

Activities make Ione 4th exciting

By Anne Morter

Several new events and two full days of activities promise to make this year's Fourth of July Celebration in Ione a good one. Events begin at 10:30 a.m. on Sunday, July 3 with a volleyball tournament and will continue at a rapid clip until culmination with fireworks and a dance on the evening of the fourth. New events this year include a live broadcast by KORD, a popular country music station from the Tri-Cities, an exhibition by champion frisbee catching canine, a balloon sculpting demonstration, a scramble golf tournament and other activities like a batting cage, duck pond and preschool jail.

The theme of this year's celebration is "Celebrating Our Youth" honoring the young people of the community. Joining the children as Grand Marshals will be Ruth McCabe and Helen Crawford, two women with extensive backgrounds working with youth in the past and who remain active in community affairs. They will reign over the featured event of the two day jamboree. The parade is scheduled for 11 a.m. on July 4.

July 2 the judging of 'the house and yard decorating contest' will begin in the evening. Then on Sunday, a volleyball tournament kicks off the action in earnest at 10:30 a.m. Contact Heidi Orem at 422-7242 for details. The Shotgun Scramble Golf Tournament, a new event this year, will be held in the early afternoon at the Willow Creek Country Club

Golf Course in Heppner. This event is open to the first 36 registrations. Cost is \$5 for Club members, \$15 for non-members. Contact Joel Peterson at 422-7215 for more information.

Basketball action begins at 3 p.m. with the junior three-on-three tournament followed by the adult three-on-three at 5. Teams interested in participating should contact Kelly Morgan 422-7504. Both tournaments will be held at the Ione Gym. The Ken Snider Memorial Auction offering a wide variety of goods and services will be held in between tournaments. Contact Betty Gray at 422-7335. The Ken Snider Memorial Tennis Tournament gets underway on the tennis court at 6 p.m. During the evening sporting events, the Ione Booster Club will be serving a lasagne dinner. The evening will conclude with a free youth dance at the Legion Hall. Dustin Padberg will be the DJ.

Monday begins bright and early with the second annual "Dawn's Early Light Fun Run, Walk and Kid's Dash." Registration begins at 6:30 a.m. at the flagpole on the Ione football field. All events are scheduled to begin at 7:30 a.m. All registered participants will be entered into a random drawing for prizes to be given away at 8:30. Contact Jim or Michelle Raible for registration information at 422-7037. The International Club will host a continental breakfast at 8 a.m. at the school grounds. Muffins, coffee and fruit will be featured.

While waiting for the parade, festival-goers can enjoy a chalk-drawing contest held near the Catholic Church. The bank of Eastern Oregon will be giving out balloons.

The parade will begin at 11 a.m. and feature the usual assortment of floats, farm equipment and family entries. A special feature will be the official presentation of the Volunteer Tourism Award given to the Ione by the State Tourism Division. John Edmundson will make the presentation. All entries for the parade

should meet at the MCGG elevator at 10:30 a.m.

Following the parade, various food booths will open in the city park. A variety of food from snow cones and elephant ears to hamburgers and hot dogs will be available.

The afternoon abounds with possibilities including both kid and adult games. Kids should look for the fish pond, straw money pile, face painting, frog jumping and a batting cage. For the older set, the possibilities include horseshoes, baseball throw, hoop shoot, cow chip toss and the bed race. A special exhibition will be Zulu, the frisbee catching canine.

Kord Radio will broadcast live from 3-5 p.m. in the city park. They will interview people and give away prizes during that time.

At 6 p.m. a mouth watering chicken dinner will be served by the Cardinal Club. Kessler's will barbecue the chicken and the Cardinal Club will fill out the dinner with tossed salad, baked beans, bread, ice cream bars and dessert. The cost is \$6 for adults and \$3 for children under 12. Hot dogs will be available for \$1.

Between dinner and the fireworks, a local artist will do balloon sculpturing. The Fourth of July Committee will sponsor a Duck Pond where participants pick a duck and win a prize. Be on the lookout for the "Preschool Police." Creative Care Preschool will hold a jail to raise money for their scholarship fund. People wanting to put someone in jail will pay up to \$10 to send a friend to jail and they have to pay half that amount (up to \$5) to get out. All these activities will take place at the school grounds.

The fireworks, dedicated to the late Bob Rietmann, will begin at dusk.

