

Candidates forum draws good turnout



Ken Turner (l) visits with State Senate District 28 candidate Wes Cooley

The candidates' forum, held Tuesday night, drew an audience of over 60 people and featured local and district candidates.

Attending were Senate District 28 candidates Wes Cooley and his opponent Wayne Fawbush; candidates for Morrow County Judge

Louis Carlson and Ann Spicer; county commissioner candidates Don McElligott and Ed Glenn; district judge candidates Jeff Wallace and Peter Fels; and District 59 State Representative candidates Steve Uffleman and

Michael Payne.

Brok Tucker spoke on behalf of candidate for secretary of state Randy Miller. Moderator was Dick Temple.

The forum was sponsored by the Heppner Chamber of Commerce.

Reno Night proceeds help benefit HHS sports programs

The Heppner High School Booster Club is hoping for a big turnout for their annual Reno Night Oct. 17 beginning at 7 p.m. at the Heppner Elks.

This year, the club is helping fund the lighting system for the Heppner High School football field, located at the Morrow County Fairgrounds. The lights and a new scoreboard will be installed in time for the HHS homecoming game on Oct. 23.

The Booster Club also presents four \$200 scholarships every year; has bought flags for the dance team and pom poms for the cheerleaders; puts on the homecoming breakfast; bought volleyball trophies and nets; and helps out by packing lunches for

kids who go to the district playoffs. They are also working on buying a camcorder for the high school.

Reno Night is the club's main fund raiser. Auction items include OSU-Stanford football tickets for OSU's Oct 24 homecoming game; an autographed Alabama shirt; and autographed Reba McEntire videotape; Tri-City American hockey game tickets; Tri-City Chinook basketball tickets; original paintings and \$100 worth of gas.

Reno Night organizer Susan Johnston says that there will be in addition to gambling, a lot of items available at the country Store, a balloon dart throw game for prizes, and a 1/2 beef raffle.

Health focus group to meet

Members of the "Focus On Health" group will meet Oct. 20 at 10:30 a.m. at the St. Patrick's Senior Center to finalize plans for an upcoming nutritious low fat, high fiber potluck luncheon. The luncheon is complete with recipes, helpful hints and information on home health.

Molly Rhea, director of Home Health, will speak at the potluck which will be held on Tuesday,

Oct. 27 at noon at the senior center. Recipes at the luncheon may be purchased with each 10 cent donation. The money will be used to help purchase medical supplies.

Persons interested in participating, cooking and sampling may pick up copies of suggested recipes at the senior center or from one of the group members after Oct. 20.

Baptism planned at All Saints

The Rev Bruce Spencer will celebrate Holy Communion on Sunday, Oct. 11 at 10:30 a.m. at All Saints Episcopal Church.

The sacrament of baptism will be administered by Father Spencer for Kellee Ruth Suzanne Jones, infant daughter of Michael and Robin Jones.

Fair committee plans meeting

A meeting of all Morrow County Fair open class superintendents has been scheduled for Monday, Oct. 12 at 1 p.m. at the fair annex building.

The fair committee is again asking for your help in selecting the Fair Theme for 1993.

Send suggestions to the Morrow County Fair office in Heppner by Oct. 23.

Lutheran churches schedule services

Sunday, Oct. 10 pastor Stan Hoobing will preach on the theme "Prayer and Politics" based on the reading of I Timothy 2: 1-8.

Service at the Valby Lutheran church will begin at 9 a.m. with the adult Bible class meeting at 8:15 a.m. Saturday school will be Oct. 10 from 10-11:30 a.m. There will be singing, Bible stories and arts and crafts.

Hope Lutheran church will begin worship service at 11 a.m. Parents of youth in seventh through twelfth grade will meet after church to discuss plans for reformation of the youth group.

Health Department schedules flu clinics

The Morrow County Health Department has scheduled the following influenza vaccine clinics:

Wednesday, Oct. 14 and 28 at the Heppner Senior Center, 11 a.m. to noon;

Thursday, Oct. 15, Heppner Health office, 8:30 a.m. to 7 p.m.;

Tuesday, Oct. 20 Boardman City Hall 1:30 to 7 p.m.;

Wednesday, Oct. 21, Ione city hall 4 to 7 p.m.;

Tuesday, Oct. 27, County office building, Irrigon, 1 to 7 p.m. Flu shots are \$5 each.

According to information released by the health department, those needing influenza vaccine include persons at elevated risk of the flu. Those 65 years of age or older; residents of nursing homes and other chronic-care facilities; adults and children with chronic chest or

heart diseases, including children with asthma, and adults with emphysema and chronic obstructive pulmonary disease; adults and children treated for chronic diseases during the past year, as an inpatient or outpatient and children and teenagers (six months to 18 years of age) who are on long-term aspirin treatment.

