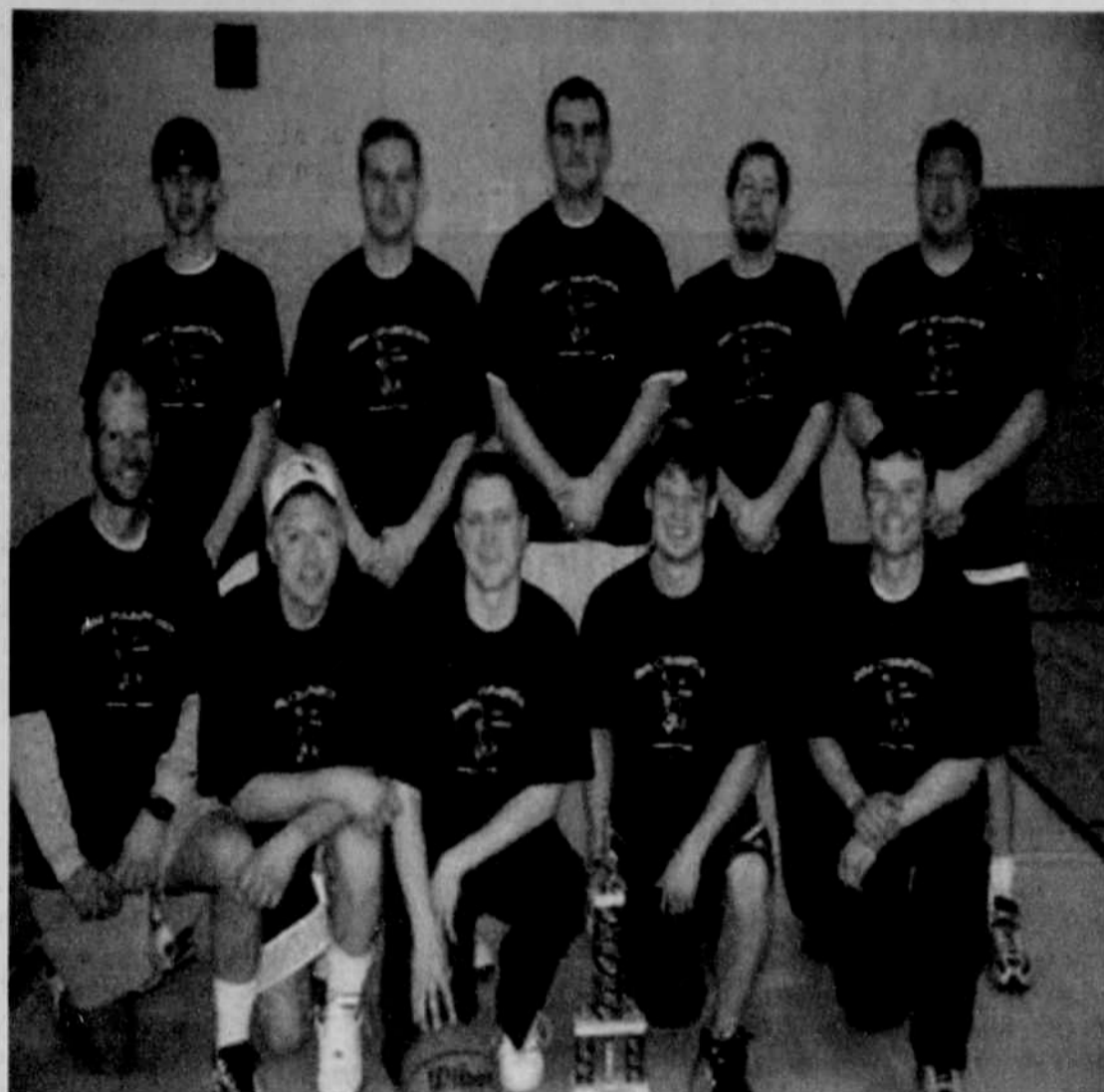


## Gar Aviation wins City League championship



(Back Row L-R): Jake McElligott, Slater Mitchell, Bob Townsend, Ron Hudson and Aaron Heideman; and (Front Row L-R): Greg Hansen, Jeff Orr, Rich Devin, Gabe McCune and Shane Matheny.

Slater Mitchell was the league's second leading scorer with an average of 26.3 points per game. Bob Townsend was sixth with an average of 24.3 and Gabe McCune was ninth averaging

22.3 points per game. All three made the all-league team and Mitchell was named League MVP.

