

Wildflower activities scheduled

'Stalking the Wild Diary', a talk by Shannon Applegate offering excerpts from Oregon Diaries and letters from the mid-19th century to today, will be presented on Wednesday, May 18, at 7 p.m. at the Morrow County Museum. The public is invited and admission is free.

The program is sponsored by the Morrow County Museum and is made possible by the Oregon Council for the Humanities, and affiliate of the National Endowment for the Humanities.

As expressions of personal literacy and imagination, Oregon's letters and diaries reveal vivid aspects of the Oregon experience. Although they represent individual voices, these forums of literary expression help determine our common ground as Northwesterners and as Oregonians, said a press release.

Shannon Applegate is the author of "Skookum: An Oregon Pioneer Family's History" and "Lore" and is the co-editor of "Oregon Diaries and Letters" an upcoming volume in the acclaimed 'Oregon Literature Series.'

Upcoming programs at the Morrow County Museum, sponsored by the Oregon Council for the Humanities, will be 'Blacks in the Westward Movement: The Buffalo Soldiers,' presented by Darrell Millner on July 22, and 'A view of Gold Mountain: Letters from the Kam Wah Chung Trading Company' featuring translations of letters of Ing 'Doc' Hay and Lung On of the now-preserved John Day business establishment, presented by Jodi Varon on September 10.

For further information about any of these programs, contact the Morrow County Museum, 676-5524.

Community Choir schedules concert

The South Morrow County Choir, under the direction of Debbie Wryn, will hold its spring concert on Sunday, May 22 at the St. Patrick's Catholic Church at 7 p.m.

The choir will sing a variety of sacred and secular music including "Glorificamus Te", "The Terrible Tale of Tom Gilligan", "Plenty Good Room" and "Music of the Night", from the Phantom of the Opera. Accompanist is Sharla Erich.

The newly formed Heppner String Quartet will also perform. Members are Laura McElligott, Rosalie Scharen, Sharla Erich and Delanne Ferguson. The group, who are all members of the East Oregon Symphony, will perform several selections.

The concert is free but donations will be accepted. A reception will follow the concert.

HJH track team break records



HJH track members breaking records front l-r: Andy Sykes, Julie Watkins, Katie Nichols, Jill Barber, Melissa Cutsforth; back-Annie Hisler, Jaclynn Hughes, Brooke Boyer.

The Heppner Junior High School track team has broken various records throughout the 1994 track season.

Medley relay records were broken on April 7 by Annie Hisler Brooke Boyer, Katie Nichols and Jill Barber in 3:28.53 and again broken on May 5 at Umatilla by Barber, Hisler, Jaclynn Hughes and Julie Watkins with a time of 3:23.51. The old record was held by seventh graders in 1991: M. Miller, T. Kemp, R. Devin and J. Evans with a time of 3:28.71.

Andy Sykes broke the shot record held by Jim Brosnan at 34'7" in 1985. Sykes now holds the record set May 12 at the championship meet in Umatilla at 40'2". In each of the last five

track meets Sykes broke his previous record. He also broke the discus record which was previously held in 1983 by Jason Palmer at 101'9". Sykes broke that record at Pilot Rock April 15, 103'6".

Girls discus record previously held by Lori Moeller in 1993 at 72'7" was broken by Melissa Cutsforth April 7 at BMCC. She threw the discus 73'4". Cutsforth broke her own record on May 12 at Umatilla making a personal best 78'5" and a new record. 72'7" was broken by Melissa Cutsforth April 7 at BMCC. She threw the discus 73'4". Cutsforth broke her own record on May 12 at Umatilla making a personal best 78'5" and a new record.

In the 100m hurdles Annie Hisler set a new record April 29 at Heppner with an 18.17, and broke that record May 12 with 18.4. Jill Barber ran an 18.53 during the season. Jessica Summer held the previous record at 18.57 in 1991.

The championships were held May 12 at Umatilla with 10 schools participating. The Heppner seventh grade boys teamaced out Weston-McEwen 103-101, for the championship while the girls placed second and the eighth grade girls and boys placed fourth and fifth respectively.

Track results were: seventh grade boys: Tim Dickenson, first, 1500m, second-300m hurdles, third-800m, sixth-discus; Jeff Betzold, fifth-200m, sixth-100m; Tony Greenup first-shot, first-softball, second-100m dash, third-discus; Casey Evans, second-softball and medley relay, third-100m hurdles, sixth-200m; Brian Knowles, second-100m hurdles and medley relay; Danny Coiner, second-medley relay,

300m hurdles, 1500m; Jared Eckman, first-high jump, second-medley relay, seventh-800m.

Eighth grade girls: Annie Hisler, first-300m hurdles, 800m run; second-100m hurdles, fifth-long jump; Katie Nichols, fifth-softball, sixth-1500m and medley relay; Melissa Cutsforth-third-shot, discus and NSR; Mindy Binschus, fourth-shot, discus and high jump; Jessica VanWinkle, sixth-100m dash; Linsey Ropp and Josie Proctor, sixth-medley relay.

