

### New title company opens in Boardman

A new title company has been established in Morrow County. Renee Grace opened the Mid-Columbia Title Company, a full-service title and escrow company, on April 1 in Boardman.

### Members sought for community band

Efforts are being made to organize a community band for Heppner High School football and basketball games for the 1994-95 school year.

Anyone that can play an instrument of any kind and is interested should contact Judy Wright, 676-5832 evenings or Tim Gray 989-8130 evenings for more information. The group is trying to get organized by June in order to organize music for the fall.

Camas, WA. For the past nine and a half years she has worked for Hermiston Homestead Title Company, the last five years as manager.

"I enjoy this industry and felt there was a need for a title company here," says Grace. "One of the pluses," she adds, "is that I finally get to work in the community I live in."

Grace says that she is looking forward to meeting people in the Heppner area and is willing to drive down to accommodate closings. Her office is located in the Boardman City Hall building, 206 Main St. N., Suite 18, phone 503-481-2280, FAX 503-481-3280.

Grace and her husband, John, have a three year-old son, John Michael, Jr.



Photo by Joyce Hughes  
Renee Grace (l), president of Mid-Columbia Title Company and Holly McTighe, customer service rep. are open for business.

### Coordinating Council to meet

The next regular meeting of the Heppner Coordinating Council will be held on Tuesday, April 12 at 7:30 a.m. at the GEODC office in Heppner.

The council will continue working on a revision of the

Heppner Action Plan. There will also be brief updates on the downtown improvement project, the gap study and the tourism assessment.

The public is welcome to attend.

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### McElligott sets track record

