

## Many students recognized at IHS awards night



Mark Meyers (L), Craig Gutierrez, Tim Patton and Denny Starr receive National Honor Society awards from Darrel Wilson during an awards ceremony May 24.

By ASHLEY CONKLIN

Ione High School held its annual awards night on Tuesday, May 24, and it was a very successful evening for the students and community of Ione.

Gordon Meyers opened the evening by presenting track awards to seniors Don Taylor, Denny Starr and Tim Patton; juniors Darrin Padberg, Scott Barnett, Howard Leavitt, Craig Hams and Mike Douglas; sophomores Don Doherty, Mark Meyers and Randy McCabe; and freshman Brian Douglas. Looking back on the season, Coach Meyers had these comments, "We had a very successful season, being in the top three at every meet but one, besides winning all the Tuesday meets we attended. Five school records were broken and we sent three people to state. Two of them placing there."

Barbara Stefani then presented tennis awards to Craig Gutierrez, Sharon Crowell, Roger Childers, Jeff Ball and Eric Pointer. Ball, a sophomore, and Pointer, a freshman, will be the only returnees next year.

Principal Chuck Starr presented student council awards to President Don Taylor, Vice-President Andy Roberts, Secretary-Treasurer Denny Starr and Assistant Secretary-Treasurer Darrin Padberg. Roberts will be next year's president and Don Doherty will be vice-president. Padberg will move up to secretary treasurer. Randy McCabe will be his assistant. Troy Lindstrom was then given an award for dressing up as the Cardinal at basketball games for cheerleading purposes.

Roger Childers was awarded the outstanding musician award by director Dave Sime. Don Doherty and Brian Douglas received awards for finishing second and third respectively in radio broadcasting at the Blue Mountain Community College Skills Contest.

Getting attendance awards were Mark Meyers, Denny Starr and Tim Patton. Meyers missed two and one-half days of school this year, Starr and Patton one and one-half. Starr was given another award for missing just 12 and one-half days over four years.

Receiving the "I Dare You" awards for their leadership skills were Andy Roberts and Howard Leavitt.

Eric Pointer and Roger Childers got awards for placing first and second respectively in the "Brain Drain."

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The Voice of Democracy awards sponsored by the Veterans of Foreign Wars were given to Vince McElligott (third place), Mark Meyers (second place) and Denny Starr (first place). Starr received a \$50 savings bond for this effort.

Citizenship awards went to Starr and Craig Gutierrez. The William S. Gates memorial senior athlete award went to Tim Patton and Denny Starr.

Honor Society awards went to seniors Starr, Gutierrez, Patton and new member Mark Meyers.

Business awards were given out by Mr. Bob Deeter. Accounting II awards were given to Sharon Crowell, Vince McElligott and Darla Anglin. Jeff Ball and Darrin Padberg were given awards for Accounting I for tying for second at the skills contest, Eric Pointer, who placed third at the contest in typing, also received an award.

Earning awards for placing second at the recent Morrow County computer contest were the teams of Tim Patton-Denny Starr, Mike Douglas-Craig Gutierrez and Eric Pointer-Dennis Papineau.

Ionian awards for working on the annual went to editor Vince McElligott, assistant editor Dennis Papineau and

staff members Roger Childers, Deena Hams and Patty McElligott.

Denny Starr received the outstanding student award and the chemistry award which is sponsored by the American Chemical Society. He also won the outstanding math student award. Mike Douglas received an award for placing second in geometry at the skills contest and Eric Pointer received one for placing third in algebra I.

Student of the Month winners were: Craig Gutierrez, Denny Starr, Eric Pointer, Howard Leavitt, Darla Anglin and Roger Childers.

In Arc Welding, Scott Barnett and Roger Morter were award winners. For placing third with a unique design at the skills contest for their catapult were Roger Morter, Andy Roberts, Randy McCabe, Dennis Papineau and Mike Douglas.

