

Pharmacy & Your Health

Boardman Pharmacy & Hardware

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TIA's: A Potentially Serious Blood Vessel Problem

One popular name for this blood vessel problem is *mini-stroke*. The medical term for this condition is *transient ischemic attack* or TIA. Mini-strokes are described in the medical literature as brief episodes of interrupted blood flow to the brain. They occur suddenly and without warning. Most TIAs last for about 10 to 15 minutes, but can linger for as long as 24 hours. The bad news about TIAs is that persons who experience them have about a 30 percent chance of death within five years. TIAs are associated with strokes and heart attacks. According to a recent issue of *U.S. Pharmacist*, at least 10 percent of TIA sufferers will have either a heart attack or some other significant cardiovascular disease. This is 2.5 times the risk in a population with no history of TIAs.

The good news about TIAs is that they often can be prevented with elimination of as many risk factors as possible. TIA risk factors include high blood pressure, elevated blood cholesterol levels, cigarette smoking, excessive alcohol use, oral contraceptive use, and diabetes. Aspirin (650 mg taken twice a day) has been shown to cut the incidence of stroke following TIAs by one half. Health experts have suggested that lower doses of aspirin (325 mg once-a-day) may be as effective and better tolerated.

Tatones to celebrate 50th



Joe and Alice Tatone

Evans wins grand champion and master showman

Kelsie Evans of Heppner won both the grand champion master showman and master showman awards at the Morrow County Fair held Aug. 17 through 21 in Heppner.

Reserve master showman for large animals was Shannon Walton.

In the round-robin category, Michelle Meakins, Irrigon, took grand champion and Dani Hill, Lexington, took reserve.

Brent Wright of Heppner received the highest scoring senior large animal judge award, Casey Evans, Heppner, intermediate, and Tracey Rankin, Heppner, junior.

In the beef awards, Jossie Evans captured the champion beef showman award in addition to the outstanding 4-H and/or outstanding FFA exhibitor award. Erika Cornejo, Irrigon, took the champion beef intermediate showman and grand champion beef showman awards. Champion beef junior showman was Amy Drake and champion beginner was Shelly Rietmann, both Heppner.

Grand champion steer award for 4-H or FFA went to Alan Marston and beef rate of gain went to Levi Weikel-Magden, both Boardman.

Alice and Joe Tatone of Boardman will celebrate their 50th wedding anniversary with a reception hosted by their children and grandchildren on Saturday, August 27. The reception will be held from 4 to 7 p.m. at the Dodge City Inn in Boardman. The couple requests no gifts. Those attending are asked to RSVP to the Dodge City Inn, 481-2441 or 481-2451.

Alice and Joe Tatone met in The Dalles, in 1939. Shortly after that, Joe jokingly told Charles Wicklander, Alice's father, that he was going to marry his daughter someday.

Joe joined the United States Navy just after Pearl Harbor in 1941. He took his training at the Navy Pier in Chicago and served in the South Pacific. After receiving a junior college certificate from OSC and graduating from Kinman Business University in Spokane Washington, Alice joined the WAVES of the United States Navy.

In 1944, Alice and Joe happened to take Navy leave at the same time. While visiting Joe's family in Arlington, they decided to go to Pasco, Washington, to get a marriage license. Joe's brother, Chuck, accompanied them, and they were issued a free license because it was the first time they had issued a military license in that town.

Before their Navy leaves were over, Alice and Joe decided to be married in Vancouver, Washington. After the wedding, Alice returned to San Francisco.

Soon thereafter, Alice resigned from the US Navy and joined

Joe in Seattle. Joe was later transferred to N.A.S. North Bend, where the couple made their home until Joe was later discharged from the Navy.

After Joe was discharged in October 1945, the Tatones moved to Arlington. Joe and his brother, George, bought and operated a laundry and dry cleaning plant. Alice owned a Merle Norman Studio and a beauty shop.

Eventually, the couple moved to Portland where, on the GI Bill, Alice attended Reed College and Joe attended the Portland branch of Oregon State University. Later Joe went back to his position with Pacific Building Materials, and Alice became a legal secretary for Kerr & Hill, Attorneys at Law.

