

PUBLIC MEETINGS

Wed., June 17 - Morrow County Court, Courthouse, Heppner, 10 a.m.; Pioneer Memorial Hospital Board, Hospital, Heppner, 9:30 a.m.
 Mon., June 22 - Heppner Fire Dept., Fire Hall, Heppner, 7:30 p.m.
 Wed., June 24 - Heppner Public Library Board, Library, Heppner, 8 p.m.; Morrow County Court, County Building, Irrigon, 10 a.m.
 Mon., June 29 - Morrow County Planning Commission, Courthouse, Heppner, 7:30 p.m.; Heppner Fire Dept., Fire Hall, Heppner, 7:30 p.m.

Medical Meanderings Vasectomy

By Glenn W. Morgan, M.D.,
Philomath Family Medicine, P.C.

As family size has decreased since the 1950's, methods of permanent sterilization have become popular. These include tubal ligation (the "band-aid" operation) in women, and vasectomy in men. This will be the first of two articles discussing these procedures.

Between 500,000 and a million men have vasectomies each year in the United States. Many men feel that since their wives have had the babies, taken the pills, had the IUDs, diaphragms, etc., the men should begin to share some of the responsibility for family planning. Vasectomy is then an easy choice. It also makes sense because it is safer, much less expensive and usually less uncomfortable than tubal ligation.

Vasectomy isn't for everyone, though. It should only be done if both partners are sure they will never want to have children in the future. It is permanent. I recently saw a newly married couple who were talking about vasectomy because they were afraid of potential side effects of the pill. They weren't even sure they didn't want children. Couples who aren't sure, or who are having marital problems should not consider vasectomy. A lot can change in a few years, especially in a poor marriage.

Some men who have a strong "macho" self-concept probably shouldn't consider vasectomy. They feel that fertility is a part of the manliness and could be affected psychologically if infertile.

Recent studies on monkeys indicate that vasectomy may increase the risk of heart and blood vessel disease. However, this has never been shown in people. Nevertheless, men who are at great risk of developing heart disease might want to avoid vasectomy. Risk factors for heart disease include smoking cigarettes, high blood cholesterol, strong history of heart disease in the family, diabetes, and untreated high blood pressure.

One point about vasectomy should be emphasized. It does not change male sex hormones. It doesn't cause men to lose their sex drive, sing soprano or frequent gay bars. It does nothing to the erections. Sexual functioning remains unchanged after vasectomy. In fact, sexual enjoyment often is improved in both partners. There is no longer any hassle with foams, condoms or diaphragms, and neither partner has to worry about pregnancy.

The procedure itself is simple. It is done in the doctor's office, often on a Friday afternoon so the man can be at work on Monday without losing time. A small amount of local anesthetic is injected into the skin of the scrotum, causing a mild burning sensation for a few seconds. Once everything is numb, a small incision about an inch long is made on the skin and the cord is tied and cut. The same procedure is done on the other side, and then the two incisions are sutured. The whole thing takes about 30-45 minutes.

There is usually a dull pain after the anesthetic wears off, but this is not severe and pain medicines can be taken if needed. It is best to avoid vigorous activity for a couple of days and intercourse for a week. It usually takes about a dozen ejaculations to free the cord of sperm cells, so some type of birth control is needed for 6 to 8 weeks. One or two semen samples are then examined to be sure no sperm are present.

Complications of vasectomy are uncommon. Bleeding can occur inside the scrotum, but this is less likely to occur if the man keeps an ice pack on the scrotum for several hours after the procedure. Infection of the incision can occur, but is rare. A small bump can form at the end of the cut cord which can sometimes be tender. Usually the worst part of the whole procedure is worrying about it beforehand. Most men are surprised that it is so easy.

A new operation is being done to repair cut ends of the cords for those people who later change their minds. This can restore fertility in at least 60 percent of cases. It is expensive, and people shouldn't have a vasectomy with the thought that this can be done at a later time.

If you have questions about vasectomy, contact your family doctor.

Ladies' Fun Day makes for interesting play

The ladies of Willow Creek Country Club hosted new and prospective golfers at the annual Fun Day Scramble Tournament June 9. Hostesses for the event were Bev Wilson, ladies' club president, and Marilyn Bigelow, vice-president. They were assisted by Wanda Willis. A salad luncheon was provided by club members.

Much of the play was according to normal golf rules, but a few obstacles were thrown in to make things interesting. The favorites seemed to be putting a golf ball that was inside a balloon, teeing off from a bleach jug, hitting the infamous tree by the No. 7 fairway, and teeing off blindfolded.

Wheat Commission sets \$1 million '81-82 budget

The Oregon Wheat Commission at their annual budget hearing, June 12, established the 1981-82 budget at \$1,180,012.00.

"This figure represents the largest budget in the history of the Commission," reports the Administrator, Ivan Packard. "It is a result, Packard said, from an expected large crop, and the one-cent per bushel increase in wheat assessments to the grower." At the request of wheat growers, the 1981 legislature recently passed a bill increasing the grower assessment from one to two-cents per bushel, beginning with this year's crop. All of the funds are administered by the Wheat Commission for production research projects, market development activities, freight rate studies, and public information and education.

"The largest grant, Packard continued, will go to the Oregon Wheat Growers League, under a performance contract, to carry out various functions for the commission."