Persons at elevated risk of transmitting influenza to high-risk persons are also advised to obtain a flu vaccination: health care personnel in inpatient or outpatient facilities; employees of health care facilities for elderly; providers of home care; and household members.

Persons at elevated risk of pneumococcal infections are advised to also get pneumococcal vaccine: persons 65 years of age or older; patients lacking a spleen or with diseases affecting the

spleen, such as sickle cell disease; persons with chronic illnesses affecting the heart, liver or kidneys; patients with other chronic conditions such as diabetes or impaired resistance to infections, including pneumonia, emphysema and chronic obstructive pulmonary disease.

Vaccines can be given at the same time (at a different site) without any increase in side effects or reduction in protection against infection.

Influenza vaccine may be obtained through your physician, hospital or clinic or your local health department. Pneumococcal vaccine may be obtained through your physician.

At the present time Medicare reimbursement is only available for pneumococcal vaccine while Medicaid reimbursement is available for both influenza and pneumococcal vaccine.

Aside from the inconvenience due to sickness and disrupted daily activities, these infections contribute to a striking increase in hospitalizations and deaths each year.

Deaths from pneumonia and influenza comprise the sixth leading cause of death among all Oregonians and the fifth leading cause of death among residents 50 years of age and older.

From 1979 through 1989, approximately 8,000 Oregonians died due to the effects of pneumonia and influenza. The average number of deaths each year during this interval was 727 varied from a low of 608 in 1979 to a high of 924 in 1989. There has been a steady increase in deaths during this interval in spite of immunization activities directed largely against influenza.

Influenza vaccine components are changed each year to maximize protection against prevalent viruses and since the duration of protection is usually less than six to eight months, this vaccine should be obtained on an annual basis.

Pneumococcal vaccine is usually administered only once, but revaccinations may be indicated for certain high-risk individuals.

Pneumococcal vaccine may be given at any time should you fall into a high-risk group.

Influenza vaccine should be obtained each year before the flu season. Vaccinations during October and early November should provide maximum protection against influenza in Oregon.

Red Ribbon week Oct. 24-Nov. 1

The celebration of National Red Ribbon Week, for a drug-free America will be October 24 to November 1. "Drug Free and Proud" is the theme of this year's event. On Wednesday, Oct. 28, those wearing the official "Drug Free and Proud" red ribbon will be served free coffee at designated places in the Heppner area. Heppner youth will parade down Main Street around noon on Oct. 28, demonstrating their support for a drug free society.

"Heppner Oregon Together" group is concerned not only in reduction of the amount of illegal substances used by children and adults, but also is concerned

about use of alcohol among our young," said Oregon Together convenor Stan Hoobing. A survey on binge drinking, five or more drinks at a single time, noted that among youths who drink, 43 percent of college students, 35 percent of high school seniors and 26 percent of drinking eighth graders were binge drinking. In 1989 beer marketers spent over \$808 million, wine and wine cooler marketers spent over \$115 million advertising their products and over \$820 million was spent on TV advertising alone, said Hoobing.

HHS Outdoor Club plans bottle drive

Members of the Heppner High School Outdoor Club will hold a can and bottle drive Wednesday, October 14 from 7-9 p.m. to raise money for activities. Anyone wishing to donate should leave their refundable cans and bottles on the porch between 7 and 9 p.m. if you will not be home. Please label them "Outdoor Club".

The Outdoor Club has been active since the mid 1970's and averages around 45 members. The group provides its students with alternatives to other possible teenage activities other than

drugs or alcohol.

Recently the club went on an overnight camping trip to Anthony Lakes. Other types of activities conducted by the organization include swimming, rafting and various ski trips.

The club needs community support to continue to offer affordable outings for students who may not have access to such privileges otherwise. Currently the annual membership fee is \$7.

For more information or to make a donation call the high school 676-9138.

The Morrow County Medical Board and the staff of Pioneer Memorial Hospital, Nursing Home and Clinic thank the following individuals and businesses for their support through donations for the fiscal year ending June 30, 1992.

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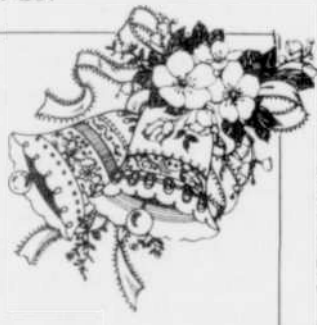
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