

## Is a healthier lifestyle in your future?

The Community Health Improvement Partnership (CHIP) of Morrow County would like to encourage you to visit your local restaurant, deli or eatery soon. Why would a health improvement organization encourage people to eat out? Because many local businesses have committed to helping Morrow County residents participate in the Biggest Winner weight loss competition and healthy lifestyle program, or just make healthier food choices. Look for the "Biggest Winner" insignia when you visit to identify participating eateries and featured items.

January is also the perfect time of year to find an exercise you enjoy or to try incorporating a new activity into your life. To that end, Todd Buchholz and Jean Cassidy will be leading yoga classes from 6:30 to 8 p.m. on Tuesdays from January 10 through March 27 at Hope Lutheran Church, 675 S. Alfalfa in Heppner. The classes are free of charge; call 541-521-4249 for information or to register.

Cindy Sumner will be teaching aerobic exercise that incorporates step, low impact and Zumba steps, weight lifting and stretching at the Morrow County Fairgrounds. Two class sessions will be offered lasting 5 weeks, and one session will last four weeks. Classes will meet most Tuesdays and Thursdays from 6 to 7 p.m. The cost is \$25 for five weeks or \$20 for four weeks. Call 541-989-8514 for a complete schedule or to register for the class.

Several Blue Mountain Community College community courses also will be offered for winter term. Interested students are encouraged to pre-register at [www.bluecc.edu](http://www.bluecc.edu), as minimum enrollments must be met to hold the class.

Jazzercise will be instructed in Heppner at the Morrow County Fairgrounds by Orissa Burghard on Saturdays, January 14 through March 17 from 8 to 9 a.m. The cost is \$29. Call 541-422-7040, 541-481-2099 or email Anne Morter at [amorter@bluecc.edu](mailto:amorter@bluecc.edu) for more information on this or the following classes.

Jazzercise will be instructed in Lone by Orissa Burghard on Monday and Wednesday evenings from 5:30 to 6:30 p.m. in the Lone High School cafeteria. Classes will begin Monday, January 9 and continue through March 14. The cost is \$49.

Lone group exercise will meet Mondays, Wednesdays and Thursdays

from 5:30 to 6:30 p.m. at the Lone school from January 9 through March 15. These sessions are free of charge.

Circuit training will be held Mondays and Wednesdays at Riverside High School from 6 to 7 p.m. beginning January 9 through March 14. The cost is \$49.

Strength Training will be held Tuesdays and Thursdays from 5:30 to 6:30 p.m. at Riverside High School January 10 through March 15. Cost \$49.

Zumba class will

## Girls State applications available

Applications are now available for senior girls wishing to participate in the American Legion Auxiliary Girls State. Applications can be obtained at Heppner High School and must be returned to the American Legion Auxiliary #87 by February 10. The 2012 Girls State will be June 17 through 23 at Willamette University in Salem.

American Legion Auxiliary Girls State is a nonpartisan program that teaches young women responsible citizenship and love for God and country. This experience can be inspirational, educational,

life-changing and fun. High school girls who have completed their junior year are competitively selected to participate in an intensive week of mock government where they learn about civics and American government in a fast-paced, interactive program of campaigning, debating, voting and electing mock local and state leaders.

The \$350 expense associated with attending this program is paid by a sponsoring American Legion Post, a local business or another community-based organization.

## Local man takes own life

Local man Andrew Burt, 33, apparently took his own life last week.

According to the Morrow County Sheriff's report, the sheriff's office received a call regarding a suicide or attempted suicide around 7:55 a.m. on Thursday, January 5.

Other sources say Burt's father, Al Burt, discovered his son's body in a pickup in his driveway. Burt had an apparently self-inflicted gunshot wound.

## Area school districts hold meeting

An informational meeting with the Morrow County School District and Lone Charter School District will be held Monday, January 23 from 6 to 8 p.m. at the Morrow County School District office in Lexington.

The meeting is to discuss House Bill 2509, which was recently passed into law (ORS 336.455 & OAR 581-022-1440), requiring age-appropriate sexual health education to be taught beginning in the 6th grade. This topic and the associated curriculum were briefly discussed at previous board meetings last spring, and then tabled until such time as more information could be gathered, along with input from stakeholders and patrons.

The Lone and Morrow County school districts have jointly been working with Brad Victor from the Oregon Department of Education in aligning and mapping the health curriculum. That preliminary process is now complete. The two districts would like to invite interested patrons to an informational meeting of teachers, parents, health care professionals, the faith community, board members and administration.

From this meeting, an advisory committee will be formed to help guide boards in this process of selecting the curriculum. The committee is called the School Health Advisory Committee. Both districts will select their own committees.

# CHECK OUT THESE REAL ESTATE DEALS

[www.sykesrealestate.net](http://www.sykesrealestate.net) • [www.pendletonproperty.com](http://www.pendletonproperty.com)



**Good buy on this new Heppner listing.** New listing. 2 bedroom 1 bath starter home or will make a good rental unit. New chain link fence, new electric wall heater, nice fixed up shop, good roof and foundation. 355 W. Linden Way Heppner. Priced right at **\$55,000**



**\$50,000** Major price reduction  
**OWNER SAYS SELL IT!**  
2 bedroom home on large lot in Lex Lots of room for a garden and other activities with this 2 bedroom 1 bath single wide mobile home in Lexington. Lots of upgrade including new flooring, new roof, insulation, new vinyl windows, water heater and much more.



