and property insurance. Headquartered in San Diego, California, the companies do business in 14 states and have a total of 600 employees.

The Arrowhead Group is among the top 10 companies in its field. To reach that level, "you take a lot of risk, to be honest," says Kilkenny. "I've been a risk-taker all my life. I like to do what Oregon does—defy the odds, go out and compete with the big guys who have the resources, and kick their butts once in awhile."

"You also surround yourself with great people," he says. "I have a lot of Ducks working for me. That's what the University of Oregon is all about, great people working together as a team. I really think Jerry Green and Mike Bellotti and Bill Moos epitomize success and what winners are all about. They take the high road, and it's a lot of fun to be around people like that."

Indoor plants need attention

It's easy to become a full time caretaker in the yard and vegetable garden this time of year. But remember, the long warm days of early summer make house plants as well as outdoor plants grow quickly. Indoor plants need some attention now too.

June is a good time to fertilize, water, groom and give house plants some fresh air, advised Ray McNeilan, home hor-

Soroptimist install new officers



Officers are front l-r: Andrea Mortimore, Barbara Bloodsworth, President Judie Laughlin, Nancy Snider; back-Marsha Sweek, Margo Sherer, Vi Wilgers.

Soroptimist International Club of Heppner held their installation of officers for the fiscal year 1996-97 June 21 at the home of Butch and Judie Laughlin.

A barbecue dinner was held before the installation. Officers are President Judie Laughlin,

vice president Pat Hyatt, treasurer Margo Sherer, recording secretary Marsha Sweek, corresponding secretary Vi Wilgers, delegate Nancy Brownfield and board members Andrea Mortimore and Barbara Bloodsworth.

Annual fundraisers spon-

sored by the Soroptimist are the upcoming baked potato sale during Fair and Rodeo and the Artifactory the first Saturday in December. These major fundraisers enable the club to donate money for scholarships and to various organizations.

Fruits, vegetables recommended for summer

Summer is a wonderful time to eat more fruits and vegetables.

"Whether you grow your own or buy at the store, the wide variety of fresh Oregon produce makes this a tasty opportunity," says Carol Michael, OSU Extension home economist in Morrow/Umatilla Counties.

Health professionals concur that fruits and vegetables are good for us. In addition to providing fiber, they contain vitamins A and C and other substances that may reduce the risk of cancer and other chronic diseases.

We need a minimum of three servings of vegetables and two servings of fruit every day. One serving is the equivalent of a medium-sized whole fruit or vegetable, or ½ cup chopped or cooked. Three-fourths cup of juice also counts as a serving.

Many people don't eat enough fruits and vegetables, according to Carolyn Raab, OSU Extension foods and nutrition specialist. In fact, a National Cancer Institute survey showed that over 75 percent of Americans don't eat five a day. The average daily intake across all age and ethnic groups was 3.5 servings. Men reported eating fewer servings than women. Although older adults eat more fruits and vegetables than younger adults, they still fall short of the

recommended five servings. It's simple to add more fruits and vegetables to your diet, says Michael. For example, drink a glass of 100 percent fruit juice with your breakfast or add fruit to your cereal. For lunch, add a small salad, or pack carrot or celery sticks, or fresh dried fruit. At your evening meal, include vegetables such as potatoes, tomatoes and broccoli.

Remember fruits and vegetables when you snack too. They're very portable and a safe option when refrigeration isn't available, notes Raab.

Registration deadlines set for poultry and livestock entries at State Fair

The Oregon State Fair wants your entries for the 1996 Livestock Competition. Entries in the llama division are due August 1. Deadline for entries in all sections close July 31, or whenever capacity of the department has been reached. Entries will be accepted in order received.

For more information and a premium book listing specific guidelines and entry for each animal division, call the State Fair office at (503) 378-3247 or write, 2330 17th Street NE, Salem, 97310-0140. Interested parties may also pick up premium books at the State fair offices.

Entries will be accepted in nine divisions: large poultry, bantams, guineas, ducks, geese, turkeys, pigeons, rabbits, and cavies. Entries in all sections close July 31, or whenever capacity of the department has been reached. Entries will be accepted in order received.

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