Oregon State University will receive \$175,562.00 for various wheat research projects which will be conducted throughout the state. "Development of new wheat varieties with higher yielding qualities and disease resistance is a big part of the research program," Packard said.

The next largest grant will go to the U.S. Wheat Associates, on market development projects for white wheat around the world.

"Middle East countries like our white wheat, Packard stated, so we hope projects can be directed to include more of our product."

Several other projects are jointly funded in cooperation with the Idaho and Washington Wheat Commissions. Those include, two Chinese scientists at Oregon State University and an Iranian scientist and Japanese miller at Washington State University.

Other allocations are earmarked for flat bread promotion, information on chemical uses, and Oregon's share to

help construct a noodle plant in the Peoples Republic of China.

"An unallocated project fund is also established, Packard said, to be used for unexpected projects during the year."

The team winning low gross was Judy Aaron, Kay Anderson, Marcia Anderson, Betty Christman, and Pat Edmundson. The 2nd place team was Marilyn Bigelow, Kathryn Lindstrom, Marie McQuarrie, Eddi Skow and Glenna Turley.

Pat Edmundson won KP on No. 4, Marcia Anderson had the longest drive from the fire tee-off, and Barbara Cuisforth had the longest one-handed drive.

The ladies will host women from Pendleton, Willow Run, and McNary at a visitation June 23. On June 30 women from Condon, Kinzua Hills, and Echo will play at the Willow Creek course.

Men's Medal Play tourney held June 14

The Men's Medal Play Tournament was held June 14 at Willow Creek Country Club with John Edmundson gaining championship honors with three fine rounds of 32-30-29. Twenty men participated in the tournament. Trophies to winners will be awarded at the annual meeting.

First flight winners were: 1st - George Koffler; 2nd - C.C. Carmichael; and 3rd - Elmer Palmer. Harold Kerr won KP. George Koffler and John Edmundson tied for long drive, and John Edmundson had least putts.

Second flight winners were: 1st - John Bover; 2nd - Gary Walkins; and 3rd - Ted Toll. Ted Toll also won KP, and Barry Munkers won both long drive and least putts.

Third flight winners were: 1st - Ed Gunderson; 2nd - Dean Wright; and 3rd - Duane Neiffer. Dean Wright won KP and long drive, and Duane



A sheet of fabric softener in the wastebasket helps give a room a nice soft smell in a hurry.

BMCC Music students honored

Music students at Blue Mountain Community College were recently honored with end-of-the-year awards announced by David Miller, vocal music instructor, and John Weddle, instrumental music instructor.

Jazz Band members voted Dena Edward, Hermiston, as their most versatile musician. Dave Bondurant, also of Hermiston, was named the most improved musician.

Best vocalist award for a Jazz Band member went to Denise Owen, Pilot Rock. Other top awards were given to: Matt Singrey, Pendleton, top brass player; Terry Pol-

lock, Hermiston, top reed player; Ed Lincoln, Pendleton, top rhythm player; and Dave Chorazy, Pendleton, best soloist.

In the vocal music area, Mark Knowles, Pendleton, was named male vocalist of the year and won the director's award. Debbie Lincoln, Hermiston, took outstanding woman singer honors and was named most inspirational. She also received the director's award.

Other vocal music awards included: Paul Vorvick, Pendleton, outstanding instrumentalists; and Jojean Stevens, Heppner, most improved.

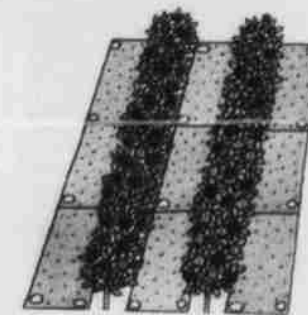


Neighbors who garden together, usually grow together. Last year, about two million Americans gardened on about one million community lots. Not only does gardening provide a satisfying and profitable use of your time, but it keeps you in touch with the wonders of nature.

Mulching, or using a protective covering on your soil, helps it retain moisture.

A good idea is to use a heavyweight trash bag, such as "Glad" and cut it into long thin strips. Place between plant rows and anchor with rocks. Punch holes in the strips to allow moisture in.

The best time to prune a hedge is when the young shoots are nearing the completion of their growth. With many hedges, one trimming in spring is sufficient; with others, a second trimming can be necessary in late summer.



Perfect Gifts for Perfect Pops!

FLOWER ARRANGEMENTS

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Irrigon woman passes LPN exam

The Oregon State Board of Nursing announced today that 135 candidates, including Vicki L. Keni, Irrigon, a Mt. Hood Community College graduate, passed the licensed practical nurse licensing examination administered April 14.

All successful candidates have been issued an Oregon L.P.N. license and therefore accorded all the rights and privileges of the title: licensed practical nurse.

The majority of the newly licensed nurses are graduates of Oregon schools.

Welcome to the
ELKS ANNUAL POTLUCK PICNIC

Sunday, June 21
Cutsforth Park
Horseshoes
Refreshments

"Fun and Games For All"
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MANY, MANY MORE ITEMS FOR FATHER'S DAY

P.O. Box 205
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SQUELIN PIG DAYS CONTEST WINNERS

CORRECT WEIGHT - 209 lbs. 12 oz.

FIRST CHRIS KEEN 210 lbs.
JUDY GROSHENS 209 lbs.
THIRD MIKE ROWELL 208 lbs. 3 oz.

Tires LES SCHWAB

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