

6th & 2nd graders win Blazer awards



Mrs. Allen's sixth grade class

Lea Calvert's second grade class at Heppner Elementary school and Jannie Allen's sixth grade class at Heppner Middle School have been notified that they are regional winners of the Blazer/Avia Reading Fitness competition.

The classes received a plaque and each child received a Blazer's poster.

Calvert's class averaged 10 hours and 35 minutes reading per child. Allen's class averaged 11.3 hours of reading per child.



Mrs. Calvert's second grade class

Chamber Chatter

By Claudia Hughes, chamber manager

Some thoughts from the snow zone, generated as I waited in the feed truck for the hay to be loaded and watched deer scatter in every direction...

* It would be good if those animal rightists and extreme environmentalists who want beef off public lands, who burn down livestock assoc. buildings, who run full page ads in metropolitan newspapers, who fund their endeavors by putting out beautiful catalogs of wildlife products, who destroy labs for animal testing, even though insulin is one of many beef by-products; who spend some of their millions feeding starving animals. When ranchers spend thousands of dollars on hay annually and have

it figured down to the number of bales per cow to last through March, their bankers frown upon feeding the wildlife population. The trouble with leaving a few bales, the next day there are twice as many deer and elk as the day before. In this weather, with mother nature in control it seems to be survival of the fittest, and nothing is more obvious as larger animals and birds prey upon the smaller.

* Business has to go on as usual, even though most, if surveyed, would wish to be snuggled in with a great book by a warm fire. We're so fortunate that our local stores can provide the essentials for us, such as a new water heater on Martin Luther King's birthday, groceries, gas, medical facilities, etc. Where would we be without them. One in fact will be closing in the near future due to our rural location.

* Chamber's next business-after-hours will be "South of the Border", Thursday, Jan. 21, 6 to 7 p.m. at the Shoe Box, hosted by JoyceKay and Jerry Hollomon. This is an opportunity for our business owners to do some informal visiting and brainstorming.

* Have you signed the one-senator-per county resolution? Let's be the first of the 18 counties east of the Cascades to put this on our ballot. No longer will the urban areas make all our decisions for us. Petitions are at city hall, Chamber office, and in the hands of most chamber members.

* Goal setting for the chamber board of directors and committee chairpersons is scheduled for Saturday, Jan. 23 at Heppner High School library from 1 to 5 p.m.

* Next week chamber will meet Wednesday, Jan. 27 at the Heppner High School cafeteria for lunch and to see the debate team in action. The following Wednesday, Feb. 3, we will return to the Elks.

All of the calcium blockers can be used by asthmatics, individuals with low blood sugar, persons with peripheral artery diseases, and those who have a history of gout. Some high blood pressure medicines should not be used in these conditions. Another advantage relates to salt restriction. This is not required with calcium channel blockers, while it is necessary with some other medicines. One of the most important advantages relates to the types of patients who benefit from these medicines. Studies have shown, for example, that Black patients and the elderly respond better to the use of calcium blockers than they do to two other highly used categories of blood pressure medicine.

Lake to be raised 13 feet

The Willow Creek lake will be raised 13 1/2 feet this summer to make for better recreational uses, the Corps of Engineers announced last week.

The adjustment will decrease spring stream flow, but will not affect downstream water rights on Willow Creek, William Branch of the Corps Portland office said. He said the Corps will start filling the lake in March, and begin releasing excess water in November. In response to a question Branch said it's possible the water could be released earlier.

Irrigators down stream from the dam can contract with the government for additional water, above water rights, Branch said and he pointed out that the added water will more than double the amount of available irrigation water above the dam.

Another engineer with the Corps said there will be additional leakage at the dam when the water level is raised.

Following a grouting program and natural healing of the dam, water leakage dropped from 900 gallons per minute to between 50 and 100 gpm. "Leakage will go back up to 700 to 750 gpm when filled, then go back down," the corps said. The dam has not been filled since 1988, so no natural healing has occurred in the higher levels of concrete.

Branch said the additional water at the dam will increase the surface area of the lake by one third, but will not change the ability of the dam to guard against flood. It will hold the same amount of flood water it was originally designed for, Branch said.

