

Pharmacy & Your Health

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What to Do About Pink Eye

The medical name for pink eye is *conjunctivitis*. This is an inflammation of the delicate membrane that lines the inner surface of the eyelid and provides a covering for the exposed surface of the eye. Symptoms of pink eye include a watery discharge that may glue the eyelids together, redness, burning, and sometimes a sensitivity to light. Pink eye can be caused by viruses, fungi, and bacteria. Pink eye also can result from allergies, chemicals such as chlorine in swimming pools, dust, smoke, or other irritants to the eye. Pink eye often occurs in conjunction with a recent cold or sore throat. Children may contract pink eye after being around another child who has the condition.

Most cases of pink eye do not produce permanent damage to the eye. However, if left untreated, more serious problems such as eye ulcers can occur. If the ulcers remain, scarring of the eye and visual problems can result.

Treatment of pink eye is best accomplished by a physician. If inflammation is caused by an environmental irritant, removal of the irritant may relieve the problem. More difficult cases may require eye drops or ointment containing antibiotics, antivirals, or steroids. Bathe eyelids that are stuck together with warm water. Persons with pink eye should not share washcloths, towels, or handkerchiefs with others.

Munkers qualifies for rodeo finals



Tiffanie Munkers barrel racing

Tiffanie Munkers, 15 year old daughter of Barry and Mary Ann Munkers of Lexington has qualified for the National High School Rodeo finals to be held in Gillette, Wyoming July 25-Aug. 1. Oregon sends the top four barrel racers to the National Finals Rodeo. Munkers and her 10 year old AQHA gelding "Chants Cal Bar Doc" qualified by finishing third. Munkers will represent Heppner High School and the Morrow/Umatilla County High School Rodeo Team. The National High School Rodeo Finals is the largest

rodeo in the world. During her first year in high school rodeo she competed at 12 rodeos throughout Oregon. She just finished her freshman year at Heppner High School. Munkers competes in Barrel Racing, Pole Bending, Goat Tying, Breakaway Roping and Girls Cow Cutting. She ended up in the Top 10 in the state in four of her five events. She won the state reserve champion Rookie of the Year and was third for the All-Around Cowgirl Championship.

WCCC Golf

Men's Championship

George Waterland shot rounds of 34, 30 and 33 for a total of 97 to win the Willow Creek Country Club Men's Championship. Earl Norris won the award for low net of the field with a score of 78.5. Forty-two golfers participated.

Players were divided into three flights with flight winners as follows:

Flight 1 (handicap 12 and under): gross, first-John Edmundson 99, a tie for second between Ron Bowman and Howard Gilliam 100, third-Dave Green 103; net, first-Barry Munkers 84.5, second-Dave Gunderson 85, third-Russ Morgan 85.5, fourth-Duane Disque 86; KP #2/11 Duane Disque, second shot #6/15 Dave Green; least putts-George Waterland 36.

Flight 2 (handicap 13-16): gross, first-Frank Pearson 103, second-Roy Martin 105, third-Slater Mitchell 107, fourth-Ed Struthers 113; net, first-Frank Bailey 83.5, second-Ed Gunderson 87, third-Mike Doherty 91.5 fourth Darryl Bigelow 92.5; KP #3/12 Slater Mitchell, second shot #6/15 Slater Mitchell; least putts-Frank Bailey 36.

Flight 3 (handicap 17 and above): gross, first-Lee Padberg 106, second-Dave Mitchell 112, third-Dave Hanna 113, a tie for fourth between Delbert Binschus, Howard Bryant and Russell Britt, 116; net, first-Lowell Gribble 83.5, second-Gary Munkers 84.5, third a tie between Mike Smith and Jim Wishart 88.5; K.P. #4/13 Lowell Gribble; second shot #6/15 Gary Bingham; least putts-Earl Norris 39.

Special events: KP all flights #5/14 George Waterland, #7/16 Slater Mitchell.

Sandwiches were served by People for the Pool, George Nairns, scoring was handled by Carol Norris, Cam Wishart and Pat Edmundson. Tournament committee included John Edmundson, Howard Gilliam, Tom Sturgeon, Ron Bowman, Earl Norris and Jim Wishart.

Ladies Day July 12

Flight A: low gross-Chrissy Schultz; low net-Linda Schultz; least putts-Barbara Gilbert; chip in #14-Linda Schultz.

Flight B: low gross-Carol Norris; low net-Bernice Lott; least putts-Muriel Palmer; chip in #15-Dorris Graves.

Flight C: low gross-Lynnea Sargent; low net-Dorris Graves; least putts-Joyce Dinkins.

Low gross for field: Mary Schoonover 41.

John Breidenbach attends convention

John Breidenbach of Heppner attended the 130th National Convention of the Benevolent and Protective Order of Elks in Chicago, Illinois, July 3-7. Breidenbach is the current leader of the Heppner Lodge No. 358.

While in Chicago he was commended for his dedication to Elksdom and his charities. National leader Kenneth L. Moore, of Corona, Ca., stated that Breidenbach and each of the 2,300 local Lodge leaders are "the most important link in the bonds of Elksdom and the role of our fraternity of 'Meeting the Challenge'".

Having attended the Grand Lodge Convention in Chicago, Breidenbach is now recognized as a voting member of the national organization.

Superintendent to visit church

The Rev. Sue Owen-Bofferding, United Methodist district superintendent, will visit the Heppner United Methodist Church on Tuesday, July 26 at 7 p.m.

