

# Three lone tracksters qualify for state Cardinal's tennis season comes to a halt with a double fault



photo by Dick Snider

Distance runner Mike Douglas broke school records in the 1,500 and 3,000 meters at the district meet.

By ASHLEY CONKLIN

In the District 7-A Track Meet held Friday and Saturday, May 6 and 7, the lone

tracksters qualified three for the state track meet as they finished with 70 points for third place. Wahtonka of The

Dalles won the meet for the boys with 109 points followed by Helix scoring 75.

Denny Starr advanced winning the discus and javelin with throws of 135'6" and 159'9". High jumping six feet, Tim Patton placed second. Also advancing and qualifying was Don Taylor, who ran 0:15.9 in the 110-meter high hurdles. He placed third but met the state qualifying mark.

The 1,600-meter relay team of Starr, Mark Meyers, Darrin Padberg and Brian Douglas ran 3:51.8 for fifth.

The 400-meter relay team of Meyers, Taylor, Craig Hams and Patton also took fifth.

Patton was fourth at 100 meters running :11.8. At 200 meters he was sixth running :24.2.

Taylor was third in the 300-meter intermediate hurdles running :4.30 and he ran in the preliminary 100.

Distance runner Mike Douglas ran for sixth in the 1,500 meters and ran for fourth in the 3,000 meters. Both were school records.

Placing third in the pole vault was Randy McCabe. He vaulted 10 feet and was beaten on misses. Tossing the discus 110'11", he was just short of placing, and triple jumping 36'32", he just missed the finals.

Another triple jumper Craig Hams, was fifth leaping 38'11". He went 20'3" in the long jump, good for fourth. He also heaved the javelin.

Darrin Padberg cleared 9'6" for fourth place pole vaulting. In the high hurdles he was short of qualifying for the finals.

Shot putter Don Doherty made it to the finals, but did not place.

Runner Mark Meyers was clocked in 2:15.8 for the 800. He, too, was short of placing.

Thrower Scott Barnett hurled the discus 92'2", put the shot and threw the javelin well.

Brian Douglas ran the 1,500 meters, the preliminary 300 intermediates and the preliminary 800 meters.

Sprinter Howard Leavitt had to withdraw from competition due to a leg injury.

Denny Starr, Tim Patton and Don Taylor will go to Lewis and Clark College in Portland for the state track meet, May 13 and 14. Friday's events begin at 12:30 p.m. and Saturday's begin at 12 noon.

Boys' team scores were as follows: Wahtonka 109, Helix 75, Ione 70, Sherman County 56, Riverside 49, Umatilla 43, Arlington 27, Echo and Pilot Rock 22, Heppner 21, Wheeler County 12, Condon 10, Stanfield four, Dufur, Wasco County and Weston-McEwen no points.

## Cardinal's tennis season comes to a halt with a double fault

By CRAIG GUTIERREZ

The lone Cardinals' tennis season came to a halt with a big double fault, for both teams, with no one advancing to the state tennis tournament in Roseburg.

Thursday's matches, scheduled for all day, were postponed until the following day due to rain. Because the sky was threatening to wet the courts all day Friday also, the tournament was turned to Tri-Cities, Wash. The girls tourney was held at the Tri-City Racquet Club in Kennewick and the Boys' was held at the Columbia Basin Racquet Club in Richland.

Eric Pointer was eliminated in the first round on Friday as Buddy Orment of Arlington defeated him 1-6, 0-6. Eric ended his season with a very good record and gained a lot of experience that will be put to use in his three remaining years.

Roger Childers and Jeff Ball had a bad day and were eliminated in their first match. The team was seeded fourth and had a bye in the first round and were defeated by Pattee and McKinney with a score of 1-6, 6-3, 4-6.

Sharon Crowell did very well her first match as she advanced to the second round defeating Shelly Larson of Pilot Rock 6-3, 6-0. Sharon's success in the first round, however, didn't carry over to the next as she was defeated by Julie Anspach of Mac Hi, Milton-Freewater, 1-6, 0-6.

