

Dale Conklin to coach decathlon camp

Dale Conklin, head track and field coach at Heppner High School, will serve as a coach at the first annual Dan O'Brien Decathlon Camp in Klamath Falls, Sept. 24.

The camp is an outgrowth of an effort in the state of Oregon to stimulate decathlon participation among high school and junior high school track athletes. The national high school decathlon championships were held in Klamath Falls this past summer. Oregon did not have a participant in that national championship event because there is no statewide event. The national

decathlon meet will be returning to Klamath Falls next year.

Dan O'Brien is a graduate of Henley High School in Klamath Falls and the University of Idaho. He just recently won the world decathlon championships in France.

O'Brien returns to Klamath Falls each year for Dan O'Brien Days and the one day decathlon camp is an added feature of this year's events.

Conklin has also served as lead coach for the throwing events for the past two summers at the Robin Marks Track and Field Camp Classic in Portland.

Emergency Management installs sirens

Sirens will soon be installed in Morrow and Umatilla Counties. The sirens will alert the northern portion of both counties when a hazard exists; such

as severe weather or a hazardous materials incident.

For more information call the Morrow County Emergency Management Office, 922-4437.

Ione Booster club to meet

The Ione Booster club will meet Thursday, Sept. 22, at 7:30 p.m. at Beechers Cafe.

Upcoming activities for the school year will be discussed. Those interested in participating are urged to attend.

Cub Scouts host school night

Pack 661 is getting ready for a fun filled year. Boys in first through fifth grades and their parents are invited to attend School Night Sept. 27 at 7 p.m. at Heppner Elementary School

Multipurpose room to find out what Cub Scouts are all about.

For more information contact Bruce Young, 676-9309, or Sandra VanLiew, 676-5050.

Ione Cards log first win of season

By Anne Morter

The Ione Cardinals logged their first win of the season last Friday in a non-Conference game against Wasco County. The game was played on the road. The game was close in the first half with the Cardinals leading by six at the half, 12-6. Midway through the third quarter, Greg Holtz ran back an intercepted pass 70 yards for a touchdown in what proved to be the turning point in the game. The Cards went on to score twice more while holding their opponents scoreless in the second half to record the 30-6 win.

The Cardinals rushed for 240 yards, led by Jared Ashbeck with 172 yards on 24 carries. Rodney Ehrmantraut added 29 yards on three carries and Randy Scott had 21 yards on six.

Quarterback Luke Swanson accounted for most of the throwing as the Cards ended the game with 95 passing yards and a 72.7 percent completion stat. Randy Scott received three

passes for 53 yards and Marc Orem caught four for 34 yards.

The Ione defense held the Redsidies to 119 yards of total offense, 61 on the ground and 58 in the air. Jared Ashbeck was the leading tackler with four unassisted tackles and 12 assists. Nathan Heifeman had six unassisted tackles and seven assists.

Coach Gregg Rietmann noted that the Cards struggled in the first half but "started doing things right" in the second half. "We played some good football," he said. He was also pleased with the defensive efforts. "The defense played really well," he added.

The Cardinals have a big game on the agenda Friday, Sept. 23 when Dufur comes to town. The Rangers are the team to beat in the league and were ranked number one in the state before being defeated by Wallowa last weekend. Kick-off is set for 7:30 p.m.

Teens targeted for Hepatitis B shots

Oregon health officials this school year plan to vaccinate an additional 5,000 teens against the highly contagious disease, hepatitis B. During the past two and one-half years, the state has provided nearly 6,000 Oregon teens with the shots through a nationally recognized partnership.

Oregon's program to prevent teen hepatitis B started in early 1992. The Oregon Health Division, working with parents, school officials, and local health department personnel, provided shots in juvenile detention centers, school-based health centers, primary care clinics, county health departments and residential facilities for psychosocially dysfunctional children. Pharmaceutical companies Merck & Company and SmithKline Beecham donated the vaccine.

"Our record for immunizing teens against Hepatitis B is better than any state in the country," said project director Jeri O'Banion. "But as we prevent more cases among adolescents, we want to encourage all young people to talk to their health care providers about receiving vaccinations."

