

Chamber Chatter

By Claudia Hughes, Exec. Dir.

Holidays are just around the corner and preparations have begun, be it planning your turkey dinner or preparing for Christmas, activity is going on all over town. In the Shoe Box volunteers are busy decorating for the Tree Auction preview and Santa pictures on Dec. 4 and the Second annual Tree Auction on Dec. 5. In stores, exciting merchandise is appearing daily. From Garden Club wreath sales to decorating the big tree, strolling Heppner, to carols, goodies to eat, warm things to drink, drawings in businesses, and a special scavenger hunt that will kick off next week, you'll find something for everyone. Heppner Holiday Happenings are under way. Feeling rushed? Me too. But a month goes by very fast.

The merchants' scavenger hunt kicks off with the following by Nancy Gochner. Participants might want to clip it out and post it for future reference.

'Twas the month before Christmas and all through the town

All the shoppers were buying, not waiting around.

The shops were all stocked by the merchants with care

In hopes that the buyers all soon would be there.

The children were belted all snug in car seats,

While dreaming of a thousand and one special treats.

Mama in her kerchief and Dad in his cap

Had gotten prepared for a cold winter snap.

When on Channel 3 and Gazette Chamber Chatter

There sprang hints of mystery and treasure well scattered.

Away to the downtown they flew like a flash

To look for the clues with two dots and one dash.

The sun on the hills and the new fallen snow

Gave a luster at midday to Heppner below.

When what to their wondering eyes should appear

But a scavenger hunt about eight tiny reindeer.

And their little old driver so lively and quick,

They knew in a moment it must be St. Nick.

Stay tuned next week for some important clues in your Heppner Gazette Times.

Thought for the week: "Listening is love in action." - L. Buscaglia

Garden Club accepting orders for wreaths and swags

The Heppner Garden Club is accepting orders for holiday wreaths, swags and canes made of cedar and fir. Each item will be decorated with bows, cones and berries. To place an order, contact Ida Farra at 676-9446. Wreaths and swags cost \$15.

Orders may be picked up at the Morrow County Fair Pavilion, Heppner, Dec. 2-5, from 9 a.m.-5 p.m.

Riding Center receives grant

Western Trails Therapeutic Riding Center near Pendleton recently received a \$1,000 grant from Umatilla Co. Commission on Children and Families' Community Project Fund. The grant will help provide feed, farrier and veterinarian services to their therapy horses.

Western Trails is a non-profit, charitable organization that provides therapeutic equine activities for physically, mentally and emotionally disabled individuals. Their program includes therapeutic riding and buggy driving instruction using specially-trained horses in private, individual classes. They also provide animal assisted therapy with the aid of other animals including lambs, calves, rabbits, miniature horses and donkeys.

Those interested in riding, driving, volunteering or donating to Western Trails Therapeutic Riding Center may contact Sheri Lynn Miller at (541) 276-2510 or visit their website at westerntrailstherapeuticriding.org.

Seventh grade Ponies take first win of season against Panthers

By Larry Palmer

The seventh grade Ponies played the Athena-Weston Panthers in a morning game.

The Ponies came fired up to play, as they jumped out to a 10 to 4 lead and never looked back. By halftime, it was 22 and 12 and the Ponies smelled a victory. By game's end, the Ponies had taken their first win of the season, defeating the Panthers 44 to 29.

The Ponies had some fine offensive and defensive plays and were led in scoring by Joe Pranger with two points, Dalton Wellman with four, Spencer Palmer with 26, Josh Shank with nine and Matt Holland with three points.

Heppner 10 12 20 2-44
Athena-Weston 4 8 4 13-29

Eighth grade Ponies lose to Raiders and Tigers

By Larry Palmer

The Heppner eighth grade Ponies started their basketball campaign against the Columbia Raiders. They also played against the Stanfield Tigers.

They took an early lead, 7 to 6, against the Raiders, but a disastrous second quarter lost the momentum and they never recovered. The final outcome was Ponies 26 and Raiders 32.

Heppner 7 2 6 11-26
Columbia 6 16 6 4-32

Back home, the eighth grade Ponies again jumped out to an early lead, 9 to 3, against the Tigers, but could not maintain it as the Tigers clawed their way back in and held on to win it 31 to 40.

Heppner 9 10 8 4-31
Stanfield 3 14 13 10-40

Eighth grade Ponies gain win over Rockets and Vikings

By Larry Palmer

The eighth grade Ponies tallied a win against the visiting Pilot Rock Rockets and took a second win while up against the Umatilla Vikings.

Against the Rockets, the Ponies took an early 12-10 lead and never allowed them to fire off. In the third and fourth quarters, the Ponies continued to keep the Rockets in check and galloped off with a 42-36 win.

Heppner 12 8 12 10-42
Pilot Rock 10 13 9 4-36

Outstanding play in the first quarter against the visiting Umatilla Vikings, allowed the eighth grade Ponies to coast to a 41-34 win.

The Ponies outscored the Vikings in the opening period, 17 to 8, and held on to the lead to bring in the victory.

Heppner 17 9 10 4-41
Umatilla 8 6 10 10-34

Prostate support group meeting

"New Treatment for Male Urinary Incontinence," will be the topic of the December Man to Man Pendleton Prostate Cancer Support Group, sponsored by the American Cancer Society and St. Anthony Hospital. The presentation will be made by Dr. John Medica.

