

Heppner schools hold academic awards night

39 grads leave Heppner High

Thirty-nine students graduated from Heppner High School Thursday, evening June 3. The ceremony was held in the high school gym. A number of students were honored with scholarships and awards. A partial list of awards follows:

Mark Conklin received \$4,250 in scholarships from Robert Byrd Scholarship, Troedson Educational Fund, Heppner Booster Club, South Morrow County Scholarship, first place Elks Most Valuable Student and Heppner High Student Government;

Shane Munkers received \$1,808 in scholarships from the Mike Currin Memorial, Heppner Booster Club, Oregon School Employees Association and BMCC tuition waiver.

\$1,450 was awarded to Pete Pearson for the Kinzua Corporation, South Morrow County, Heppner Booster Club and Elks Most Valuable Student scholarships.

Alecia Tarnasky received \$2,050 in scholarships receiving the South Morrow County, 4-H, Kinzua Corporation, Heppner Booster Club, Heppner High Student Government and third place in the Elks Most Valuable Student scholarship.

Other scholarship winners include: Jenni Ashbeck, BMCC Tuition waiver; Sherry Bingham, South Morrow County and Troedson Educational Fund; Jeremy Clark, Oregon Association of Public Accountants; Kevin Kilkenny, Hilda Yocom Memorial; Derek Osmin, Soroptimist Vocational and BMCC Tuition waiver; Ryan Pence, Mike Currin Memorial, Jim Barrett Athletic Award and Army Reserve Scholar/Athlete Award; Chrisy Schultz, Shop-N-Kart, American Legion and BMCC Tuition waiver; Danielle Sunday, Morrow County Education Association; Melissa Wallace, Dr. Richard and Christy Carpenter, International Woodworkers of the U.S.A., Heppner Lions Vo-Technical and South Morrow County Scholarship Merit Scholarship and President's Scholarship, Oregon State Scholarship Certificate, Troedson Educational Fund, second place Elks Most Valuable Student.

The Academic Awards Assembly for Heppner Elementary and Middle School was held Tuesday, June 1. Students in grades two through eight were recognized for participation in special programs and academic contests, and were honored for academic excellence and effort. Refreshments were provided following the assembly by the Parents Club.

The following students were recognized for their achievements during the 1992-93 school year:

Presidential Academic Fitness Awards, Sixth grade: Jill Barber, Matt Berretta, Brooke Boyer, Amy Burkenbine, Tim Dickenson, Sarah Greif, Phillip Traylor; eighth grade: Shannon Benjamin, Josh Coiner, Traci Dickenson, Brent Gunderson, Toni Kemp, Brian Koffler, Eric Schonbachler, Rick Worden.

Maintaining the Honor Card all year 3.5-4. GPA: fifth grade-Trisha Adams, Casey Ingraham, Leah Denton, Ashley Ropp, Matt Van Liew, Ben Goodyear, Lindsay Greif, Jake Roy, Kim Marvin; sixth grade-Jill Barber, Brooke Boyer, Kristi Worden, Derek Gunderson, Tim Dickenson, Matt Berretta; seventh grade-Jonas Healy; eighth grade-Shannon Benjamin, Brent Gunderson, Brian Koffler, Traci Dickenson, Toni Kemp, Eric Schonbachler, Lindsey Waterland, Josh Coiner.

Seventh and eighth grade awards:

Social Studies: Shannon Benjamin, Brian Koffler, Toni Kemp, Jonas Healy.

Science: Shannon Benjamin, Toni Kemp, Brian Koffler, Eric Schonbachler, Josh Coiner, Brent Gunderson, Brandi Marshall, Traci Dickenson, Lindsey Waterland, Rick Worden, Robby Schultz, Brian Gilbert, Joann Bingham, Jayme Hansen, Travis Wilhelm.

Language Arts: Traci Dickenson, Brent Gunderson, Toni Kemp, Mandi Gutierrez, Eric Schonbachler, Mindy Qualls, Shannon Benjamin.

Math: Brent Gunderson, Josh Coiner, Shannon Benjamin, Brian Koffler, Jeff Wilson.

Band four year award: Robby Schultz, Ben Marvin, Lonnie Rill, Brian Koffler, David Michael, David Gray, Rick Worden, Jeff Watkins, Tiffany Munkers, Amber Rollis, Mindy Qualls, Lori Moeller, Toni Kemp, Cimmie Huth, Stormy Howard, Mandi Gutierrez, Traci Dickenson, Jennifer Rankin, Lindsey Waterland, Nicole Van Etta, Brandi Marshall, Shannon Benjamin.

