

The Official Newspaper of the
City of Heppner and the
County of Morrow

Heppner
GAZETTE-TIMES
U.S.P.S. 240-420

Morrow County's Home-Owned Weekly Newspaper
Published weekly and entered as periodical matter at the Post Office at Heppner,
Oregon under the Act of March 3, 1879. Periodical postage paid at Heppner,
Oregon. Office at 147 West Willow Street. Telephone (541) 676-9228. Postmaster
send address changes to the Heppner Gazette-Times, P.O. Box 337, Heppner,
Oregon 97836. Subscriptions: \$18 in Morrow, Wheeler, Gilliam and Grant Counties;
\$25 elsewhere.

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1998 Rolling Hills Run/Walk, April 26

The 1998 Rolling Hills Run will be held Saturday, April 25, at Heppner. This annual 5 and 10 K run/walk is held as a benefit by the South Morrow County EMT Association to raise money for equipment purchases for ambulances stationed at Heppner and Lexington and the first response team stationed at lone.

This year's race will again follow the traditional route, beginning at the Heppner Elementary School and winding up Hinton Creek before returning to a finish at the Heppner Elk's Club. For those who have not participated in this event in the past, this course follows a peaceful, rolling terrain with sparse traffic and pleasant scenery, said Bill Sheirbon of the EMT Association.

The run is well supported with aid stations and roving aid cars to assure participants are safe and to provide rides back to the finish line for anyone that might need one, he said. While some years have seen some wind on race day, the weather is frequently cooperative, he added.

This year's race will again be topped off with a breakfast, free for race/walk participants and available to the public for a modest price. This year's breakfast will feature french toast, fruit, juice, milk and coffee. Door prizes for participants, ribbons, plaques, and prizes for event winners will be awarded at the breakfast. Breakfast will be available to the public beginning at 8 a.m. at the Elk's Club.

"We encourage people to come join us for breakfast and stick around to meet the racers after

Arts and Crafts club to meet

The Morrow County Creative Arts and Crafts club will meet Thursday, April 23, at 1 p.m. for lunch upstairs at Kate's Pizza, with a short business meeting to follow.

Plans will be discussed for the theme booth at the fair and upcoming workshops.

Guest are welcome to attend.

they finish their events," said Sheirbon.

In addition to the race, EMTs with the association will raffle off a gas barbecue. The winner of the barbecue, which is valued at \$550 and was donated by the Morrow County Grain Growers for this fund raiser, will be announced at the race morning breakfast.

Tickets for the barbecue may be purchased at Gardner's Men's Wear in Heppner, from any EMT Association member or the day of the race at the Elk's Club. The barbecue is on display at Gardner's. Raffle tickets are \$1 apiece or six tickets for \$5.

Early registration for the race is encouraged and will save participants money. Early registration forms may be obtained by calling Glenn Anderson at 541-989-8555.

Registrations should be sent to Rolling Hills Run, C/O Glenn Anderson, P.O. Box 527 A, Lexington, OR 97839.

Race costs are \$10 per person for early registration or \$12 the day of the race. Discounts for more than two people from the same family entering the race will be given.

Commemorative T-shirts are not available this year but all race participants will be given free logo water bottles. Runners will be registered race day between 7 and 8:30 a.m. at the Heppner Elementary School. 10K walkers may begin at an early 8 a.m. start time. All others will start the race at 9 a.m.

For more information about the race call Sheirbon at 541-989-8526 evenings and weekends or Anderson.

Correction

Brent Gunderson's name appeared incorrectly in the April 8 Gazette-Times. Gunderson, the son of Dave and Tricia Gunderson of Heppner, was named to the Eastern Oregon University winter quarter dean's list.

To qualify for the dean's list, students must have a minimum of 12 graded credit hours and grade point average of 3.5 or better.

Lone youth group feed the hungry in Portland

Eight Lone Youth Group high school students spent their last weekend of spring break feeding the hungry and learning about the Buddhist faith.

Group leaders Jeri McElligott and Cathy Halvorsen, and youth group members Jake McElligott, Nathan Rietmann, Jenny Sullivan, Mark McElligott, Camie Burrig, Nikki McElligott, Corey Morgan and Jeremy Rietmann traveled to Portland on March 28 to work at the Salvation Army Harbor Light.

The Salvation Army provides services to many people in the Burnside area. They have a dormitory with three floors, each serving a different group. They provide housing for men at \$5 per night; they sponsor a program called Beacon House, which provides housing for men who have just been released from jail; and they house men who are using the services of the Salvation Army to get off the streets.