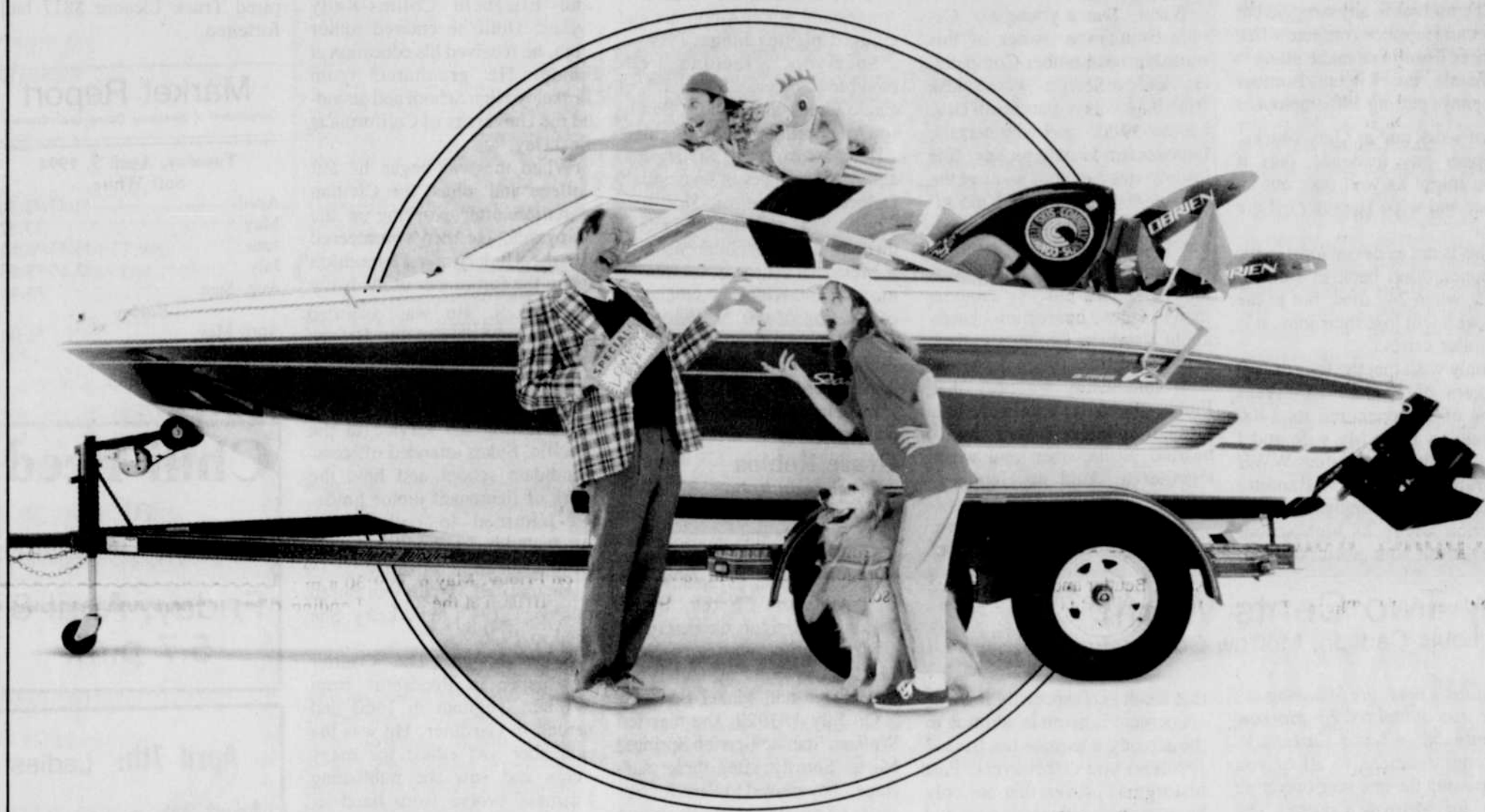
By Anne Morter

The lone girls placed fourth with 57 points and the boys tallied 30 points for eighth place at the Heppner/Umatilla Invitational held Saturday, April 2, in Umatilla.

On the girls' side, Melissa McElligott was a double winner taking the long jump at 15'5/8" and setting a new school record in the triple jump at 32'11 1/4". McElligott also placed third in the 100 at 13.66 and third in the 200 at 29.08. Suzie Heideman was third in the javelin at 98'8 1/2". Jamie Lovett took fifth in the discus with a throw of 93'7 1/2" and sixth in the shot at 29'. Becky Wagenblast was fifth in the 800 at 2:44.21 and seventh in the high jump at 4'8". Rounding out the scoring was Becky Picknell's seventh in the shot 28'6", April Taylor's eighth in the 1500, 5:47.39 and a sixth place finish by the lone 1600 relay team in 4:47.54.

In boys' action Lars Krechting duelled Heppners' Leonard Brittrner to the end in the high jump, finishing second with a leap of 6'6" and setting a new school record. Brittrner jumped 6'7" for first place. Krechting also placed eighth in the javelin with a throw of 133'7 1/2". Jared Ashbeck placed fifth in the 100 in 12.16, sixth in the triple jump at 37'1 1/2" and seventh in the long jump at 18'2 5/8". Luke Swanson was seventh in the pole vault at 9'6". Jake Bacon took eighth in the 3000 in 2:18.42. Rob Crum was eighth in the 3000 in 10:42.99. The lone 400 relay team took third in 46.7 and the 1600 team was seventh in 3:59.2.

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#### Anabolic Steroid Use by Male Athletes

Body builders and other athletes in recent years have shown interest in a group of prescription drugs called anabolic steroids. These drugs, which also are referred to as "male hormones," are used to increase muscle mass, improve strength, and provide more power. They are synthetic derivatives of the naturally occurring male hormone *testosterone*. Legitimate medical uses for anabolic steroids include male hormone deficiency and breast cancer.

Athletes who use anabolic steroids claim that they promote muscle mass growth. While muscle development may be seen with large doses in men, the same is not always true in younger boys. Others have claimed that these drugs increase blood volume and the concentration of hemoglobin in the blood, increasing the capacity of the blood to deliver oxygen to working muscles. Researchers have shown this effect to be rather small and unreliable. And the results of studies regarding the effects of these drugs on aerobic capacity, increased athletic performance, and body composition changes have been mixed.

Health experts are concerned about the adverse effects associated with anabolic steroid use. Men may experience testicular atrophy, impotence, decreased production of sperm, and breast enlargement. Changes in liver function, cirrhosis, and liver cancer have been reported.