Following the fireworks, a community dance featuring Full Tilt Audio will be held at the Legion Hall. With a variety of music from the '70s, '80s and '90s, they promise to have "something to please everyone."

All entries for the parade should meet at the MCGG elevator at 10:30 a.m.

Sew for fun style show planned

Is sewing your hobby? Don't miss the "Sew for Fun" Style show and dessert Thursday, July 7, at 7 p.m. at the St. Patrick Catholic Parish Hall in Heppner. The garments, from McCall patterns, will be modeled by county youth.

Local custom sewers and designers will also provide some examples of their creations for the style show.

The audience will get a close-up look at garments constructed of fabrics from many cultures, soft romantic looks from grandmother's attic, casual "just for fun" garments, heritage christen-

ing gowns, western wear, silk patchwork, and wedding party ensembles.

Soroptimist International of Heppner will host the style show and dessert. Exhibits of fashion accessories will be provided by local merchants. There will be door prize drawings and healthy desserts. Tickets for the show will be sold at the door, prior to the event.

Tickets for admission, dessert and door prize drawings are \$5. Proceeds will go to county youth activities. For more information call Morrow County Extension office, (503) 676-9642, or 1 (800) 342-3664.

OTPR court first at Sisters

A gorgeous Saturday in Central Oregon greeted the Oregon Trail Pro Rodeo court as they took first place honors in the Sisters Rodeo parade.

Queen Staci O'Brien and her Princesses Kim Bedortha, Jossie Evans and Char Coe, along with flag bearers, Casey Evans and Casey Ingraham, traveled to Sisters for the parade and two rodeo performances on Saturday, June 11. Promotion for the Morrow County Fair and Oregon Trail Pro Rodeo was shared with more than 20 other rodeo courts, as the group put up rodeo posters and gave out brochures, along the Columbia Gorge and Central Ore. The rodeo royals took time out to open gifts presented to each other from the court families, the Ashbecks, the Royal Raymond family, the Bill Davis family and from Queen Staci's grandmother, Mrs. Roseanna King.

Nancy Brownfield BMCC vice chair

Nancy Brownfield, Heppner, was elected to serve as Vice Chairman of the Blue Mountain Community College Board of Directors at their meeting June 16. Phil Houk, Pendleton, was

elected chairman.

In other business, Lexington and Helix were selected as sites for the BMCC Board October and April meetings.

Youth modeling workshop set

No one is born knowing how to walk gracefully up and down stairs in view of a large audience, or how to make the right moves and turns across a stage. But the more you practice, the easier it gets, says Carol Michael Bennett county extension agent.

Morrow County youth are invited to attend a free modeling workshop on Tuesday, July 5, from 2-4 p.m. at St. Patrick's Catholic Church Parish Hall, in Heppner.

At the workshop, youth will learn the steps and turns to confidently compete in two Morrow

County Fair modeling contest the 4-H Style Review and My Favorite Outfit Contest. Young people do not have to be enrolled in a 4-H youth project to attend the workshop. It is open to all county youth.

Participants in the workshop will have the opportunity to model McCall designs in the "Sew for Fun Style Show" on July 7 in Heppner. For more information about the modeling workshop, contact the Morrow County Extension office, (503) 676-9642; or 1 (800) 342-3664.

Local students attend health career camp at EOSC

Jessica VanWinkle and Lindsey Waterland of Heppner were among 18 northeast Oregon students who participated in a week long health careers camp on the campus of EOSC in La Grande June 21 to 24.

The camp is a first for the Northeast Oregon Area Health Education Center, sponsor of the event. According to Carole Smith, NEOAHEC education coordinator, "the goal of the camp is to introduce junior high and high school students to a

variety of health careers through shadowing, lectures and hands-on clinical skills."

Over 50 Grande Ronde hospital employees and community health care providers are participating in the camp. The program includes a tour of Grand Ronde Hospital and time in the community with veterinarians, dentists and the health department.

Other campers from Morrow County were Catherine Sanders, Kristen Johnson, Michael Alston and Patrick Alston of Irrigon.

Ione Library plans busy summer

Ione Public Library, sponsored by the Ione Topic Club, will again provide a summer reading program for children in the community. The theme for this summer is "Catch the Wind of Ideas - Read a Book!"

The reading program will begin June 28 at 1 p.m. and will be held every Tuesday through August 2.

Projects will be made each week relating to the theme of "wind". There will also be stories and snacks.

