

## Don't let hunt turn into forest fire

Hunting season, a proud heritage. A time to reunite with family and friends. A time to tell the old hunting stories and create a few new ones. Locally, hunting is an old pastime, a valuable few days to get away from the TV and phone, to be together, to talk.

Yet every year a few of these annual get-togethers result in wildfires on public and private lands. Hunting season in the Blue Mountains officially began with the opening of archery season in Oregon last weekend and elk season will soon be upon us.

This year the wet spring and cool summer has certainly been a welcome change from the hot dry conditions of the last six sum-

mers. With these conditions, however, comes increased vegetation growth and an abundance of grasses on the forest floor. Historically, grass is one of the most significant factors in wildland fire behavior. It becomes extremely dry after only a few hours of hot weather or wind and can be the primary source of fire spread.

Combined with dead and dying timber from several years of insect infestation these dry flashy fuels could spell disaster in the woods. It is important that hunters are not lulled into a sense of complacency by what seems to be wetter conditions this year, said a press release from the forest service of the Umatilla National Forest. Hunters and other forest users are strongly advised to be extremely cautious during their activities on forested lands.

"We need folks to understand that even though it's cold, it's still very dry out there and because of all the rains we have gotten this year, we have unprecedented dry flashy fuels in the woods," said forest supervisor Jeff Blackwood. Hunters are asked to use fire safety precautions to avoid the need for any type of campfire restrictions. Hunters should take the time to be sure that all campfires

are cold out before leaving the site and should never leave a campfire unattended. "Punky logs and stumps can burn right through the winter and result in wildfire next spring," adds fire management officer John Robertson.

The cool nighttime temperatures common in the mountains during hunting season encourage hunters to build warming fires. Although most hunters are very good at reporting and putting out fires, many hunters walk away from their warming fires, which later escape and require suppression action.

Persons found guilty of starting a range or forest wildfire can be assessed for damages and fire suppression costs. Recognition of the fire danger by hunters and other forest visitors is critical to fire prevention efforts. Current recreation information and fire restrictions may be obtained 24 hours a day by calling (503) 276-3405, (503) 427-3060, (509) 522-6280 or (509) 843-1339.

Public assistance in spotting and reporting fires to the following numbers is appreciated. Pendleton (503) 278-3732; Walla Walla (509) 522-6281; or LaGrande (503) 963-7171.

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#### Estrogen Protects Against Osteoporosis

Osteoporosis, a weakening of bone structure resulting in fractured bones, is one of the most significant health problems encountered by older persons, especially women. In the United States alone, osteoporosis affects some 25 million persons, resulting in 1.5 million broken bones at a cost of approximately \$10 billion a year. Hip fractures and related complications are the most serious consequences of osteoporosis. Hip fractures affect one out of every three women by the ninth decade of life. Women are more susceptible to fractures because of the lack of a protective effect of natural estrogen after menopause.

After menopause there is an increase in the turnover of bone cells. The net effect is that more bone is lost than is being formed. It is estimated that one-third of the total bone loss that occurs may be attributed to a deficiency of estrogen. Estrogen replacement has been shown to reverse the loss of bone and, according to a recent issue of *Elder Care News*, is the only treatment which unequivocally reduces fractures. The most common estrogen replacement dosage forms are the oral tablet and skin patch. One report indicates that use of estrogen in established cases of osteoporosis can increase bone mass by 5 percent and decrease the rate of spinal column fractures by as much as 50 percent.

## Rails to Trails meeting slated

Pete Bond, trails planner for the Oregon State Parks and Recreation Department, will be in Heppner on Monday, Sept. 20, to meet with community members interested in the proposed Rails to Trails project for the Willow Creek branch line of the Union Pacific Railroad.

The meeting will be held in the Columbia Basin Electric Cooperative conference room at 7 p.m.

The purpose of the meeting will be to learn about the Rails to Trails program and the potential for converting the rail line up Willow Creek to a bicycle, jog-

ging and equestrian trail. The rail line is proposed for abandonment by Union Pacific in the near future.

The meeting will be informal and will provide an opportunity for interested persons to form an ad hoc committee for doing further investigation of the Rails to Trails program and the opportunities and problems associated with such a project.