Spelling contest winners were: Division II (Grades seven through nine) Eric Pointer, first and Mike Rietmann and Brian Douglas tied for second; Division III (Grades 10-12) Denny Starr, first and Don Doherty and Mike Douglas tied for second. At the district contest, Pointer and Starr placed second in their respective divisions.



By MARLENE CURRIN  
Publicity Chairman  
Morrow Co. CowBelles

This is the final portion of the reprinted article, "Red Meat and Health" by Heather Smith Thomas. I've become aware of some interesting facts by reporting this article. I hope you have found it informative.

The Food and Nutrition Board of the National Academy of Sciences feels that obesity is America's number one nutrition and health problem. Other scientists and nu-

tritionists agree. Dr. Philip White of the American Medical Association, in speaking of the government's controversial 'Dietary Guidelines'

which recommends reduction of meat and animal fats in the diet as a way to reduce risk of cancer and heart disease says, "We have a government greatly preoccupied with the role of diet in degenerative diseases, namely obesity and physical inactivity." Lowering our meat consumption would merely cut down our nutrition without improving our health: our biggest single

problem is over-consumption of calories.

Red meat in our diets is vital to health. The human digestive tract and dietary needs

## Lexington news

Delpha Jones 989-8189

Mr. and Mrs. Ernie McCabe of Heppner, Ruth McCabe of Ione and Mr. and Mrs. C.C. Jones were among those attending the 50th wedding anniversary celebration for Mr. and Mrs. Alonzo Henderson of Hood River. Mr. and Mrs. Henderson were married June 14, 1933, and lived in Lexington until the 1970s. When residents of Lexington, Mr. and Mrs. Henderson ran the Henderson Garage until he and his wife (the former LaVerne White) moved to the Claude White Ranch. It was upon retirement they moved to Hood River where their sons Larry and Laddie were in business.

Hosts for the day were their sons and grandsons and a daughter and her husband, Mr. and Mrs. Don McTavish and children of Gresham.

Franklin Messenger spent several days last week at the home of his parents, Mr. and Mrs. T.E. Messenger.

Visitors at the Erda Pieper home have been Mr. and Mrs. Darrel Dick and children Debra, Trevor and Devonna; and Jodi Jones and Rick Pieper of Hood River; Mrs. Earl Hall; and Mr. and Mrs. Phillips Lake where they enjoyed some fishing. They motored to Portland on Sun-

### Ione couple has family home for holiday

The Memorial Day Weekend saw the gathering of the children, grandchildren and great-grandchildren of Clarence and Lu McIntosh at their home in Ione.

It was the first time in over six years that the McIntoshes and their son, Eldon, and daughters Abbie and Sandra had spent a holiday together. Her youngest daughter, Sandra Whipple, came from Bethel, Alaska to surprise her parents and son, Kevin Atrim, who recently returned from the Army in Germany.

evolved over millions of years of meat-eating. Yet today some people are suddenly turning their backs on those millions of years' development and ignoring our need for this very important source of basic human nutritional requirements.

Lack of high quality protein lowers a person's resistance to disease and reduces his ability to work. People on vegetarian diets usually have to take mineral and vitamin supplements. It's easier and cheaper to get these important food elements naturally. Red meat has been called the original "health food" because it contains so many natural ingredients essential to life and good health. Health and fitness are best served by eating a balanced diet, one containing animal products.

Mr. and Mrs. Joe Yocom left last Thursday for Wyoming where they attended the wedding of their son, Jack. Their daughter Debra Jones, and her family of Hermiston spent several days at their home last week.

Mr. and Mrs. Charles Buchanan spent several days at Phillips Lake where they enjoyed some fishing. They motored to Portland on Sunday where they were business visitors returning this week.

Virginia Peck and Delpha Jones were visitors at Sans Souci Rebekah Lodge in Heppner on Friday evening where they reported on the activities at the Rebekah Assembly held in Seaside. It was reported that Donna Fortenberry has been appointed fraternal press chairman for the year 1983-84 under Una Makin. She has also been recommended as district deputy president. Lovely refreshments were served by Freda Slocum.