Hepatitis B shots are available at any of the Morrow County Health Department's regularly scheduled clinics at a cost of \$3.

No one will be denied the shot because of inability to pay the \$3.

Clinic hours are: every Thursday, Heppner office, 8:30 a.m. to 4:30 p.m.; first and third Tuesday, Boardman City Hall, 1:30 p.m. to 4 p.m.; second and fourth Tuesday, County Annex Bldg., Irrigon 1 p.m. to 4 p.m.; third Tuesday, Ione City Hall, 11 a.m. to noon.

Hepatitis B is caused by a highly infectious virus that attacks the liver. It can lead to severe illness, liver damage, and in some cases, death. A person can get Hepatitis B by sharing needles or having sex with someone who is infected with the Hepatitis B virus. Infected mothers can pass the disease to their babies during childbirth. As many as 30 percent of the people infected with the virus, however, have no known risk factors for the disease.

Despite the 1982 introduction of a safe and effective vaccine, Hepatitis B continues to be a public health problem in Oregon and the nation. The primary strategy for eliminating the disease includes routine shots for infants. Adolescents and adults, who have never received the shots, make up an estimated 91 percent of the Hepatitis B infections nationwide.

OSU offers big game bulletin

Hunters preparing to head to the field for the 1994 season can take a new reference booklet from the Oregon State University Extension Service with them, reports Carolyn Raab, Extension foods and nutrition specialist.

"Big Game from Hunt to Home" gives detailed steps about caring for game in the field as well as caring for the meat while it is being transported and preparing cuts for home use. Information about antelope, bear, deer and elk is included in the handbook.

Photos illustrate various steps in handling the kill in the field as well as skinning, and cutting up the carcass. A chart shows expected yields of bone-in and boneless cuts from filed

dressed weight.

In the section on preparing game meat, hunters and their families will find a chart showing calories, protein, fat and cholesterol in servings of cooked meat. The chart uses beef as a comparison meat.

There is also information about preparing the meat for the table, including marinating, cooking hints, and selected recipes. Information about preserving game meat by freezing, canning, and drying is also included.

Copies of "Big Game From Hunt to Home," EC 1434, is available for \$2.75 from the Morrow County Extension Service, Pettyjohn Office Building, Heppner, (503) 676-9642 or 1-800-342-3664.

Immunizations an ongoing process

Three months after Oregon's most successful campaign ever to immunize children, it may be time for parents to protect their little ones with the next round of shots, said a press release from Oregon Human Resources.

State Health officer Kathy Gaffney applauded the success of Oregon Public Broadcasting's May "Immunize Now" campaign, a statewide effort that resulted in some 16,000 shots for more than 6,000 children. However, she cautioned parents that when it comes to immunization, once is not enough. "The need for immunizations is ongoing," she said. "Children need several doses of vaccine to prevent diphtheria, tetanus, pertussis, polio and other potentially fatal or crippling diseases."

If the health rationale isn't convincing enough, State law requires all infants and children in any Oregon school, preschool, headstart, daycare or family care setting to be fully immunized or in the process of completing their immunization schedule unless they are exempt for medical or religious reasons. "It's a good time for parents to be sure that all their children have had the shots they need," Gaffney said.

Children can be immunized by private physicians or at the Morrow County Health Dept. Parents needing information about childhood vaccinations should call their child's health care provider. For more information or help, they can call their local health department.

More than 50 members of the Oregon Preschool Immunization Consortium worked together on May's immunization push. Already, consortium members are discussing plans for next year's campaign.

Lions to sponsor hearing screening

What do glaucoma, diabetes and high blood pressure have in common? The answer, a direct relationship to blindness. All three, or the complications resulting from them are involved in causing blindness. "Early detection and knowledge are the best way to fight blindness," said Roger Trueax, president of the Heppner Lions Club and Trustee of the Oregon Lions Sight and Hearing Foundation.

That's why the Irrigon and Heppner Lions Clubs and Blue Cross and Blue Shield of Oregon are sponsoring a visit from the Oregon Lions Mobile Screening Unit at the Irrigon City Park Sunday, Sept. 25

from noon to 5 p.m. and in Heppner on Monday, September 26 on Main Street in front of Central Market from noon to 6 p.m.