Water issues big in legislature

"Challenges to agriculture, and to water use are coming fast and furious," a Salem lobbyist told a group in Heppner last week.

Todd Heidgerken of Water for Life, Inc. said environmental groups and others are fighting for control of the state's water, much of the time as a way to gain control of land usage.

Just as the spotted owl was used to restrict logging in the Northwest, so will water be used to restrict irrigation farming and the cattle industry, Heidgerken told a group gathered as part of Heppner's Town and Country Days.

"They (environmentalists) have learned that if they control the water, they control use of the land," Heidgerken said in outlining the challenges facing farmers and ranchers in the future.

Heidgerken, who lives in Salem and represents a variety of agricultural groups, says water is sure to be a main topic of legislation in Salem this session. "Water will be a big issue, and there is going to be many different bills proposed," he said.

Some of the issues affecting farmers and ranchers to be addressed by the legislature include conservation, stock watering



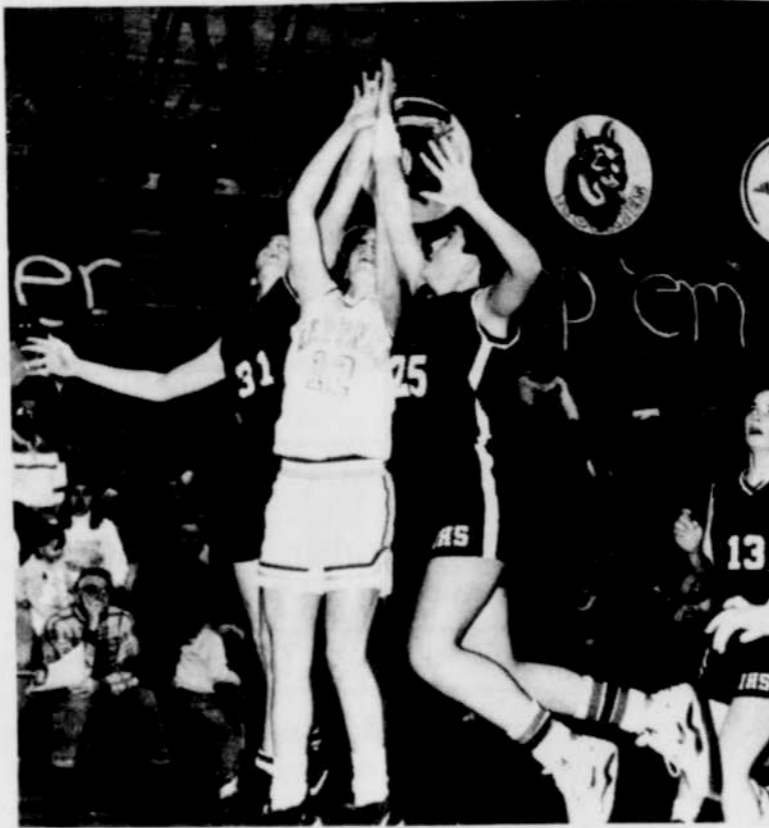
Todd Heidgerken

ponds, fish screening and in-stream water rights.

Heidgerken said all these issues are important to agriculture and that Water Watch, an environmental group from Portland, will be seeking to influence this legislation. "Water Watch is committed to public trust of land. They think agriculture has been ruining the state of Oregon," Heidgerken said.

In addition to lobbying, Water for Life also works to present a positive image of agriculture. "We need to do better telling people the good things we are doing. A lot of farmers are getting a bad rap," Heidgerken said.

Heppner too much for Ione Cardinals



Jenny Krein (12) is guarded by Melissa McElligott (31) and April Taylor (25)

By Anne Morter

Heppner proved to be too much for both the Ione varsity teams in a full slate of games held last Tuesday, Jan. 12 in Heppner. In the girl's game, Heppner jumped

out to an 18-8 first quarter lead and then took advantage of Ione's two point third quarter to take a 43-30 win. The Lady Cards build confidence so that we can play more steadily," he added.

Melissa McElligott was the game's high scorer with 13 points followed by Tanja Anderson with 10.