The Rev. Owen-Bofferding graduated from Indiana University with a bachelor of arts degree in 1969 and earned her master's in social work from Portland State University in 1979. After that, she worked as a case worker with Children's Services in Roseburg. In 1982, she entered seminary at San Francisco Theological Seminary, graduating with a master's in divinity in 1985.

The Rev. Owen-Bofferding served churches in Medford and Astoria and was pastor of the First United Methodist Church in Ashland before being appointed superintendent. She and her husband, Tom, have a daughter, Vanessa, who graduated from high school this year.

4-H News

Sew Cute Sewers

Shelby Krebs, Reporter
 The Sew Cute Sewing Club is meeting individually at their leader Monica Swanson's house to complete their fair projects. The group has made two previous projects, a duffle bag and an apron for their mothers. The Sew Cute Sewers helped at the preschool fishpond on the 4th of July for their community service project. This is the second year for the 10 Sew Cute Sewers and their leader Monica Swanson.

Kool Kitchen Kids

Shelley Rietmann, Reporter
 The Kool Kitchen Kids 4-H cooking club held their fifth meeting at Tami Rietmann's house. They made apple crisp and talked about fair. They also decorated their recipe boxes, played games and practiced foods judging. They hope to have another meeting before fair.

McCalls Trunk show held in Heppner

The 1994 Morrow County Fair and Rodeo Court opened the Sew for Fun evening style show by modeling their working wardrobes of denim prairie skirts, black jeans and hot pink tuxedo shirts, floral denim vests and Pendleton wool coats. The court, preceded by a pennant bearer, returned a second time to model their official outfits for parades and grand entries. A white outfit was modeled by queen Staci O'Brien, but the royal court, Jossie Evans, Kimberly Bedortha and Char Coe, modeled fringed ultrasuede outfits in tones of fushia, purple and pink, with silver trim.

Models from the 4-H Youth Development Program and other interested youth modeled garments from the McCall Pattern Spring and Summer trunk Fashion Show last Thursday, July 9 at the Catholic Parish hall in Heppner.

Models included: Mandi Gutierrez, Julie Watkins, Marissa McCabe, Brooke Boyer, Kristi Worden, Amy Drake, Julie Proctor, Trisha Adams, Abby Kahl, Rick Worden and Brent Wright of Heppner; Katie Bacon and

Jessica Krebs of Ione; Vi Wilgers, Tina Kemp and Sarah Eckman of Lexington; Tiffany Connor, Rachel Connor, and Jackie Harrell of Boardman; Marcie Hasel of Reedsport, and Jessica Mooney of Cove. Alecia Tarnasky, Morrow County 4-H alum and a student in home economics and fashion marketing at Oregon State University, coached models on poses and turns, and also narrated the style show.

Flower-girl dresses and a dress constructed for the mother of the groom, modeled by Judie Laughlin made by local custom sewers were a part of the style show.

"One-of-a-Kind" Seminole patchwork/applique jackets, and vests created by textile artist Anne Beard were modeled by Joyce Hughes, Kristi Worden, Pat Hyatt and Alecia Tarnasky all of Heppner.

A variety of dessert and finger foods was available to viewers seated at tables decorated with fresh flowers. Local merchants provided a variety of door prizes. The event was hosted by Soroptimist International of Heppner. Proceeds from the dessert will be used for youth activities.

Ted Schwarz named to dean's list

Ted Schwarz has been named to the dean's list spring semester at Boise State University. Students qualifying for the dean's list must maintain a 3.5 or better grade point average.

Schwarz is the son of Len and Ann Schwarz of Heppner.

Creative Arts and crafts plan meeting

The Morrow County Creative Arts and Crafts will meet Monday, July 25 at 1 p.m. at Kate's Pizza. A picture of an English Cottage will be on display. This class will be taught in August. Anyone interested is encouraged to attend.

St. Patrick's Senior Center Bulletin Board



The bus load of seniors from Heppner enjoyed lunch at the Arlington Meal Site Tuesday, July 12.

There were 97 people including two guests in attendance at the Senior dinner July 13. Eight dinners were sent out. Eva Griffith won the free meal ticket, Edith Case the door prize and Ann Kelling the guest prize. Members of the Mormon Church served. The Senior Center Board met following the dinner.

The menu for Wed., June 27, birthday dinner will be taco salad, deviled eggs, rolls, cottage cheese, lime jello, cake and ice cream, juice or iced tea. Members of the Catholic Church will serve.

The bus for the trip to Monument was full July 19. The bus will take seniors to the annual potluck picnic at Gonty's cabin at Penland Lake July 24. The bus will leave at 2:30 p.m.

Rene Wakkace from Salem will be here to discuss Public Utilities, phones, etc., Aug 4 from 6:30 to 9:30 p.m. at the Senior Center. This is open to everyone not just seniors.

Dates to remember: Tues. and Thurs. exercise, 10 a.m.; Wed., noon senior dinner; Friday cards, 2 p.m.; Sunday movie, 7 p.m.

It's almost fair time and that means time to start thinking about the senior pie booth. Please consider donating pies and time to work a shift in the booth.

Tom Gonty will drive the dollaride van in an emergency for Jane Rawlins. Call 676-9264. If no answer, leave message on the answering machine.

Bridal Tables
 Rachel Norton and Brian Roth
 Wedding July 30

Cindi Hudson and Bob Roberts
 Wedding August 13

Donna O'Neal and Jason Maben
 Shower July 23 • Wedding August 27

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