Across the street from the main building is a single room occupancy shelter. The first floor houses women and children, the second floor is for men who have children and the third floor is "Teen Challenge," a place for teenagers to sleep at night.

The residents of the shelters are served three meals a day and are provided snacks. Approximately 80 people use the meal services. Along with serving the residents, the Salvation Army also serves a meal to the public Monday-Friday in the afternoon, and a Sunday breakfast. They also put mats on their chapel floor at night and approximately 100 street people sleep there. Anyone sleeping in the shelter must have a current tuberculosis card to get in. They provide a tuberculosis clinic three days a week.

The lone group helped prepare and serve lunch to the residents, mostly women and children. The kitchen manager, Bob, noted that 80 percent of the food is donated and 80 percent of work is done by volunteers. They plan their meals around the donations of the week. While the group helped prepare lunch, a van with day-old bread and rolls donated by Safeway arrived at the shelter. The cook also said they had received 400 turkeys last fall and were still using those.

The students served hot turkey, potatoes and gravy, corn and rolls. There was also a table of sweet rolls and chips for residents to help themselves to. After the meal, the group washed tables, mopped floors, including the chapel room, washed windows, set up the afternoon snack, sorted food, cut up cardboard boxes for recycling and helped prepare dinner.

After a short break, the lone group traveled to S.E. Madison to the Dharma Rain Zen Center. The priest at the center, Gyokuku Carlson, welcomed the group. After removing their shoes, they entered the Buddhist Center and were shown the altar area.

On a small table on the right was the statue of Kan Zeon, who awakens compassion. The main altar held a statue of Wisdom. The altar also contained a light, representing enlightenment, flowers, nuts and cookies. The flowers and food represent human pleasures and are left there at all times. The table to the left of the altar area contained the guardian of determination. It was noted not all temples have the same statues on the side tables, although most will have the Wisdom statue on the main altar.

Carlson explained their Sunday worship lasts about two hours, with sitting and walking meditation for a half-hour, chanting for a half-hour and a lecture with questions for about one hour. Bells signal when each session begins and people are welcome to attend all or any one of the sessions.

Buddha is not just a historical figure, but also represents the principle of enlightenment, they said. The Buddhist's focus is to understand how physical bodies interact and are interconnected, part of an infinite fabric, Carlson said. They stress being friendly, helpful and compassionate. One function of their meditation is to open their eyes to seeing themselves and everything around them, in the clearest possible way. But its greater purpose is to help them be in touch with their own center, a place deep within themselves that they feel to be still, peaceful and full of bliss. Remembering who they are in silence brings tremendous strength and insight into daily life, they said.

The lone group practiced sitting for a five minute meditation and practiced the Buddha bow. It was agreed it would be difficult to sit quietly for the 30 minute meditation the next morning, so the group agreed to attend the chant and tea break afterwards. "The next morning when we arrived we were warmly greeted by a group waiting downstairs for the chant period to begin," Jeri McElligott said. "We were ushered upstairs at the ringing of the bell. Their chant was not in song like I expected, but the monotone reading of a Buddhist text to a drumbeat. They also paid homage to the Buddhist leaders who had died, by reciting their names."

Following the chant period, everyone went back downstairs when they gathered in a large

circle and new people introduced themselves. Then the group broke apart for a 10 minute tea time. At the ringing of the bell, everyone went back upstairs to the lecture. The priest and speaker both knelt in front of the altar and the congregation knelt or sat and listened. The half-hour talk was followed by a question/answer period, which was brought to an end by the priest.


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- ❖ That restitution should be paid to as many victims as possible.
- ❖ My Primary Job is not to raise money for the county, but to help protect and make life more pleasant for the people who live here.

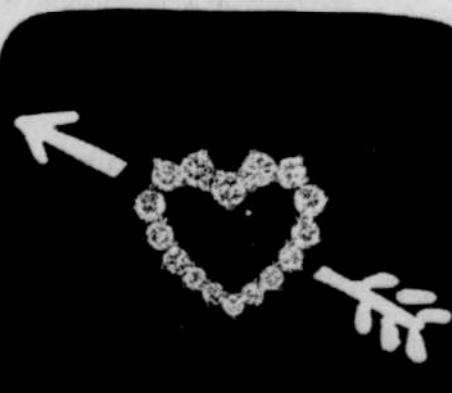
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Heppner Gazette-Times

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