Craig Gutierrez didn't advance as far as expected but did make it to the semi-finals. Gutierrez defeated Wade Tiller from Helix High

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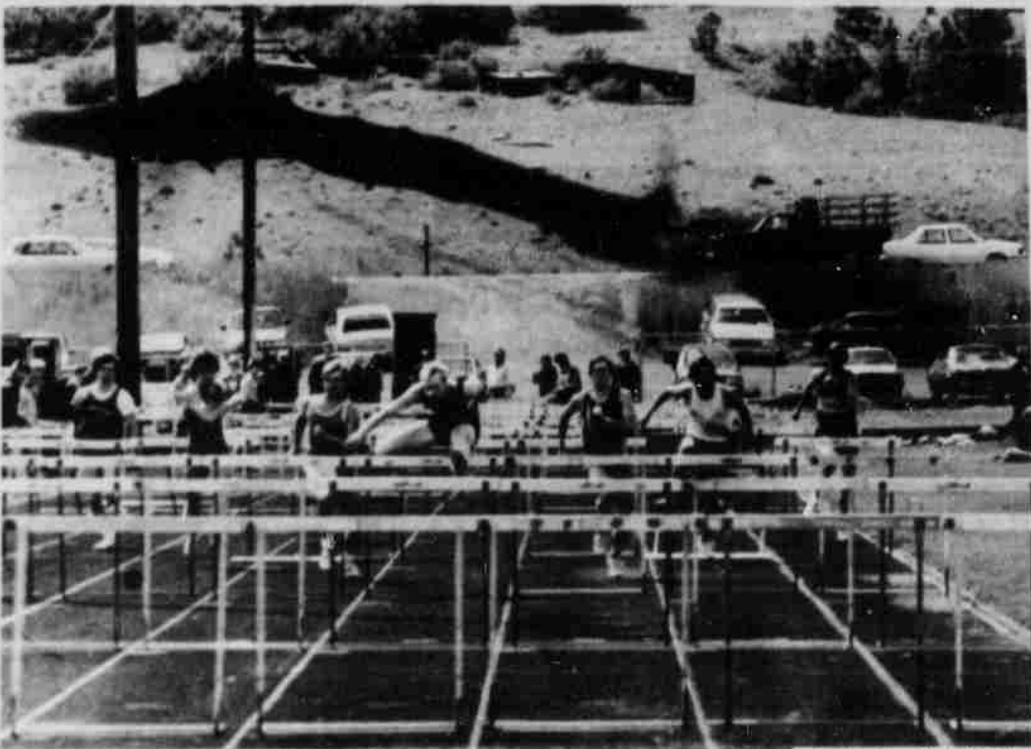


photo by Dick Snider

Hurdler Don Taylor (third from right) qualifies for state in the 110-meter high hurdles.

## HHS senior receives national award



By MARLENE CURRIN  
Publicity Chairman  
Morrow Co. CowBelles

(Editor's note: The following article, "Red Meat and Health," by Heather Smith Thomas, is reprinted from the January, 1983 "Nautilus Magazine." The following is part II of the article.)

The United States Achievement Academy has announced that Wesley V. Marlatt, Jr. of Heppner has been named a 1983 United States National Award winner in football.

"This award is a prestigious honor very few students can ever hope to attain. In fact, the academy recognizes less than 10 percent of all American high school students," said an academy spokesperson.

Marlatt, a Heppner High School senior, was nominated for this national award by HHS football coach Lester Payne. His name will appear in the United States Achievement Academy Official Yearbook, which is published nationally, the spokesperson said.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors or other school sponsors and upon the standards of selection set by the academy. The criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability, and recommendation from a teacher or director.

He is the son of Wesley and Wilma Marlatt of Heppner. His grandparents are Sally Marlatt of Heppner and Bruce Bothwell of The Dalles.

"Red Meat and Health" by Heather Smith Thomas has been an eye opener for many of the CowBelles. I have written about her article once and would very much like to continue.

Several studies have been conducted at various universities, studies in which some people were put on high cholesterol diets, and results have shown no significant buildup of serum cholesterol levels in the people eating large amounts of cholesterol-rich foods. Most people have the ability to handle extra cholesterol in the diet. The conclusions that are merging in the scientific world are that diet is not a significant factor in heart disease and that cholesterol-lowering diets have not prevented heart disease deaths.

