

Three Fillies selected to CBC All-Star team



Jodi Johnston Holly Eckman Sara Greenup

Holly Eckman, Jodi Johnston and Sara Greenup were named to the Columbia Basin Conference District 7 2-A volleyball all star selection recently. Eckman was named to the first team, Johnston the second team and Greenup was named honorable mention.

Others making all star selections were: first team-Holly Eckman, Heppner, Saluna Godinez and Lisa Monkus, Stanfield, Marty Perkins and Terrie Glover, Weston-McEwen, Sunny Swanson, Wahtonka and Tiah Sanderson, Sherman.

Second team: Jodi Johnston, Heppner, Penny Goodman and Shelly Nash, Pilot Rock, Marilee Coelsch, Sherman, Sarah Swan-

son, Wahtonka, Amy Marcum, Stanfield.
Honorable mention: Sara Greenup, Heppner, Dawn Evans, Stanfield, Trista Churchill, Wahtonka, Amanda Brunett, Sherman, Amber Dickenson, Umatilla and Cheri Rosenberg, Pilot Rock.

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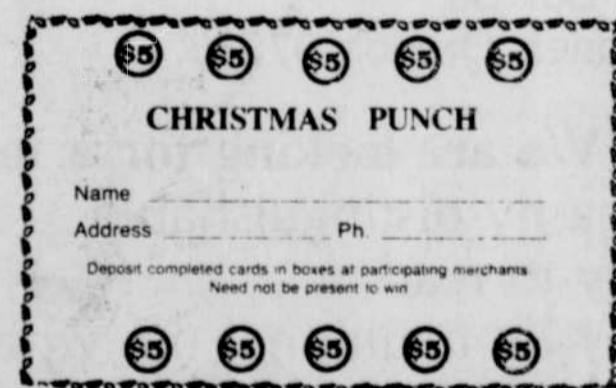
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Where's your car insurance?

Does each person who drives your family vehicle know where in the vehicle to find the card showing the effective date and the expiration date of your motor vehicle insurance? If not, your vehicle may be towed and impounded, warns Carol Michael-Bennett, OSU extension agent in Morrow County.

Already the law in some Oregon cities and as of July 1, 1994, the law statewide, failure of the driver of a motor vehicle to show a valid card or other proof of compliance with the financial responsibility requirements when asked to do so by a police officer is reasonable grounds for the officer to believe the person is operating the vehicle in violation of the financial responsibility requirements. The vehicle may be impounded, explains Alice Mills Morrow, OSU Extension family economics specialist.

Take time now to be sure that the insurance card and vehicle registration card are in the car in a marked envelope where any driver can find them. Also review with all the family drivers what to do in case of an accident. Ask your insurance agent if she or he has a brochure that you can leave in the car that tells what to do if there is an accident.

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Medicines That Lower Cholesterol

Keeping blood cholesterol within a certain range is important because of the known relationship between high cholesterol and coronary heart disease. In the late 1980s the National Cholesterol Education Program released the first guidelines for treatment of hypercholesterolemia (high blood cholesterol). Guidelines consisted of dietary changes and the use of cholesterol-lowering medicines, when diet alone fails. Recent advances in the understanding of this condition has prompted revisions in the earlier guidelines.

According to the new guidelines, which are discussed in a recent issue of *American Pharmacy*, all adults should be screened every 5 years for both high density cholesterol and total cholesterol. Individuals who are obese should lose weight. Guidelines for treatment with medicines are based on a person's low density cholesterol reading and the risk factors that are present such as a history of coronary heart disease.

Several medicines are effective in lowering cholesterol. These include *cholestyramine, colestipol, niacin, probucol, gemfibrozil, lovastatin, pravastatin, and simvastatin*. According to the article, two years of continuous cholesterol-lowering therapy may be required in some individuals before a reduction in the risk of heart disease is achieved.