The meeting is sponsored by the Willow Creek Park District. The public is welcome to attend. For more information contact Kent Goodyear at Kinzua Corporation 676-9183.

## Rebekah's plan card parties

By Delpha Jones

Holly Rebekah Lodge met on Thursday for their regular meeting. NG Leila Palmer presided. She appointed committees for the next two months start-

ing with the first card party of the season set for Saturday, Oct. 2. The card parties will be held on the first Saturday of each month for the next six months and begin at 7:30 p.m. with prizes and refreshments.

The District meeting Oct. 16 in Milton-Freewater was discussed with Leila Palmer appointed to the "Thanks" committee and Geri Martin as a Page. Virginia Peck was appointed the Good of the Order chairman.

The auction sponsored by the Oddfellow Lodge for a benefit of the roof was discussed and it was decided that the Rebekah's will serve dinner from 12 to 1 p.m. as well as pie and coffee during the afternoon. The auction will start at 10 a.m. with Triad auctioneers from Arlington in charge. Call Bob Taylor or any other Oddfellow to donate articles for the auction. The NG thanked everyone who helped with the dinner for the Clayton Davis family following the graveside services at the Lexington Cemetery.

The next meeting will be the quarterly birthday party and potluck dinner before the meeting Sept. 16.

## Mustangs start season with easy 21-7 victory over Prospectors



Photo by Joyce Hughes

Rick Koffler (2) scrambles for yardage against Grant Union

The Heppner Mustangs started the 1993-94 football season on a very positive note with an easy 21-7 victory over the Grant Union Prospectors at John Day September 10.

After a predictable early season first quarter, the Mustangs lit up the scoreboard with three touchdowns to take a commanding 21-0 lead into the locker room at the half.

Senior quarterback Rick Koffler hooked up with wide receiver Len Britner for an 87 yard touchdown pass play to put the Mustangs on the board. Britner

jumped high for the reception, faked out the defensive back and sprinted to the end zone. Britner added the pat for a 7-0 lead.

The Mustangs defense was being stingy in the first half with linemen Jeremy Cimmiyotti and Joe Lindsay combining with linebackers Ryan Munkers and Kevin Scott to shut down the Grant Union attack.

Cimmiyotti jumped on a Prospector fumble on the next series to set Heppner up in business at the Grant Union 40 yard line. After two running plays, Koffler hit junior Brent Wright with a 24 yard completion to the 17 yard

line. Koffler cut back behind a great block from pulling guard Kevin Scott on the next play for the touchdown with seven minutes left in the half. Britner was perfect with the pat for a 14-0 Mustang lead.

The Mustangs used up most of the rest of the clock on the next drive for their third score in as many possessions. The 13 play, 58 yard drive was all on the ground. Senior halfback Kevin Payne had the big play, an 11 yard sweep. Fullback Jim Tellechea ran the ball five times during the drive for 19 yards and Koffler finished the drive for his second touchdown of the evening. Britner converted for a 21-0 halftime lead.

Grant Union scored their lone touchdown of the night with senior running back Mike Wall busting through the middle for a 47 yard touchdown romp.

Grant Union ran only five plays in the fourth quarter as the Mustangs chewed up almost nine minutes with a 16 play drive that ended with a Koffler pass being intercepted at the goal line.

Free safety Len Britner intercepted two Prospector passes to end abbreviated drives in the quarter.

Britner, Scott, Cimmiyotti and Munkers led a determined Mustang defense that shut down the Grant Union offense for the entire night.

Heppner returns home Friday night, Sept. 17, at 7:30 p.m. at the Morrow County Fairgrounds to tackle another Wapiti league team, the Elgin Huskies. The Huskies started their season Friday night with a 28-14 victory over the Stanfield Tigers.

A Heppner Booster Club Tailgate party will be held from 5:30 to 6:45 p.m. featuring chili and baked potatoes. Profits will be used to fund activities for the year.