Research emphasis is now shifting to identify the differences between people in how their bodies handle, transport and dispose of cholesterol and other fatty substances which the body itself produces — a study of lipid metabolism and the roles of high density and low density lipoproteins. An interaction among stress, exercise, heredity and other factors might enter into the

picture. For instance, women, slim people, non-smokers, moderate drinkers, and joggers have more high-density lipoproteins (HDL), which is a beneficial factor in the transporting and disposing of excess cholesterol than do men, obese people, smokers, non-drinkers and sedentary people. This latter group has more heart attacks.

Many researchers are concluding that physical fitness and non-smoking are far more important than diet in preventing heart disease. Dr. George Mann, a Vanderbilt University scientist well known for his research on diet-health relationships, points out various populations around the world who live on diets that the American Heart Association would call "dangerous" because of the high level of animal fats consumed, but who have no cholesterol problems and no heart attacks. One difference is that these people are more physically active than the average American. In Dr. Mann's words, "The hypothesis that saturated fats and cholesterol cause coronary heart disease — a proposal raised in 1950 on shaky evidence — has been repeatedly tested and found wrong."

The old theory has been

pretty well laid to rest by the scientific world, but the general public — along with food faddists and some pseudo-nutritionists — are still worried about consuming too many animal fats. As a rule, Americans need to watch their weight, not their cholesterol intake. We're consuming too many total calories. Over the long haul, this can be much more detrimental to health than our consumption of animal fats.

Indeed, by maligning animal products and cutting them out or reducing the amounts we use, we may be doing ourselves more harm than good. The polyunsaturated fats and oils we have substituted for animal products contain chemically altered bonds called trans-fatty acids, and recent research has shown that these unnatural fatty acids affect the function of cell membranes, allowing cancer-causing agents easier penetration through cell walls. Substituting processed vegetable fats for natural animal fats in the diet may subject a person to an unusually high dose of a cancer-related substance. A University of Maryland study indicated that if there is any relationship at all between dietary fat and can-

cer it is processed vegetable fat and that processed vegetable fat should be more carefully investigated. Research at Pennsylvania State University, the University of Kansas, Purdue University, the University of California-Davis and elsewhere has shown that polyunsaturates may be toxic and could impair growth, produce tumors and speed up cell deterioration. By substituting processed vegetable fats for natural animal fat, we may be kidding ourselves.

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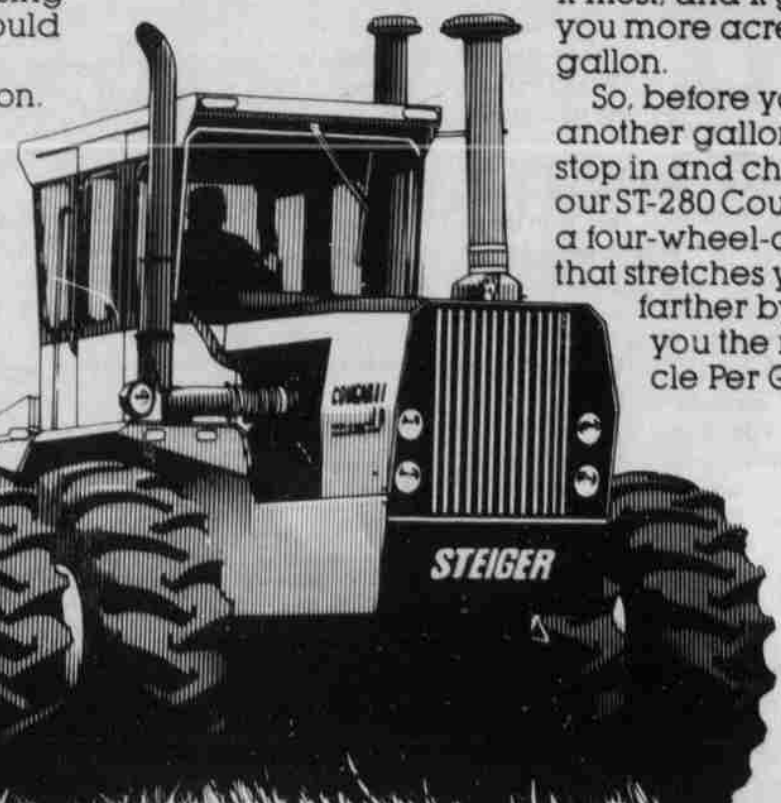
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