

Pharmacy & Your Health

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Congratulations Mustangs On State Championship Win!!

Medicine Approved for Prostate Enlargement

The U.S. Food and Drug Administration (FDA) recently approved finasteride (Proscar) for the symptomatic relief of benign enlargement (hyperplasia) of the prostate, a condition which affects approximately 60 percent of all men over the age of 50. Finasteride, which is not for use in women or children, is the first drug specifically approved by the FDA for prostate enlargement.

Benign prostatic hyperplasia (BPH) tends to occur slowly and is thought to be a reaction to hormonal changes associated with aging. The prostate gets larger and may block the urethra (the tube leading from the bladder to the penis). The flow of urine from the bladder may be obstructed. Symptoms of BPH include difficulty urinating, feelings of incomplete bladder emptying, and an urgency to urinate.

Enlargement of the prostate has been associated with the presence of dihydrotestosterone. Finasteride causes the prostate to shrink in size due to its ability to prevent the conversion of testosterone to dihydrotestosterone. In order for this reaction to occur, an enzyme, 5-alpha reductase, must be present. Finasteride interferes with this enzyme, thus minimizing dihydrotestosterone production. In some patients, more than six months of therapy may be required to reduce the size of an enlarged prostate and improve urine flow.

Ione Cards lost to Colton

By Anne Morter

The Ione Cardinals got an opening game reality check from the visiting Colton Vikings last Friday evening, Dec. 4, as the Vikings raced to a 61-43 victory.

Colton hit the floor with a quick moving offense and a very tough in-your-face defense to overwhelm the Cards in the early going and coast home with the win.

The Cards had just one three-point bucket in the first quarter and managed just 16 points in the first half. The ball finally began to drop for the Cards in the fourth quarter but by then it was too little and too late.

Jim Logan led the Ione scorers with 11 points. Kevin Kofstad of Colton was the game's high scorer with 25 points. Aaron Heideman paced the Cardinals re-

bounding effort with 10 boards. Logal tallied four steals and David Wagenblast had three assists in the game.

The Cards were ice cold from the floor where they hit just 16 of 56 for 29 percent. Colton shot 26 of 54 for 48 percent. At the line, Ione was nine of 15 for 60 percent and the Vikings were eight of 12 for 67 percent.

"We ran into a buzzsaw," noted coach Del LaRue. "Colton was very, very quick and they played very good in-your-face defense." He noted that the Cardinals couldn't handle the pressure and had trouble hanging onto the ball. "When we did catch it, we couldn't hit the basket," he added.

The Cardinals travel to Condon for the annual Condon Christmas Tournament this weekend.

Lutherans set

Advent services

A second in a series of mid week advent services will be held at the Valby-Hope Lutheran Parish on Wednesday and Thursday, respectively. "Yet in the Dark Streets Shineth" is the general theme. This week the congregation will visit "Nazareth" where a humble maiden will be told her part in the family of God, a family of which we all may be a part. Services begin at 7:30 p.m. with a soup and sandwich supper preceding the service at Hope at 6:30 p.m.

Saturday, Dec. 12 the Saturday school of Valby will meet at 10 a.m. to practice for their Christmas program to be presented on Sunday, Dec. 20 at 6:30 p.m. Hope Sunday school children will practice for their Christmas program at 12:30 p.m.

The Christmas program at Hope Lutheran Church will be Sunday, Dec. 13. The Sunday school program, under the direction of Vicki Broden, will present "The Christmas Story according to Matthew and Luke" at 11 a.m. A church potluck in the fellowship area will follow immediately after the program. Pastor Hoobing will conduct Bible class at Valby Lutheran church at 8:15 a.m. with worship service at 9 a.m. The sermon for the third Sunday of Advent is "Called to be Prophets" based on reading from Matthew 11:2-11.

Lady Cards fall to Vikings

By Anne Morter

The Ione Lady Cardinals made a good showing in their first outing of the season but their inexperience caught up with them in the end as they fell to the visiting Colton Vikings, 45-50 Friday night, Dec. 4.

The Cardinals led by as much as six points in the third quarter but Colton grabbed the momentum and three Ione starters were forced to the bench with five fouls, and the younger Cardinals couldn't hold off the surging Vikings.

Tanya Anderson led the Cardinal scorers with nine points, while Crystal Minster, Kim Bedortha and April Taylor each added seven. Sadie Blodgett of Colton led all scorers with 15

points.

Colton had a narrow rebounding edge, 42-40. Jamie Lovett and Bedortha each had eight boards for the Cardinals. Anderson had three steals and Taylor had two assists to lead the team. The Lady Cards made 17 of 51 from the field for a respectable 33 percent. Colton was 16 of 41 for 39 percent. The Cards struggled at the line making just 10 of 27 for 37 percent while the Vikings connected on 16 of 34 for 47 percent.

"I was pleased with the amount of points we put on the board, especially with the starters on the bench," commented coach Dana Heideman. "We got some good fast break points in the third quarter that really helped us. The turnovers in the end didn't help us though," he said.