The meeting of the prostate cancer support group will be held on Monday, Dec. 1 at 7 p.m. in the Cascade Room of St. Anthony Hospital in Pendleton.

According to June Miller, volunteer coordinator for the support group, the meeting is open to all diagnosed prostate cancer patients, their families and anyone wishing more information about the disease. The program provides information about prostate cancer and related issues for men and their partners.

In 2002, an estimated 30,200 men died of prostate cancer in the United States, and was the second leading cause of cancer deaths in men. Miller points out that the incidence rate of prostate cancer increases with age; more than 70 percent of all

prostate cancers are diagnosed in men over age 65.

According to the American Cancer Society, depending on age, stage of the cancer and other medical conditions, the patient should discuss surgery and radiation with his physician. Hormonal therapy and chemotherapy or combinations of these options might be considered for metastatic disease (cancer that has spread from its original site). Hormone treatment may control prostate cancer for long periods by shrinking the size of the tumor, thus relieving pain and other symptoms.

Finally, careful observation without immediate active treatment, known as "watchful waiting," may be appropriate, particularly for older men with low-grade and/or early stage tumors.

For more information on the Man to Man Pendleton Prostate Cancer Support Group, contact June Miller at (541) 443-6171.

Depot holds exercise this week

The Umatilla Chemical Depot is holding a quarterly emergency preparedness exercise starting Monday, Nov. 17. Activities pertaining to the exercise can be expected during the entire week.

Depot sirens will be sounded, but not the community sirens. Residents may see smoke or helicopters during the exercise.

This is a coordinated exercise between the depot and off-post communities.

Although this is only an exercise, such events are excellent opportunities for individuals- whether at home or work- to stop and ask themselves if they, their families, loved ones or co-workers know what to do if an actual emergency were to occur. Chemical Stockpile Emergency Preparedness officials recommend residents develop emergency plans for their homes and businesses.

Anyone needing more information about emergency preparedness should phone the following CSEPP toll-free numbers: 1-877-367-2737 in Morrow and Umatilla counties; and 1-800-841-7953 in Benton County, Washington.

First Christian to hold annual Harvest Festival

Heppner First Christian Church is having its annual Harvest Festival on Sunday, Nov. 23 at 6:30 p.m.

The community is invited to come and share in the fellowship of the evening. Besides having a potluck dinner, there will be a program including special music and guest speaker, Dave Hughes, director of Agape House in Hermiston. There will also be an offering to raise money to fund renovations to the church parsonage.

First Christian Church is located at 293 N. Gale St.

IHS 2003-2004 basketball schedule

The Ione High School has announced its basketball schedule for 2003-2004. The schedule, as of Nov. 14, is as follows:

Friday-Saturday, Dec. 5-6: Ione JV Basketball Bonanza in Ione, 1 p.m.;

Friday-Saturday, Dec. 5-6: Ione Varsity Basketball Bonanza in Ione, 3 p.m.;

Friday-Saturday, Dec. 12-13: Enterprise Tournament in Enterprise, 3 p.m.;

Friday-Saturday, Dec. 19-20: South Wasco Tournament in Maupin, girls 3 p.m., boys 4:30 p.m.;

Friday, Jan. 2: Arlington at Arlington, 3 p.m.;

Saturday, Jan. 3: Condon at Ione, 1 p.m.;

Friday, Jan. 9: Dufur at Ione, 3 p.m.;

Saturday, Jan. 10: South Wasco County at Maupin, 1 p.m.;

Tuesday, Jan. 13: Echo at Echo, 3:30 p.m.;

Friday, Jan. 16: Wheeler at Fossil, 6 p.m.;

Saturday, Jan. 17: Horizon Christian (boys) at Ione, 4 p.m.;

Tuesday, Jan. 20: Helix at Ione, 3 p.m.;

Friday, Jan. 23: Central Christian at Ione, 5 p.m.;

Saturday, Jan. 24: Cascade Locks at Cascade Locks, 1 p.m.;

Tuesday, Jan. 27: Condon at Condon, 3 p.m.;

Friday, Jan. 30: Wheeler at Ione, 6 p.m.;

Saturday, Jan. 31: South Wasco County at Ione, 1 p.m.;

Tuesday, Feb. 3: Echo at Ione, 3:30 p.m.;

Friday, Feb. 6: Cascade Locks at Ione, 3 p.m.;

Saturday, Feb. 7: Central Christian at Redmond, 1 p.m.;

Tuesday, Feb. 10: Helix at Helix, 3 p.m.;

Friday, Feb. 13: Horizon Christian (boys) at Hood River, 7 p.m.;

Thursday-Saturday, Feb. 19-21: District Tournament at Umatilla, time TBA;

Saturday, Feb. 28: State First Round Playoffs, place and time TBA;

Wednesday-Saturday, March 3-6: State Tournament at Baker City, time TBA.

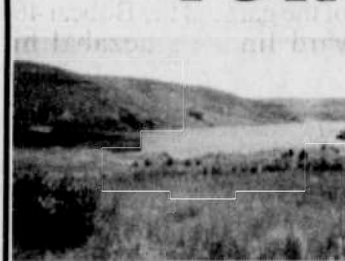
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David Sykes, Agent

Wedding Tables

Angie Counts & Brian Knowles
Wedding - Saturday, November 22

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