

Cardinals take first and second at Invitational

By Anne Morter

The lone boys racked up 249 points at the Lone Helix Invitational last Tuesday, April 20, to finish first. The girls combined for 142 points, good for second place.

Mac Lovett was a double winner taking the 100 in 11.63 and the 200 in 24.57. Other first place finishers were Justin Miller in the pole vault at 11', Deacon Heideman in the discus with a throw of 153', Jim Logan in the 400 in 53.47, Jake Bacon in the 800 in 2:21.70 and the 1600 relay team in 3:40.8.

For the girls, Melissa McElligott took the long jump in 14'11 1/2" and Crystal Minster won the 400 in 66.24.

McElligott also finished second

in the 100 and triple jump.

Jamie Lovett took a second in the discus, and fourth in the shot. April Taylor finished second in the 1500, fourth in the 800 and javelin.

Becky Wagenblast took second in the 800 and third in the high jump while Kim Bedortha finished second in the 3000, fifth in the long jump and eighth in the triple jump.

Crystal Minster finished third in the long jump and fourth in the triple jump. Also taking a third place finish in the shot was Becky Picknell. Picknell finished sixth in the javelin and seventh in the discus.

In the 100 high hurdles Tanja Anderson finished fourth and seventh in the shot.

Ione boys track team takes 4th

By Anne Morter

The lone boys' track team took fourth place in the Sherman County Invitational held at Wahtonka last Saturday, April 24, while the girls' placed seventh with 31 points.

For the boys, Deacon Heideman led the way with a first place finish in the discus, throwing 142'10". He was also third in the 110 hurdles. Ryan Halvorsen finished second in the long and triple jump and sixth in the 300 hurdles. Justin Miller was second in the pole vault and Jason Proudfoot took third in the 1500

meters. David Wagenblast placed fourth in the 400 meters and Jake Bacon was fifth in the 800 meters. Rounding out the scoring was Rodney Ehrmantraut with a sixth place in the pole vault and the 1600 relay team finished third.

For the girl's Jamie Lovett led the way with a win in the discus with a throw of 104'9". She also had a sixth in the shot. Crystal Minster took second in the 400 and April Taylor was third in the 1500 meters. Becky Wagenblast was fourth in the 800 and Tanja Anderson was fifth in the discus.

Ione netters win three

By Anne Morter

The lone netters traveled to Condon last Tuesday, April 20 and came away with three wins and two losses.

In singles' action, Erika Bergstrom lost to Christy Nation, 0-6, 5-7. Fatma Juma defeated Tawna Shannon, 4-6, 6-2, 7-5

and Laurel Temple lost to Jammie Peck 2-6, 1-6.

In doubles, Jessica Stefani and Michelle Kandle defeated Nichole Wilson and Jessica Harrington 6-2, 6-4. Celeste Owen and Lynde Minster downed Amy Lapre and Jeanine Hawk 6-1, 6-1.

Umatilla shuts out Ione

By Anne Morter

Umatilla shut out the Ione tennis teams in matches played Monday, April 26.

In girls' singles, Erika Bergstrom was defeated by Sara Nelson, 2-6, 2-6 and Celeste Owen lost to Kim Mueller 1-8. In doubles' Jessica Stefani and Michelle Kandle fell to Brooke

Dilley and Brenda Simpson. Lynde Minster and Laurel Temple lost to Missy Stuck and Grace Boulester 7-9.

On the boys' side, Rob van't Ent was defeated by Javier Ingles, 1-6, 1-6, and Mike Green lost to Joey Saliby 0-8. In doubles, Joey Baker and Jerry Phillips were downed by Nick Saliby and Jaime Ramirez 2-6, 1-6.

Elk foundation banquet slated

The Pendleton Chapter of the Rocky Mountain Elk Foundation has announced May 8 for its sixth annual fundraising banquet. The banquet will be held at the Pendleton Convention Center beginning at 4:30 p.m.

Founded in 1984, the Rocky Mountain Elk Foundation is an International non-profit conservation organization dedicated to raising funds for the direct benefit of elk, other wildlife and their habitat. To date, the foundation's 72,000 members have helped raise more than \$30 million to conserve and enhance over 1.1 million acres of habitat.

In Oregon, the Pendleton chapter has joined 17 other chapters throughout the state to conduct 63 fundraising banquets since 1986. These banquets have raised over \$600,000 that have been committed to 54 elk projects in western Oregon and 76 in eastern Oregon. In addition to the \$600,000, 30 cooperators including state and federal agencies, private companies, other organizations and individuals have joined to provide matching funds amounting to \$2,036,255 for a total of over \$2.6 million committed to the 130 individual elk projects in Oregon. An additional \$1.2 million of RMEF funds were committed to the purchase of 9,362 acres of prime elk habitat in Wasco County. Over 600,000 pine trees and 1,500 acres of forage were planted to provide future cover and food. These lands remain on the county tax rolls and are open to public recreation. The individual projects have included the enhancement of over 185,000 acres of habitat, elk transplants to new unoccupied habitat, water developments for better wildlife distribution and educational facilities at elk viewing areas.

The Pendleton chapter has been instrumental in providing \$46,775 to 18 projects in Umatilla, Morrow and Union counties. These projects have utilized \$87,942 of RMEF and \$317,185 in cooperator matching funds.

Holly Rebekah Lodge meets

By Delpha Jones

Holly Rebekah Lodge enjoyed a Hawaiian party on Thursday evening April 15. This was a social meeting and enjoyed by everyone attending.

