

## Frostbite golf tournament planned

Spring will soon be in the air, and that means it is time for the Annual Boardman Frostbite Open Golf Tournament. This traditional Columbia Basin "rite of spring" is a funding source for the Boardman Chamber of Commerce scholarships awarded annually to Riverside High School seniors. Last year, more than \$3,000 in scholarships was awarded to college-bound students.

The Frostbite Open will be held at Willow Run Golf Course in Boardman on Saturday, March 31.

There will be lots of fun, prizes, drawings,

contests and, of course, the \$10,000 prize for the Hole in One contest. The entry fee is \$50 per golfer and covers the cost of lunch served by the Boardman Tillicum Club, raffle prizes throughout the day and the Calcutta/social on Friday night.

The 2011 tournament will be a four-person scramble, with sign-up at 8 a.m. and a shotgun start at 9 a.m. Tournament participation is limited to 80 golfers. Registrations are due by Monday, March 26 and are available at the Boardman Chamber of Commerce at 541-481-3014.

## South Morrow scholarships open

The deadline to turn in applications for South Morrow County scholarships is April 2. Applications for this year's scholarships are available on the Heppner and Ione school websites.

The South Morrow County Scholarship Trust was established several years ago to provide funds to grant scholarships to graduating seniors from Heppner and Ione High schools.

Call the counselors at Heppner High School or Ione High School with questions.

## Pounds lost in Morrow County

...but no one is searching for them

What began as an education and awareness campaign about obesity, healthy lifestyle behaviors, and prevention and management of chronic disease has morphed into a wellness movement.

More than 300 people in Morrow County have been working hard to meet personal healthy lifestyle goals and model healthy behavior changes to vie for cash prizes by losing the greatest percentage of body weight in the 12-week Biggest Winner and Healthy Lifestyle Challenge.

The Biggest Winner will be making awards (\$500, \$300, \$100) to the winners on April 2 in Heppner, Ione and Boardman and on April 3 in Irrigon.

A spokesperson from the program said, "Local food sellers and restaurateurs in each community have been supportive to the participants, making additional healthy food options available, and our thanks go out to them."

As a reminder to

community members who would like to become more active, there are several activities in the near future that would be suitable to many levels of physical ability. Saturday morning of the St. Patrick's Celebration in Heppner, walkers or runners may join the remembrance fundraiser contributing to Morrow County Home Health and Hospice. (Participants are encouraged to wear a Biggest Winner t-shirt to support a healthier Morrow County). The Frostbite Open Golf Tournament benefiting the Riverside High School scholarship fund will occur on March 30 and 31, the MS walk will take place in Heppner on April 21 and the Morrow County Health District is sponsoring the Rolling Hills Run on April 28.

Visit the Community Health Improvement Partnership website for health information and resources and physical activity calendar at <http://ohsu.edu/MCCHIP>.

## Webinars for NW wheat growers

A web-based grower-education seminar (webinar) on healthy soils, sponsored by the Idaho Wheat Commission, Oregon Wheat Commission and the Washington Grain Commission will be held Tuesday, March 13 at 7 a.m.

Ray Archuleta, a conservation agronomist with the Natural Resource Conservation Service (NRCS), will address how healthy soils save money. The webinar will last approximately one hour. Participation is simple and free. Log onto the website at <http://connect.cals.uidaho.edu/wheat> and enter your name as a participant. It requires Adobe Flash Player, which is installed on most computers.

Archuleta believes that farming for the 21st century requires producers to follow nature's template and that doing so will allow soils on the ranch or farm to function better. Healthy-functioning soils managed as an ecosystem will filtrate

water and cycle nutrients and organic material more efficiently. This webinar will teach principles on how to improve soil function so landowners can save money on petroleum-based inputs.

A second webinar will be held on Thursday, March 15, at 6:30 a.m. PDT. Juliet Marshall, Associate Professor of Agronomy and Cereals Cropping Systems at the University of Idaho, will address falling numbers, specifically looking at questions around the 2011 crop.

Wheat quality last harvest was called into question, with some varieties showing low values in the falling numbers test. In this webinar, Marshall will explore the potential causes and the methods producers may be able to use to reduce the discounts associated with the expression of low-falling numbers.

Both webinars will be recorded and made available at [www.idahowheat.org](http://www.idahowheat.org).

# CHECK OUT THESE GREAT REAL ESTATE DEALS

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**New Listing!**



**\$89,000**

Hard to find small acreage close to town. Fenced and small barn for animals and garden space. Has good metal roof, foundation and double paned windows.

### Affordable Building Lots Available!

\$8,500 - \$10,500 - \$11,500 - \$14,500 - \$15,000 - \$17,500 - \$22,500

.84 acre to 5.95 acre lots in Emert Addition #2 Ione. Utilities include - phone, water, power, septic approved. Ready to move in




See [sykesrealestate.net](http://sykesrealestate.net) for map of all available lots

**New Listing!**



**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. **\$50,000**

### 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**

### Home with acreage!



**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**

**\$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.

### 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**

**\$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.

**\$116,000**



**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.

**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.

**Price Reduction! \$125,000**



**2 bedroom 2 bath in Heppner** This nice 2007 Mariatt 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.

**\$339,000**



**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.

**\$25,000**



**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.

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Information deemed correct not guaranteed



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