**Auto Repair Business in Heppner, OR** This is a going concern which shows a profit each year. Includes real property, business, inventory and equipment. Loyal customer base and good reputation. **\$339,000**



**Mountain Cabin!**  
Have your own cabin in the mountains to live in or use for weekend get aways. Surrounded by Pine and Tamarack trees. Sit on the deck and look out at the forest. **\$70,000**



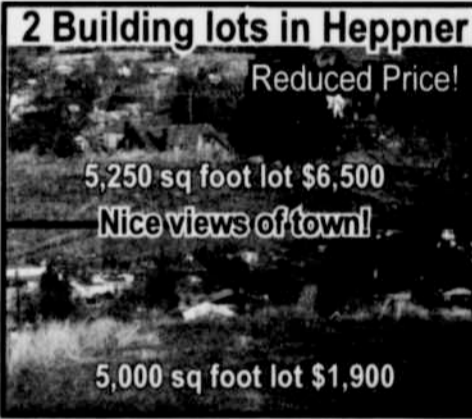
**New Listing!**  
2 Bedroom 1 bath home on 24.26 acres in Lexington. Close to town with your own piece of land. Rare small parcel with home and shop. Have some animals or just elbow room from your neighbors. Several parcels could be resold. Home is in good condition with foundation, newer septic system, metal roof and large upstairs that could be used as another bedroom. **\$175,000**



**Motivated Seller make an offer!**  
**Reduced Price! \$125,000**  
2 bedroom 2 bath in Heppner. This nice 2007 Marlatt home is in excellent condition. Everything was done right when this home was put in. It has a deck, cyclone fenced yard and a 18 X 31 garage. Ceiling fans, along with the energy package will keep you warm in the winter and cool in the summer. There is a den/office, living room and lots of extras. Must see inside this one. Call and schedule an appointment today.



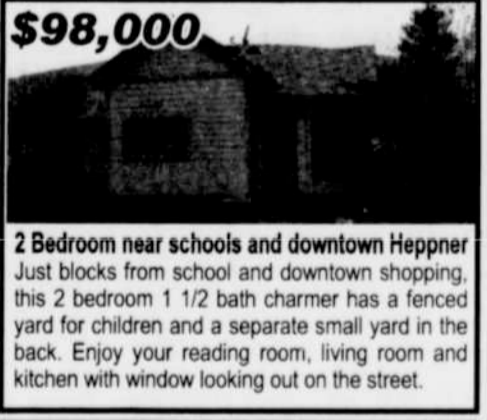
**2 Building lots in Heppner**  
Reduced Price!  
5,250 sq foot lot **\$6,500**  
Nice views of town!  
5,000 sq foot lot **\$1,900**



**3 Bedroom 2 bath home in Lexington**  
This home has metal roof, cement foundation & propane F/A. 128 X 121.66 lot. 2465 sq ft home has full basement and large fenced yard with apple, nectarine and cherry trees. Garage. **\$116,000**



**Price Reduction \$129,000**  
4 bedroom 2 bath home in Heppner. You won't feel cramped in this 4 bedroom 2 bath 2146 sq ft home. It has a full basement with mini kitchen downstairs, and fully carpeted rooms upstairs. Enjoy barbecuing on the covered patio. And there's lots of room for a garden in the large backyard. Call now for an appointment to visit this home.



**\$98,000**  
2 Bedroom near schools and downtown Heppner  
Just blocks from school and downtown shopping, this 2 bedroom 1 1/2 bath charmer has a fenced yard for children and a separate small yard in the back. Enjoy your reading room, living room and kitchen with window looking out on the street.



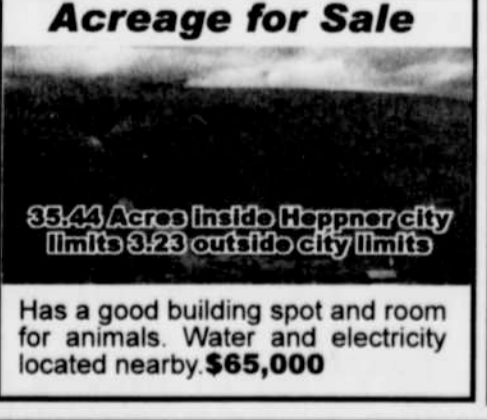
**\$110,000**  
2 apartments and shop building for Sale in Lexington  
On the bottom floor is a former auto body shop and a 1 bedroom apartment newly remodeled renting for \$350. Upstairs is a 2 bedroom apartment that has been completely redone renting for \$375. Building has a good roof and owner says the shop has been completely rewired.



**Price Reduction \$82,500**  
Cute 3 bedroom in Heppner. A nice fenced yard for the kids located on a quiet street. Storage shed outback and new lawn just planted makes this three bedroom one bath home ready to move into. Vinyl siding and windows, side deck, stove-refrigerator-washer-dryer included. Great starter home or pick it up as a rental. Has a carport too.



**View lot at Lakeview Heights.** Own one of the last view lots at Lakeview Heights. 84 X 120 approx. Water, sewer, phone and power available. **\$25,000**



**Acreage for Sale**  
35.44 Acres inside Heppner city limits 3.23 outside city limits  
Has a good building spot and room for animals. Water and electricity located nearby **\$65,000**

**Real Estate Wanted- I have buyers interested in the following properties:** -Wheat Farm with or without CRP land in the Heppner, Lexington, Lone or Condon area. -Fixer upper homes in Heppner -Irrigated land in Boardman & Irrigon area. Please contact me if you have property to sell.

**HEPPNER**  
Phone: (541) 676-9228  
Cell: (541) 980-6674  
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188 W. Willow  
P.O. Box 337  
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Owner/Broker  
**David Sykes**



**SYKES REAL ESTATE**

Information deemed correct not guaranteed



Broker  
**Chris Sykes**

**PENDLETON**  
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