Gar Aviation placed first in 1995, 1996 and 1997. They placed second in 1998,

1999, 2000 and 2002. For more statistical information you can log onto [www.wyantcash.com](http://www.wyantcash.com) and click on Basketball 2004. Season Record: 11-2 Playoff Record: 4-0

## CJRA Rodeo Year End Awards Given



(L-R): Eric Jepsen, Amy Jepsen, Jenny Griffith, Tracy Griffith.

Five local members of the Cayuse Junior Rodeo Association were recently given awards at the CJRA annual dinner, which was held in combination with the group's spring meeting at the Grange Hall in Goldendale, WA. \$8,000 in prizes was given out for 36 different categories. Prizes included such items as luggage, saddle blankets, tiedowns, headstalls, purses, and leather wallets. The CJRA sponsored nine different rodeos in Eastern Oregon and Eastern Washington from May through September of 2003. These rodeos were held in: Arlington, The Dalles, Goldendale, Umatilla, Milton-Freewater, Glenwood, Ellensburg, and La Grande. There were three age divisions for both boys and girls: Peewee, age 8-11; Juniors, age 12-14; and Seniors, age 15-18. There were prizes and money paid out for winners at each of the individual rodeos. Members also accumulated points in the overall standings for year end awards.

Devin Robinson of Heppner finished fourth for the season in Peewee Boys Barrel Racing. Eric Jepsen finished second in Peewee Boys Goat Tying and third in Breakaway Roping. Amy Jepsen placed second in the Senior Girls Polebending Competition, was third in the Goat Tying, third in Breakaway Roping, fourth in Ribbon Roping, and was fourth in the Senior Girls All-



Devin Robinson

Around point standings. Jenny Griffith of Ione was third in Senior Girls Polebending. Tracy Griffith earned a second place prize in Ribbon Roping and tied for second place in the All-Around competition. Griffith, currently a freshman at Eastern Oregon University, also received a \$400 college scholarship from CJRA. She is currently on the EOU rodeo team.

The Cayuse Junior Rodeo Association is open to anyone who wants to join. There were about 150 members in 2003. To compete, contestants have to be 8 years old by Jan. 1, 2004 and not older than 18 on the same date. There is a \$50 family membership fee. You can also compete in one rodeo as a guest and not join the association. For more information, visit the CJRA website at [www.cjra.net](http://www.cjra.net).

## Page program accepting applications

U.S. Congressman Greg Walden (R-OR) will begin accepting applications this week for the House Page Program summer 2004 sessions. The first summer session will last from June 6 to June 26. The second session will begin July 4 and conclude July 24. Interested applicants must contact Congressman Walden's office to receive an application form, which must be completed and returned no later than Wednesday, March 31.

Due to continued delays in regular mail delivery as a result of the anthrax and ricin-laden letters sent to congressional offices, Oregonians who are interested in the House Page Program are encouraged to request applications from Congressman Walden via fax at (202) 225-5774 or via email at [jill.wyman@mail.house.gov](mailto:jill.wyman@mail.house.gov). Applicants can also call Walden's Washington, D.C. office at (202) 225-6730 or call his Medford office toll-free at 1-800-

**Submit news on-line**  
[www.heppner.net](http://www.heppner.net)

## CLC to hold Anger Resolution Seminar

Christian Life Center, located at 535 W. Morgan Street, Heppner, will be offering an Anger Resolution Seminar starting on Wednesday, March 10 at 7 p.m. and running for nine weeks. The cost of the seminar is \$35. This seminar is open to all who wish to attend. Registration forms can be obtained in the church lobby.

Learn 10 skills that build Success in Life at the Anger Resolution Seminar and lasting answers to resolve anger:

-Detecting a spirit of anger- Many people seem to have anger under control. They do not shout, kick or throw things, yet those around them live in tension because these people have a spirit of anger from unresolved hurts and offenses. Learn how to detect and remove it.

-Learning from God's "anger course"- The seriousness of unresolved anger is indicated by the fact that this was the primary topic of Christ's first teaching to His disciples. It describes eight attitudes that are prerequisites to resolving anger.

-Tracing anger to its sources- The immediate emotion of anger is not the problem, nor is the one who caused it. This anger is an "alarm" that someone has triggered a "tension button" of guilt or pain from unresolved hurts in the past. Clear examples will help you learn this skill.