High scorer for the Fillies was Holly Eckman with 10 followed by Jodie Johnston with eight.

played tough defense, holding a good Heppner team to just 43 points but they had trouble creating any offense. The Lady Cards also continued to struggle at the free throw line, where they shot just two of 15. "We need to improve in that area and in consistency," commented coach Dana Heideman. "We need to

East needs bigger voice in government



Denny Maloney

A bigger voice in state government is the aim of the Sagebrush Coalition, members of which were in Heppner last week as part of the annual Town and Country days.

In addition to other goals aimed at increasing the power of eastern Oregon, the coalition has adopted the one county one senator proposal for state government.

"We now have four senators this side of the mountains," Denny Maloney of the Sagebrush Coalition told the Heppner Chamber of Commerce last week. "And we think that should be changed." Maloney said his group is sending a proposal to the current Oregon Legislature requesting that the senate be changed to include one senator from each county. The senate is now based on population, which limits

the number of senators from eastern Oregon, and favors the more urban areas, such as Portland.

"The culture we have on this side of the mountains is indigenous. The ranching culture is unique to this area," said Maloney. "If rural people were a minority we would have civil rights laws to protect us."

Founded in 1991 following the passage of ballot measure 5, which was passed by urban voters but not by Eastern Oregon, Maloney says the Sagebrush Coalition has focused on four main areas:

1. **Community impact statement** - If there is environmental impact statements, then there should also be a cultural impact statement, including an economic impact statement.

2. **Capital investment** - more investment in rural areas, for example the Oregon Trail Interpretive Center, prisons and buildings such as the new Heppner Forest Service office.

3. **Senior citizens** - lessen the impact of ballot measure 5 on senior citizens.

4. **Senate representation** - endorses one senator from each Oregon county as opposed to domination by the urban areas.

"This could be our most important issue," Maloney says of the senate proposal. "We could change what is happening in rural America."

Pool meeting place changed

The meeting place for a public hearing concerning construction of a swimming pool in the area has been changed. The meeting will be held at the Heppner Junior High School cafeteria, Monday, Jan. 25, from 7 to 9 p.m.

The other meetings scheduled for Lexington and Ione will re-

main the same. The meeting in Lexington will be held on Tuesday, Jan. 26 from 7 to 9 p.m. at the Morrow County School District board room and at Ione on Wednesday, Jan. 27 from 7 to 9 p.m. at the Ione school cafeteria.

Mustangs play at home Friday

The Heppner Mustangs and Fillies basketball teams will play the Pilot Rock Rockets in Heppner this Friday. (Game programs incorrectly listed the games as away).

Junior varsity games start at 3 p.m., with varsity to follow.

Elks free throw contest Saturday

The annual Elks free throw hoop shoot will be held in Ione and Heppner this Saturday, Jan. 23.

The contest is open to all boys and girls between the ages of eight and 13.

Competition begins at 2 p.m. at Heppner and will be held at Heppner and Ione High schools.

Anyone who has further questions may contact Dave Gundersen at 676-5423.

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Blood Pressure Drugs that Block Calcium

One of the most interesting methods of achieving blood pressure control is accomplished by a group of medicines referred to as the "calcium channel blockers." In the body calcium enters smooth muscle, such as that surrounding the blood vessels, along voltage-sensitive channels. Calcium increases the tone and rigidity of smooth muscle which causes blood vessels to contract with more force. Tightening of blood vessels normally increases blood pressure. Calcium channel blockers prevent this effect of calcium. These medicines, which include verapamil, nifedipine, diltiazem, and nicardipine offer certain advantages over other types of high blood pressure medicine.

All of the calcium blockers can be used by asthmatics, individuals with low blood sugar, persons with peripheral artery diseases, and those who have a history of gout. Some high blood pressure medicines should not be used in these conditions. Another advantage relates to salt restriction. This is not required with calcium channel blockers, while it is necessary with some other medicines. One of the most important advantages relates to the types of patients who benefit from these medicines. Studies have shown, for example, that Black patients and the elderly respond better to the use of calcium blockers than they do to two other highly used categories of blood pressure medicine.

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