"Our screenings look for all three conditions, as well as hearing disorders," Trueax said. "Through the screenings, we hope to alert people to potential trouble signs and then we will refer them to local professionals so they can get help immediately."

Oregon Lions Sight and Hearing Foundation, a 35 year old Oregon non-profit organization dedicated to helping Oregonians with sight and hearing problems and Blue Cross and Blue Shield of Oregon/HMO Oregon, the state's largest health benefits organization are co-sponsors.

Hundreds of donations of varying size helped purchase and equip the mobile screening

unit. Those contributors include: the Lions Clubs International Foundation based in Oak Brook, Ill; the Lions Club Lioness Clubs, Leo Clubs of Oregon; Freightliner Corporation; Northwest Truckstell; Lifescan; Knapheide; Curtis Trailer; Legacy Good Samaritan Hospital; and many others including Heppner Lions Club.

Screenings will be conducted for:

Glaucoma, using an air-puff tonometer donated by the Devers Eye Institute, visual acuity (how well people can read at distance of 10 feet).

Diabetes, one of the major causes of blindness where a qualified and trained professional is available, using Life Scan hospital quality blood sugar testers with a new technique that ensures safety for the patient and the person doing the testing. Those wanting diabetes testing must fast for six hours before the testing to give an accurate result.

Hearing, using two options, standard puretone audiometers which will run the person through a range of frequencies of sound, and a speech threshold screening, which will be powered by a compact disc.

Blood Pressure, using an automated blood pressure meter.

Qualified medically trained volunteers will be recruited in each location to perform the screening. In Morrow County, volunteers will be from the Morrow County Medical District employees and volunteers.

Sherers celebrate 60th anniversary

Doc and Beulah Sherer, Ione, celebrated their 60th wedding anniversary Sept. 10 with a family barbecue held at the home of Dick and Margo Sherer in Ione.

The Sherers were married September 14, 1934, in Yakima, Washington.

Those attending were Geneva Palmer of Ione; the Sherer's children Judy and Jerry Ripka, Dallas, Kay and Chuck Barnhart, Redmond, and Dick and Margo Sherer, Ione; grandchildren, Bryan Ripka, Dallas, Robyn Pierce, Eugene, Judy and Joe Foggia, Vancouver, WA., Carole Lee and Rick Roberts, W. Covina, CA., Scott and Shera Sherer, Hermiston, Todd and Allison Sherer, Wilsonville, and Brett and Kristi Sherer, Cheney, WA.; and great-grandchildren, Whitney and Kendra Sherer, Wilsonville, Sierra Sherer, Hermiston, and Staci Sherer, Cheney, WA.

BMCC classes begin Sept. 26

Fall term at Blue Mountain Community College is less than a month away with classes starting September 26. However there are still registration appointment openings for students in several professional technical programs. Auto body repair technology, automotive technology, electronic engineering technology, diesel and heavy equipment are among the programs with appointment slots left to fill.

Registration for classes starts Wednesday, September 21, for students returning to BMCC. Students new to BMCC begin registration Thursday, September 22.

Students returning to BMCC or transferring from another college may make a registration appointment by calling the Admissions and Advising office at 276-1260, ext. 205.

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In many studies medicines have been shown to be more cost effective than non-drug methods of caring for various health problems. While there are some conditions for which effective medicines do not exist, there are many other health problems that can be prevented and/or treated with medicines. One of the problems associated with medications is that many persons do not take their medicines in the prescribed or intended manner. For example, it is estimated that 75 percent of prescription medicines are under-used. Different reasons are given as to why this occurs, including the person:

- cannot remember to take medicines.
- feels better and stops taking medicines.
- has no symptoms of the disease being treated and cannot tell if the medicine is "working."
- cannot read or understand medicine directions.
- does not understand the importance of taking all his or her medicines as instructed.

According to Drs. Gossel and Wuest, there are 125,000 premature deaths each year due to failure to take medicines properly. The estimated annual cost for this problem, which includes the need for hospitalization in some instances, may be as high as \$15 billion.

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