The reading program will offer rewards for those reading a specific number of books during the summer. Those reaching the halfway point may earn a button; those completing the reading program will receive a T-shirt and certificates from both McDonald's, and the State Department of Education. "Additional rewards for reading are thinking about new ideas and great summer fun at the library," said a Topic Club spokesperson.

Children may return their books and check out additional books during regular library hours which are Mondays, 3-5 p.m., Tuesday 1-4 p.m., and Wednesday 3-5 p.m. and 7-8:30 p.m. during the weeks of the summer library program.

"Parents are encouraged to take note that the library times coincide with times the Ione

Kristina Sweeney wins pageant title



Kristina Sweeney

Kristina Sweeney, daughter of Greg and Brenda Sweeney, Heppner, has won the title of Miss Jr. America Petite.

Kristina was one of only 30 city queens chosen out of 300 photographs in the state. From there she was selected as one of 10 contestants out of the 30 to compete for the Miss Jr. America contest scheduled Aug. 4-7 at Anaheim, CA.

Wellness walk July 4 in Boardman

Thinking about starting a wellness program? Looking for an activity that is fun for all members of your family? Like the great outdoors and a river view? Boardman 4th of July celebration has the perfect activity for you.

A 5K (3.1 miles) Wellness walk will take place between 8 and 10 a.m. on Monday, July 4, in and around Boardman. The non-competitive event begins at the Marina Park. A well-marked route and rest stops will be

provided.

There is no charge to participate. All participants must register. T-Shirts will be available for \$5 to those who pre-register by June 24. T-Shirts ordered after June 24 will be mailed after the event.

Registration forms are available at: Boardman City Hall, Boardman Pharmacy and Hardware; and Boardman Health Care Clinic. For more information, call (503) 481-9474 days or 481-9457 after 7:30 p.m.

Jennifer Dudley wins title



Jennifer Dudley

Jennifer Dudley, granddaughter of Lyle and Phyllis Dudley of Ione, won the title of Ms. Jr. America City Queen for Pendleton. She was among 300

applicants to participate in competition for Ms. Jr. America City Queen. From the 300 applicants, 30 city queens were selected and from those 30, 10 will compete for state queen. The state queen will compete in the West Coast nationals to be held in August.

Jennifer received a diploma from the Cinderella Model Agency School in Salem in 1988 and 1989; won the title of queen for a 1988 beauty pageant in Portland; and in 1989 won a scholarship in the Cinderella Scholarship pageant.

Jennifer is the daughter of George Dudley and Rene Lopez, Pendleton.

Extension offers grass stain tips

How do you remove grass stains? Removal of grass stains from washable fabrics requires lots of patience and cleaning products you probably have around the house, says Carol Michael-Bennett, OSU extension agent for Morrow County.

Sponge the stain with rubbing or denatured alcohol. Remove the alcohol by sponging with cool water. Next work liquid dishwashing detergent into the stain, then rinse with water.

If the stain still is visible, soak in a mixture of one quart warm water and one tablespoon enzyme product for 30 minutes. Rinse thoroughly, then launder in the hottest water suitable for the

fabric, with chlorine bleach if the fiber content and fabric permit. Read the garment care label for bleachability or test a mixture of one teaspoon chlorine bleach and one tablespoon of water on an inconspicuous area of the garment.

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Cleaning the Skin Before Injecting Insulin

Most diabetics who need insulin have been taught to prepare and administer their own insulin injections. Steps involved in preparing insulin typically include mixing contents of the insulin vial by rolling the vial in the palms of the hands. Diabetics also are taught to check the expiration of the vial and carefully read the vial label to make certain the correct strength and type of insulin is being used.

Nurses and other health providers teach diabetics to rotate (change) insulin injection sites. If sites are not rotated, there may be a loss or thickening of subcutaneous fat tissue. Either of these changes in the skin around the injection site can interfere with the absorption of insulin. In the past, diabetics were taught to pull the skin taut and use an alcohol swab or cotton soaked in alcohol to clean the skin.

It may not be necessary to clean the skin with alcohol before each insulin injection. A recent report in *American Pharmacy* indicates that washing the skin with soap and water is just as effective as swabbing with alcohol. The report indicates that soap and water also avoids the stinging that sometimes occurs on injection. Diabetics with insulin pumps or those with suppressed immune systems are instructed to use alcohol to reduce the possibility of local infections.

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