## Ione wins opening game against Dufur

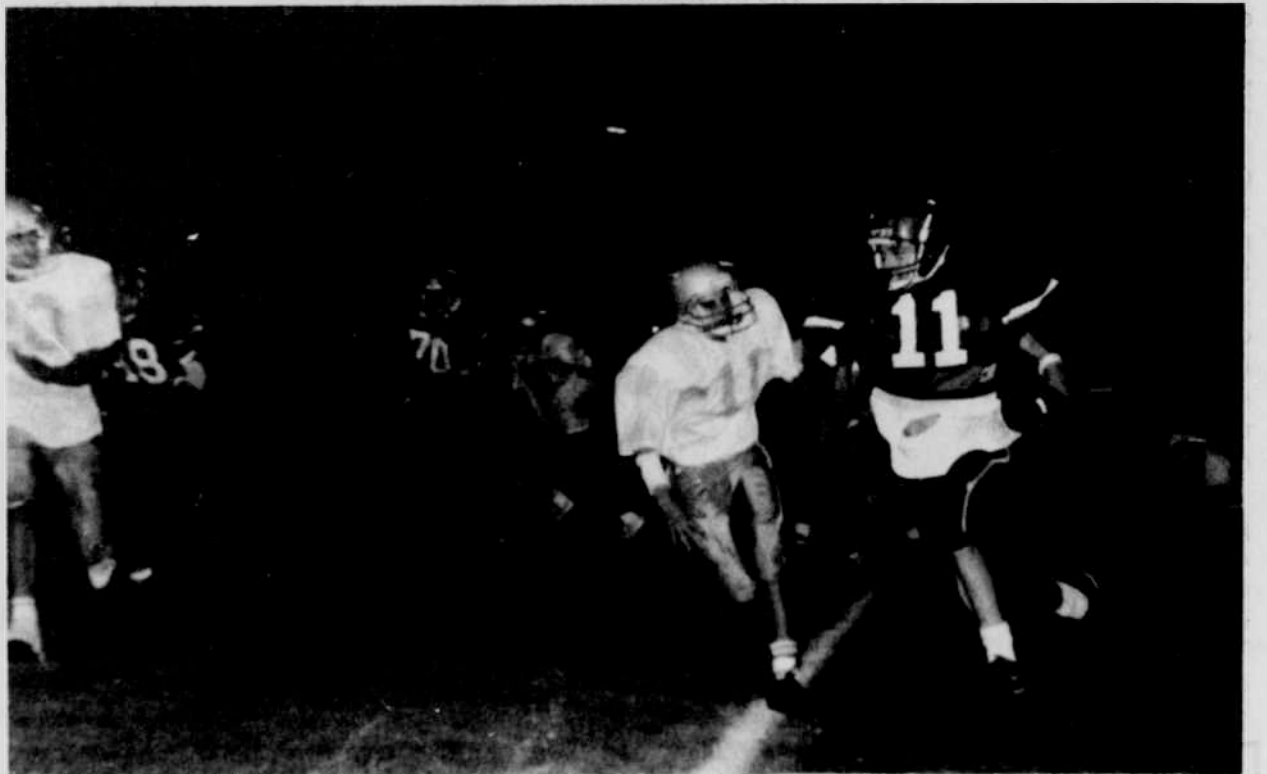



Photo by Wayne Hams

The Ione Cards started their season off on a high note, by putting away the Echo Cougars 66-22 last Friday night at home.

Ione started slow, but with a big 30-point second quarter the Cards put the game out of reach.

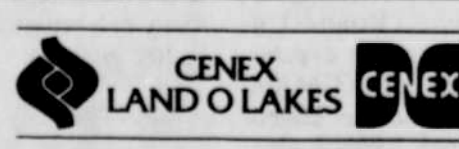


## FALL OIL SALE

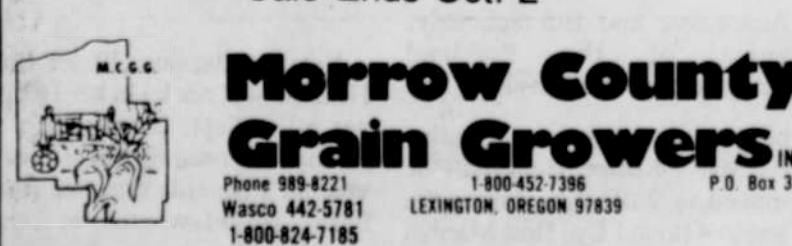
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