Vacation Bible School dates at Lexington Christian Church have been changed and the new schedule will be announced at a later date.

Those present were Eldon and Laverne McIntosh, Newberg; Jim and Judy McIntosh and Aaron and Eric, Troutdale; Marty and Terry McIntosh, Katie, Stephanie and Craig of Newberg; Maria and Bob Johnson, Tammy and Shane, Milwaukie; Abbie and Bob Ward, Jeff, Lori and Jennifer of Dallas; Jacques and Jeff Moore, Kim, Carrie and Rebecca of Newberg; Robin and Robert McGovern, Harmony and Jordon of Sandy; Sandra Whipple and Kevin Antrim of Bethel, Alaska; and a niece, Betty Mount of Salem, for a total of 34 people.

## Don't let ticks spoil summer fun

After a camping trip, hike in the mountains, or a picnic in the woods, it's a wise idea to check yourself and children for ticks. Ticks are blood-sucking insects that are usually parasitic on humans and other animals, and may carry diseases and transmit them to their hosts. The pests average one-fourth of an inch long and are wingless.

Two of the diseases that ticks can transmit to a host are Rocky Mountain Spotted Fever and Colorado Tick Fever. The symptoms are very different. However, the only way to diagnose one disease from the other is through a lab test.

Morrow County Public Health Nurse Pat Wright lists the symptoms of Rocky Mountain Spotted Fever to look for: severe headache, chills, exhaustion, muscle pain, abdominal pain, fever of 103 to 104 degrees F., localized tissue inflammation at the site of the bite, nausea and vomiting, and/or measles-like rash. The disease is caused by insects infected with reiketsiae. The incubation period averages seven days, but may vary from three to 12 days, Wright says.

The fatality rate of the disease increases with age. Untreated patients may develop complications such as pneumonia, circulatory failure and possible brain, liver and heart damage, she said.

Unlike Rocky Mountain Spotted Fever, Colorado Tick Fever is caused by a virus and is not treatable with antibiotic therapy, says Dr. Paul Williams, public health veterinarian at the Health Division of the Department of Human Resources in Portland, and the disease poses no real health threat. However, he stresses, the only way to tell the difference between the two is through laboratory diagnosis.

Describing the symptoms of Colorado Tick Fever, Dr. Williams relates that the onset is sudden and the victim may feel achy, have a fever, muscle pain, pain in the joints, backache, and in children, nausea and vomiting may occur. A rash is uncommon, but a "spotty" or spreading rash has been noted in a small number of cases.

One distinguishing factor between the two diseases is that when a person becomes ill with Rocky Mountain Spotted Fever, he stays sick, Dr. Williams says. If infected with Colorado Tick Fever, the victim will become ill for two to three days, then symptoms will disappear and he will feel better for several days. A second onset of symptoms will then occur and last from two to four days, he said.

He said only one Colorado Tick Fever related death has been recorded, while the fatality rate for Rocky Mountain Spotted Fever runs from 15 to 20 percent in patients who don't seek treatment, and from four to six percent in those who are treated.

There is no way to tell from an imbedded tick which disease may be transmitted from it as the same type of tick can carry either disease.

Mrs. Wright gives the following instructions for removing a tick: 1. Do not pull, tear or crush the tick. 2. Apply turpentine, vaseline, rubbing or drinking alcohol or any heavy oil to the tick. 3. If the

tick does not remove itself within 30 minutes, carefully remove all parts of the tick with a tweezer by twisting counter-clockwise. (Do not use fingers.) 4. Scrub area with soap and water for five minutes. 5. Search entire body for other possible sites.

Dr. Williams says that 90 percent of Rocky Mountain Spotted Fever cases occur on the southeastern seaboard, and the disease is considered rare in the West. Colorado Tick Fever, however, is common in the West, and in Oregon, is seen most often on the eastern side of the state.

"If you have reason to believe you have been exposed or bitten, consult your physician as soon as possible because without treatment it (Rocky Mountain Spotted Fever) can be fatal," Mrs. Wright warns.

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