In May 1950, a daughter, Linda Jo, was born. In April 1952, a son, Jody, was born.

In February 1952, the couple moved to Boardman. They have been in the restaurant and motel business in Boardman for 42 years.

The Tatones now live on a farm near Boardman where they are semi-retired. Joe enjoys farming, and Alice enjoys shopping for the D.C.I. Gift Shop. Golfing is their favorite sport. Annually they join their children and six grandchildren for deer and elk hunting.

Births

Tyson Joseph Horner-a son Tyson Joseph was born to Rebecca Marie Horner of Irrigon on July 30, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 6 lbs. 11 oz.

Yaretyz Enriquez-a daughter Yaretyz was born to Rosa and Pedro Enriquez of Boardman on August 12, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 7 lbs. 14 oz.

Arrow Jack Corpus-a son Arrow Jack was born to Sheila and Albert Corpus of Boardman, on August 12, 1994 at Good Shepherd Community Hospital in Hermiston. The baby weighed 9 lbs. 14 oz.

St. Patrick's Senior Center Bulletin Board



The fair is over and all the seniors who made signs, baked pies and worked at selling them, are getting some much needed rest. All the help is much appreciated. Jeanette Townsend contributed a lot of help, making coffee, getting things going every morning and delivering the pies to the fairgrounds. The proceeds from the pie sales goes to help support the Senior Center.

Attendance at the Wed. dinner Aug 17 was 102 and seven meals were taken out. Dorothy Henderson won the free meal ticket. Members of the Baptist Church served. The Senior Center Board had a brief meeting following the meal.

The menu for the birthday dinner Aug. 31 will be chicken nuggets, tater tots, peas, watermelon or cantaloupe, salad, rolls, cake and ice cream. Members of the Episcopal Church will serve.

Seven seniors watched the movie "Sister Act Two" Sunday evening.

Seven passengers and driver Gene Cole went by bus to the Stokes Landing meal site in Irrigon for lunch Monday, Aug. 22.

The bus will go to Weston Aug. 27, to Ukiah Aug. 30, and to the Pendleton Round Up Dress Up Parade. Sign up sheets are at the Center Office.

Leila Palmer of Lexington is the newest office volunteer. All shifts are covered now. We could use two or three volunteers to fill in if one of the regular staff is unable to be there.

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

Crushed Rock For Sale



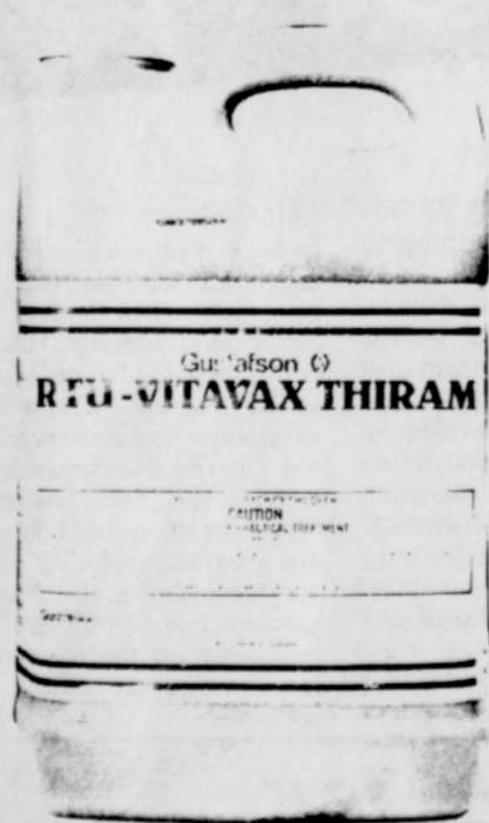
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La Rae's of La Grande is pleased to bring you Heppner's 2nd annual fall showing.

You will have an opportunity to purchase from a beautiful selection of fall clothing, or purchase summer items at half price.

Bring a friend and join us for an afternoon of fun & refreshments from 2 until 5 pm

Saturday, August 27th

at Heppner's Senior Citizen Center.

I'm looking forward to seeing you!

Sincerely,
Doris

LaRae's

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