OV Homemaking: Mindy Binschus, Jayme Hansen, Linsey Ropp, Brian Burnside, Jaylene Papineau, Melissa Cutsforth, Adam Doherty, Katie Nichols, Tyson Palmateer, Cam Sweeney, Jessica Van Winkle.

OV Industrial Arts: Brandi Marshall, Lindsey Waterland, Brent Gunderson, Shannon Benjamin, Stacy Lauritsen, Amber Rollis, Ben Marvin.

Music: Joann Bingham, Amy Burkenbine, sixth grade.

Special programs and contests: Writing Festival: Trisha Adams, Amy Burkenbine, Travis Wilhelm, Shannon Benjamin.

Oregon Trail Essay Contest: Jamie Perez, Brooke Boyer.

Geography Bee: champion-Jonas Healy, Craig Scott, Tai Sweek, A.J. Perez, Ben Goodyear, Eric Rollis, Matthew Van Liew, Phillip Traylor,

Brooke Boyer, Tim Dickenson, Adam Doherty, Deana Hendricks, Brian Koffler, Shannon Benjamin, Josh Coiner, Eric Skroch, Brent Gunderson, Amber Rollis.

Knowledge Master fifth grade: Ben Goodyear, Matt Jepsen, Abby Kahl, Kristen Marshall, Corey Miller, Kim Pointer, Eric Rollis, John Setnes, Tom Skultety, Heidi Marshall, Matt Van Liew; sixth grade-Matt Berretta, Brooke Boyer, Audra Bunch, Amy Burkenbine, Tim Dickenson, Sarah Greif, Christy Kenny, Jamie Perez, Bobbie Rankin, Ian Sweek, Kristi Worden; seventh and eighth grade-Jonas Healy, Shannon Benjamin, Brian Koffler.

R & W Reading Program most certificates per grade: Donald Adams, Daniel Jepsen, second grade; Shelley Rietmann, Leland Rill, third grade; Shawna Benjamin, Sarah Eckman, fourth grade; Ben Goodyear, Kim Marvin, fifth grade; Ian Sweek, sixth grade.

Creative Problem Solving Class second grade: Brad Adams, Donald Adams, Sally Calver, Daniel Jepsen, Jesse Kempas, Cassie Marvin, Jeremy McKenzie, Marcy Miller, Douglas Orwick, Tylynn Smith.

University of Oregon TAG summer enrichment program: Shannon Benjamin, academic camp fund scholarship, MCEA opportunity fund scholarship; Brian Koffler, academic camp fund scholarship; Jonas Healy, MCEA opportunity fund scholarship.

District math contest: fourth grade-Lindsey Ward, Marissa McCabe, Shawna Benjamin, Wes

Haynes, A.J. Perez, Tai Sweek, Krista Adams; fifth grade-Eric Rollis, Matt Jepsen, Trisha Adams, Ashley Ropp, Jake Roy, Stephanie Clough, Darrin Ployhar; sixth grade-Tim Dickenson, Amy Burkenbine, Phillip Traylor, Sarah Greif, Jill Barber, Ian Sweek, Danny Coiner; seventh grade-Jayme Hansen, Jonas Healy, Mindy Binschus, Adam Doherty, Josie Proctor, Andy Sykes; eighth grade-Shannon Benjamin, Brian Koffler, Eric Schonbachler, Toni Kemp, Rick Worden, Traci Dickenson, Robby Schultz.

School spelling contest: third grade-Meghan Bailey, Kandra Schmeltzer, Daniel Traylor; fourth-Bradon Kanyid, Lindsey Ward, Camille Sykes; fifth-Leah Denton, Trisha Adams, Casey Ingraham, sixth-Matt Berretta, Tim Dickenson, Derek Gunderson; seventh-Jonas Healy, Sarah Baker, Jayme Hansen; eighth-Brian Koffler, Josh Coiner, Toni Kemp.

County spelling contest participants: division I-Leah Denton, Trisha Adams, Casey Ingraham; division II-Brian Koffler, Josh Coiner, Toni Kemp.

Discoveries, journal of student work published by the Umatilla-Morrow County ESD: Nicole Wilson, Aleshia Geer, Conor Kilkenny, Sally Calvert, Molly Turrell, Eddie Meek, Shelley Rietmann, Leland Rill, Tyler Davis, Brandon Young, Beth Bakre, Wes Haynes, Tai Sweek, Kim Pointer, Matt Jepsen, Sarah Greif, Audra Bunch, Jaylene Papineau, Cam Sweeney, Deana Hendricks, Tyson Palmateer, Rebecca Ward, Chris Jones, Eric Schonbachler.