Boys eighth grade: Tyson Palmateer, second-softball throw, sixth-high jump; Cam Sweeney, third-high jump; Andy Sykes, second-shot, fourth-discus, fifth-softball throw.

Seventh grade girls results were unavailable at press time. Coach Susie Hisler said this was ideal weather for the track team this year, good for breaking records.

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Good News About Aspirin and Arthritis

Aspirin is one of the most useful of all the medicines available to us. It has been used for decades to treat pain, fever, and inflammation of arthritis. Aspirin has been used to prevent mini-strokes (TIAs) in men and heart attacks in persons who have survived heart attacks. Aspirin also has been used to prevent the toxic effects of pregnancy.

Aspirin has side effects that may limit its use. These include allergy (may include skin rash, hives and shortness of breath), ringing in the ears (tinnitus), and gastrointestinal bleeding. Because of such side effects, other medicines have taken the place of aspirin in certain conditions such as rheumatoid arthritis. In the past 20 years, the nonsteroidal antiinflammatory drugs (NSAIDs) have replaced aspirin as medicines of choice for this condition.

Results of a Stanford University School of Medicine study may cause physicians to reconsider the use of aspirin. Toxicity scores for NSAIDs and aspirin were based on symptoms reported, abnormal laboratory findings, and hospitalizations. Aspirin had the lowest toxicity score - 1.26 compared to scores ranging from 1.87 to 2.91 for the NSAIDs. Researchers concluded that aspirin is a safe medicine for many arthritis patients and can be used as an alternative to the NSAIDs.

Red Cross, Emergency Management team up

The Red Cross and Morrow/Umatilla counties Emergency Management have entered into an agreement that will improve the counties' ability to provide shelter for residents displaced during an emergency. This agreement will be the first of its kind in the nation and could become a model for disaster response at all of the Army's chemical weapons storage facilities in the United States.

In the unlikely event of a chemical accident at the Umatilla Army Depot, or a natural disaster, such as a wildfire or flood, residents may have to evacuate. Residents displaced by house fires need shelter too. During a chemical weapons incident evacuees would be sent to shelters in Heppner, The Dalles and Pendleton.

Morrow County Emergency Manager Casey Beard says the Red Cross is the agency best-suited to run the shelters. "They are traditionally responsible for doing this work at all Army depot sites. They have the expertise, the volunteers and the resources to actually run the shelters."

Right now, Morrow County doesn't have an active Red Cross chapter. To enhance Red Cross' response capacity, the Army has approved a \$40,000 grant to hire a full-time Red Cross disaster-response manager and pay for training materials. This person will be responsible for reviewing and updating current shelter plans, identifying new shelter

needs in both counties and supplementing the existing Red Cross services.

"Red Cross is ready to respond to the challenges associated with the Army Depot cleanup," said Pat Ainsworth, Oregon Red Cross field services manager. "Having a designated disaster-response manager in Umatilla County will certainly accelerate our progress and will help us to better meet the needs of the community."

The new staff person will also work on community preparedness education. "We believe the starting point is with individual and family preparedness," explained Ainsworth. "In addition to offering shelters during crisis situations, Red Cross is committed to helping the community avoid or prepare to respond appropriately to an emergency."

Umatilla County Emergency Manager Dennis Olsen says, "we've always had very good support from our local chapter during emergencies, training and exercises and this new addition to the staff will certainly give them much more flexibility in responding to emergencies."

Officials hope to hire the new employee in June. The new employee will be based at the Umatilla Red Cross Chapter in Pendleton.

Workday set for Hardman cemetery

A workday for the Hardman Cemetery has been planned for this Sunday, May 22 beginning at 10:30 a.m. Organizers plan to have the cemetery cleaned up before Memorial Day.

Those interested in helping should meet at the Hardman Community Center and bring tools. Dinner for the helpers will be served at 1 p.m.

Everyone is invited to help out.

Jack and Jill tourney

The Willow Creek Country Club golfers will hold a Jack and Jill mini-tournament Friday, May 20 at 6 p.m. at the golf course.

The activity will involve male and female couples playing in a modified nine-hole chapman type of play. Prizes will be awarded for low scores and special events. There will be a charge of \$4 per couple for members and \$10 couple for non-members.

Light snacks will be served by the committee in charge. Hosting the event are John and Pat Edmundson, Bob and Suzanne Jepsen and Jim and Cam Wishart.

Fair board makes plans for fair

Fair time is just three months away and the Fair Board and Committee are busy with plans.

Donations are still being accepted to bring OMSI's science and reptile exhibit to the fair. "Eight hundred dollars is still needed to bring this educational and interesting exhibit to Heppner, Aug. 17," said a spokesperson for the fair. Anyone who would like to make a donation should contact the fair office.

Tickets are being sold on a 1994 Chevrolet pickup to be raffled August 21. Tickets may be purchased at Green Feed, the fairgrounds or phone 676-9474 or 676-9664.

A limited number of community booths are available this year. Those interested should call early and reserve a spot for their organization.

Fair exhibits will be accepted Monday, Aug. 15 from 1-8 p.m. Volunteers are still needed to help with the fair. Anyone interested in helping should contact the Fair office Monday through Friday, 1-5 p.m.

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