-Discerning why bad

things happen- When tragedy strikes, we often question, "How could any good come from this?" If we do not learn how to find benefits from every possible situation, our questioning will turn into roots of bitterness.

-Turning anger into the power of love- This session unlocks the prison of anger and wrath, by showing how to successfully apply four practical responses to every trial and tribulation. The reward of doing this is receiving the power of love, joy, peace and many other vital qualities.

-Discovering the power of crying out- Phenomenal results are being experienced by those who learn the secrets of crying out when faced with impossible situations. 1) When police gave no hope, a man recovered his stolen truck; 2) When a young man cried out, he began to find victory over strong lust; and 3) A pastor experienced the self-control to lose 100 pounds and keep it off.

-Regaining surrendered "ground"- God warns that if we go to bed angry, we surrender areas of jurisdiction in our souls and experience the strongholds of false ideas. When acted on, these produce destructive emotions of fear, anxiety, depression, etc. Learn the steps to regain this ground and replace strongholds with truth.

-Dealing with inherited

anger- A stronger than normal tendency to become angry can be passed down to us from our forefathers in the same way that we inherit physical features and medical weaknesses. Unexpected freedom is experienced by those who properly acknowledge the iniquities of their forefathers.

-Repairing the damage of anger- Once anger is resolved, there is a need to discreetly go to those who have been damaged by it and wisely rebuild relationships. The attitudes they sense in us as a result of resolving anger will encourage them. However, there are important factors to follow in carrying out this important step.

-Transforming conflicts into blessings- Truly, life and death are in the power of the tongue. There is even greater power in the words of Scripture. By utilizing the power of spoken blessings from God's Word, we are able to give spiritual encouragement to those around us.

Why this course is successful: The material presented in this course has helped thousands of youth and adults experience lasting freedom from anger. It is based on the universal and timeless principles of Scripture and shows how God's truth and power can achieve what our resolve cannot.

## Corps locks to close for maintenance from March 6-20

The only traffic going up and down the Columbia and Lower Snake Rivers will be fish from March 6-20. River traffic will stop from 6:30 a.m., March 6, until midnight, March 20, so the U.S. Army Corps of Engineers and its contractors can perform annual inspections, repairs and maintenance on the navigation locks at the eight dams between Portland and Lewiston, Idaho.

Portland District's Bonneville, The Dalles and John Day locks and dams on the Columbia River will also close their navigation locks to conduct annual maintenance during the same period. In the Walla Walla District, this inland navigation outage will affect McNary Lock and Dam on the Columbia River, and Ice Harbor, Lower Monumental,

Little Goose and Lower Granite locks and dams on the Lower Snake River.

The U.S. Army Corps of Engineers coordinates the annual outage with inland shippers and cruise lines.

In addition to the two-week outage, longer closures are planned for two of the navigation locks.

John Day Lock and Dam will be closed until 6:30 a.m., Saturday, April 3, for completion of concrete repair work begun in 2003. The additional two weeks are required to allow sufficient curing time for grout the contractor will use for the repair. At Lower Monumental, repairs will keep the lock closed until midnight, Saturday, March 27. Scheduled work includes wire

rope and bearing replacement and possible tainter valve work after standard maintenance is complete.

Locks are normally dewatered for a complete inspection every five years. Full dewatering of the navigation lock is scheduled for Bonneville, John Day and McNary. Dewatering permits the Corps to perform a more extensive inspection of the lock chamber.

For more information on the lock outages at McNary, Ice Harbor, Lower Monumental, Little Goose and Lower Granite, contact the Walla Walla District Public Affairs Office at (509) 527-7020, and for the lock outages at Bonneville, The Dalles and John Day, contact the Portland District Public Affairs Office at (503) 808-4510.

# Vote

## For Circuit Judge

### ~

# Daniel J. Hill

**Experience and Integrity for Justice**

Circuit Judge, pro tem  
Former City Judge  
Former City Prosecutor  
Former US Army Prosecutor  
Army National Guard Judge Advocate  
Small Business Owner  
Attorney Licensed in 1986  
Practicing Attorney Since 1988

**Raised and Educated in Umatilla County**

**Vote for Daniel J. Hill, Candidate for Judge in the May Primary Election**

[www.DanielJHill.com](http://www.DanielJHill.com)

Paid for and authorized by the Committee to Elect Daniel J. Hill Circuit Judge  
239 East Main St., Hermiston, Oregon 97838