Sean Warren receives WOSC student of year award



Sean Warren

Sean Warren, Ione, was named one of three 1993 students of the year at Western Oregon State College at Monmouth during its 59th annual student recognition night activities. Additional students were recognized for outstanding achievements in their academic disciplines.

Warren and James Howard, Powell Butte, were co-winners of the Delmare Dewey Award presented annually to the outstanding male student. Victoria Dolby from Beaverton, won the Julia McCulloch Smith Award given to the outstanding female student.

Warren, 22, will graduate with a 3.58 grade-point average and a bachelor's degree in history. He graduated from Ione High School in 1989 and is the son of Gary and Sue Warren, Ione.

At Western, Warren is the editor of the student newspaper, "The Western Star" for which he won two Oregon Newspaper

Publishers Association awards for best news story and best feature story.

Warren also has penned a play, "A Momentary Lapse of Discretion," which was staged in 1991 by the Western theater department. He was one of six students selected to compete in the Model United Nations national competition at Harvard University, was chosen for Who's Who in American Colleges and Universities, and spent two summers working for the United States Forest Service doing archaeological work in the Umatilla National Forest.

Hardman reunion potluck planned

The Hardman reunion potluck has been planned for Father's Day, Sunday, June 20 beginning at noon at the Hardman Community Center.

Beverages and table service will be provided. Everyone is invited to attend.

OSU names award winners

Jesus Garcia, a senior business major at Oregon State University has received a promise of internship through the educational opportunities program at OSU. Garcia is from Boardman.



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IHS reunion set Sept. 5

A planning meeting for the Ione High School reunion which is held every three years was held at the home of Katherine Lindstrom on Monday evening May 31. The reunion will be held according to tradition on Sunday, Sept. 5 at the Ione school

cafeteria. The dinner will be catered. Special invitations will be sent out to 50-year alumni members of the class of 1943. Other alumni included will be from the oldest graduating class through the 1949 class. More information will be forthcoming.

U of Idaho lists honor roll

The names of the University of Idaho students honored for academic achievement with listing on the spring semester dean's list have been announced by the Registrar's Office.

Students must meet minimum grade point and credit hour re-

quirements set by the various academic colleges. The requirements vary slightly among the different courses of study.

Local honorees include: John Shaw, Heppner, college of engineering; Bernard Lindsay, Lexington, college of agriculture.

Ione Garden club meets

Ione Garden Club members met at the home of Delta Huber for their June 9 meeting. Delta showed them around her renovated house and new yard that is in the process of being designed.

Following a short business meeting and refreshments the group proceeded to view Phyllis Anderson's garden, the Friendship park and Kathy Tellechea's miniature rose garden. After

lunch at RJ's Steak House the group went up Blackhorse to see Elsie Huston's daughter's garden at the Maxine Cox home.

Pat Pettyjohn presented gifts to her officers, Birdine Tullis, Phyllis Anderson and Helen Martin. It was reported that flowers were placed in Ione businesses in recognition of Oregon Garden Week June 6-12. The Fall District #10 meeting was announced for October 8 in Condon.

The following people: Dr. Jeanne Berretta, Laura Burnside-McElligott, George Nairns, Kay Proctor, Susie Thompson, Georgia Van Winkle, Brooke Sweeney, Julie Watkins and Carol Michael-Bennett, deserve special recognition for their volunteer work on behalf of the 1993 Babysitting Training.

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Most Headaches Are Tension/Stress Related

A large number of individuals who seek the advice of a physician do so for the relief of headache pain. According to a recent article in *American Family Physician*, the most common type of headache is tension or stress-related headache. Other names for this type of headache include "common," "ordinary," and "muscle contraction." Tension headaches typically develop very slowly and begin in the middle of the day. Often there is a dull, aching feeling on both sides of the head. There may be tightness in head and neck muscles.

Treatment of tension headache includes stress reduction and the use of various medicines. Stress-reducing activities may include regular exercise and relaxation. Psychologists and counselors may use biofeedback and hypnosis to aid in reducing excess stress. Nonprescription pain reliever medicines may provide relief from tension headaches. The general guide is to use the lowest dose that relieves most of the pain. Relatively safe over-the-counter pain relievers include aspirin, acetaminophen, and ibuprofen. Medicines prescribed for tension headache include butalbital combined with aspirin and caffeine, codeine (alone or combined with other medicines), and the nonsteroidal antiinflammatory agents. Muscle relaxants may be beneficial in some persons. If anxiety or depression is present, medicines for one or both of these conditions are available.

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