"I was happy, said Heideman of the performance. "The kids played hard. We just need experience and that's what the preseason is all about," he added. The next outing for Ione is the Condon Christmas Tournament this Friday and Saturday, Dec. 11 and 12.

Camp Fire girls plan raffle

The Camp Fire Girls are planning a raffle of eight Home Interior gifts. Tickets may be purchased at 25 cents each or five for \$1 from now until Dec. 17. Tickets will be sold door to door by the Camp Fire Girls.

The drawing will be held on Dec. 17 and the winner will be contacted.



St. Patrick's Senior Center Bulletin Board

One hundred nineteen people braved the snow and cold to attend the senior dinner Wednesday, Dec. 2. Nine meals were taken out. The nursing home patients were unable to attend due to the icy streets. Members of the Christian Church served. Meg Murray won the meal ticket, Bob Murray the door prize and Irene Miller and Stan Foster received the guest prizes. There were seniors from Pendleton, Hermiston, Milton-Freewater, Umatilla, Stanfield, Irrigon and Boardman for dinner. The AAA advisory board met following dinner. Stan Foster and Merri Reamer of CAPECO, Julia Fowler, nutrition coordinator, Pat Holden, outreach person for Umatilla County and Corol Mitchell, OPI, all gave reports.

The menu for the Christmas dinner Dec. 16 will be baked ham with raisin sauce, potatoes, tossed green salad, vegetable tray, bread and pudding. Members of the Catholic Church will serve.

If enough people sign up the bus will go to Hermiston Friday evening Dec. 11 to the Singing Christmas Tree. Call Irene Schroeder 676-9132 for information or to put your name on the list.

Remember Monday, 10:30 a.m. Bible study; Tues. and Thurs. 10 a.m. exercise; Wednesday noon, senior meal.

There haven't been enough people to take the senior bus to the dances but several seniors have been car pooling to Hermiston, Pasco and Pendleton.

Remember the blood drawing Dec. 17, 1-4 p.m. in the senior center dining room.

Ruth Locust plans meeting

Ruth Locust Chapter No. 32, Order of the Eastern Star will hold their regular stated meeting Monday, December 14, at 8 p.m. at the Heppner Masonic Hall. All members are encouraged to attend.

A social hour will follow the business meeting. All members are asked to bring a Christmas goodie to share for the refreshments and, if they choose, a gift for exchange and something to add to the entertainment.

Weddings



Chitty - Carter

Toni Chitty and Ruey Carter of Kerns, Utah were married in a triple ring ceremony on November 27, 1992. Eva Marie, daughter of the bride, received the third ring.

Toni is the daughter of Rene Ledbetter of Heppner and Leonard Toll of Woodburn. Ruey is the son of Charles B. and Louise Carter of Till, Arkansas. The couple are both employed at Weyerhaeuser in Salt Lake City and are at their home in Kerns, Utah.

Lexington News

By Delpha Jones

--Janet and Steven Myers announce the birth of a baby daughter Alliesha Michelle, Nov. 28 at Vandenberg Airforce Base in California. The young lady weighed 6 lbs. 5 oz. Paternal grandparents are Nancy and Charles Myers; great grandparents are Vera Myers and Shara and John Morrison of Independence, Mo. Maternal grandparents are Henry M and Betty Breeding of Gresham and Lydia Wilson of Heppner.

--Linda Ripple is a patient at the Oregon Health Science Center in Portland. She was taken by plane from Pendleton on Tuesday.

--Mike Jones returned home on Sunday from Portland where he has been visiting this week with his mother Linda Ripple.

--Chris Jones spent the weekend in Portland visiting his mother who is hospitalized there. He and his father Ken Jones and wife Connie visited Chris' aunt,

Charlene Whitney and all attended the ball game.

--A card party was held at the Bob Taylor home Saturday evening. There were four tables. Winners were: women's high-Carol Norris, low-Monica Jones; men's high-Robert Taylor, low-T.E. Messenger; door prize, Sue Vinson. Refreshments were enjoyed during the meeting.

--Pastor Glenn Anderson and children have returned from Nebraska where he performed the funeral services of Mrs. Anderson's father.

--Leila Palmer, Cecil and Delpha Jones, Lee and Marianne Palmer, Geneva Palmer, Helen Crawford and Loree Hubbard were among those attending the Christmas lighting at Coeur d'Alene. They traveled on a Mid-Columbia bus trip.

--The next card party scheduled for Holly Lodge will be January 2 at 7:30 p.m. Everyone is welcome to attend.

The Staff of
1st Interstate Bank
HEPPNER BRANCH
Wishes you a
Happy Holiday
Season.
Please join us for our Annual
OPEN HOUSE
Friday, December 18
10 a.m. - 4 p.m.
Santa will be present for free snapshots
11 a.m. to 4:30 p.m.

Door Prizes
Refreshments
Harley, Jackie, Sharon, Andrea, Florene, Carrie

Dear Friends and Relatives,
Words of thanks are hard to find when they're for one who's been so kind, for all the letters, cards, phone calls and gifts, I thank every one of you from the bottom of my heart. Wishing you all the happiest of holidays.
Love and Many Blessings,
Marg Chapin

Two Big Christmas Sales!

Happy Holiday Sale
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