Hats and leis were presented to each member. The tables were beautiful with bright colored cloths and artificial pineapples. The head table was centered with a tray of fruits and flowers and other tables were adorned with lillies and other interesting articles. A game about what each member knew of the Hawaiian Islands was enjoyed. Ned Clark won the prize. Delpha Jones won the prize for the most authentic

Wranglers list playday winners

The Wranglers Riding Club held their second playday April 25. Results are as follows:

Six and under: Brandon Davis received first in all events, barrels, poles, keyhole and boot race.

Seven and eight year olds: Barrels first-Brett Barber, second-Kelsey Greenup, third-Lacey Davis, fourth-Donald Adams; poles first-Brett Barber, second-Kelsey Greenup third-Donald Adams, fourth-Lacey Davis; keyhole first-Brett Barber, second-Cody Walton, third-Donald Adams, fourth-Kelsey Greenup; boot race first-Brett Barber, second-Kelsey Greenup, third-Donald Adams, fourth-Cody Walton.

Nine and 10 year olds: barrels first-Blake Knowles, second-Amy Papineau, third-Shad Hisler, fourth-Joe Papineau; poles first-Shad Hisler, second-Krista Adams, third-Sarah Eckman, fourth-Katie Walton; keyhole first-Blake Knowles, second-Krista Adams, third-Shad Hisler, fourth-Dustin Haguewood; boot race, first-Blake Knowles, second-Amy Papineau, third-Katie Walton, fourth-Shad Hisler.

11 and 12 year olds: barrels first-Annie Hisler, second-

Kathleen Greenup, third-Jill Barber, fourth-Heather Davis; poles first-Kathleen Greenup, second-Annie Hisler, third-Jaylene Papineau, fourth-Heather Davis; keyhole first-Annie Hisler, second-Brian Knowles, third-Heather Davis, fourth-a tie between Kathleen Greenup and Jaylene Papineau; boot race first-Jaylene Papineau, second-Jill Barber, third-Annie Hisler, fourth-Kathleen Greenup.

13 & 15 year olds: barrels first-Shannon Walton, second-Stormy Howard, third-Stephanie Haguewood, fourth-Lori Moeller; poles first-Stephanie Haguewood, second-Stormy Howard, third-Shannon Walton, fourth-Char Coe; keyhole first-Stormy Howard, second-Lori Moeller, third-Char Coe; boot race first-Lori Moeller, second-Shannon Walton, third-Stormy Howard, fourth-Stephanie Haguewood.

16 and over: barrels first-Holly Eckman, second-Jenni Ashbeck, third-Mary Knowles, fourth-Shelley Ashbeck; poles first-Mary Knowles, second-Shelley Ashbeck, third-Jenni Ashbeck, fourth-Holly Eckman; keyhole first-Holly Eckman, second-Jenni Ashbeck, third-Shelley Ashbeck, fourth-Terri Gentry.

CJH students compete in contest

A team of 18 students from Columbia Junior High competed against students from 50 states, Canada, Mexico, Africa, Asia, Europe and South America in a grueling academic contest on April 21. The contest is based on accuracy and speed. The CJH team scored a school record of 1381 points out of 2,000 possible points in the Knowledge Master Open, ranking them 722 out of all of the 1604 middle

schools who competed. This also ranked the team as 14th out of the 36 Oregon teams competing in the contest.

The Knowledge Master Open was designed to stimulate interest and recognition for academic accomplishment. The contest runs on a classroom computer to provide all schools the opportunity to compete in a controlled national academic contest without the expense of traveling to a central site. Schools must choose to participate in the contest which evaluates students in the areas of knowledge, comprehension, application and analysis.

The "Magnificent 18" team members who earned a pizza party for their outstanding achievement are: Andy Butler, Erika Cornejo, Nic Daniels, Amber Hazelbush, Jill Holmes, Don Huffman, Jade Marston, Kevin McCord, David Miller, Marta Nilsson, Hilary Peck, Tony Scott, Megan Smythe, Crystal Tallman, Sarah Tovey, Robbie Vandecar, Levi Weikel-Magden and Kristi Mason. Sharon Sample and Sharon Leinweber worked with the students.

All Saints Episcopal Church
Italian Night Dinner
Friday, May 7
5:30 and 7:15 p.m.

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Housing needed for HHS alumni

Organizers for a Heppner High School reunion of the classes of 1940-46 are asking for volunteers to provide housing. Anyone who is willing to share

their home with HHS alumni over the Labor Day weekend is asked to call Helen Gilliam, 575-5336. Some of the alumni may be bringing their RVs.

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Effect of Smoking and Drinking on Insulin

Diabetics usually are instructed to pay special attention to daily eating habits, over-the-counter medicines ingested, and the way they care for their feet, teeth, and skin. Researchers are learning more about the effects of smoking and drinking on blood sugar and insulin levels in persons with diabetes. Insulin is a protein produced by the pancreas (except in insulin dependent diabetics) to aid in the utilization of glucose (carbohydrate) by the body.

The effect of smoking on insulin was evaluated recently in 20 smokers and 20 nonsmokers by researchers at Stanford University. Results of the study were published in a recent issue of the medical journal *Lancet*. Researchers found that smokers tended to have higher levels of insulin circulating in their blood than did nonsmokers. However, there was more resistance to insulin-stimulated uptake of carbohydrates (glucose) in smokers than nonsmokers. Researchers speculated that this effect was due either to substances in cigarette smoke affecting insulin in some manner or that smoking caused changes in the blood that decreased glucose uptake and use by the cells.

The American Diabetes Association recommends that diabetics avoid alcohol-containing beverages and medicines. Always read the labels of nonprescription liquid medicines to determine if alcohol is present.