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Pharmacy & Your Health

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Do Not Crush These Medicines

Pharmacists get questions about whether or not certain tablets or liquid-filled capsules can be crushed before they are taken. This question usually comes from those who have difficulty swallowing large tablets and capsules or parents who have trouble getting small children to take prescribed medicines. Often a crushed tablet added to applesauce or other soft foods can be swallowed more easily. Bad tasting medicines can be disguised. However, do not crush:

Sublingual or buccal tablets: These dosage forms are intended to be placed under the tongue or between the cheek and gums. Crushing may impair stability.

Extended-release forms: Delayed action or extended-release formulations should not be crushed or cut in half. Crushing may interfere with the ability of the medicine to deliver its ingredients over a specified period of time such as 24 hours.

Enteric-coated forms: The coating allows the medicine to pass through the stomach and be released in the small intestine. This is useful for drugs such as erythromycin that are destroyed by the acid in the stomach, or medicines such as aspirin that irritate the lining of the stomach.

Liquids in capsules: These medicines sometimes can irritate the mouth if crushed.

Mustangs win close one with Pilot Rock

Sometimes it's better to be lucky than good. The Heppner Mustangs used some of both as they beat the Pilot Rock Rockets in a hard fought and physical 16-15 victory, Friday night, Oct. 21, at Pilot Rock.

The Mustangs capitalized on a Rocket fumble inside one minute to play to score the go ahead touchdown. Quarterback Brian Koffler scored on a quarterback sneak to make the score 15-14 in favor of the Rockets. Koffler then hit wide receiver Bill Schlaich in the back of the end zone for the winning two point conversion.

The Rockets started out with a bang at their homecoming game. They took the opening kick off 65 yards for a score in the first two and one-half minutes of action. Senior running back Chris Humphreys broke loose on a 48 yard run to get the Rockets on the score board. Glen Stillman added the pat for a Pilot Rock lead.

The half ended 7-0 as the Rockets' line men Branden Dames and Kevin Stanley controlled the Mustangs' running attack and Jon Hanna, Chris Sykes, Jim Schlaich and Shaun Hisler did the same, stuffing the Rockets running game.

The Mustangs took the lead in this seesaw battle on their first possession of the second half. The big play of the drive was a screen pass from Koffler to fullback Chad Kroch. Kroch took the ball behind a huge wall of Mustang blockers and used some nifty running to penetrate deep into Rocket territory. After good gains from running backs Hisler and Chris Dickenson, Dickenson blasted

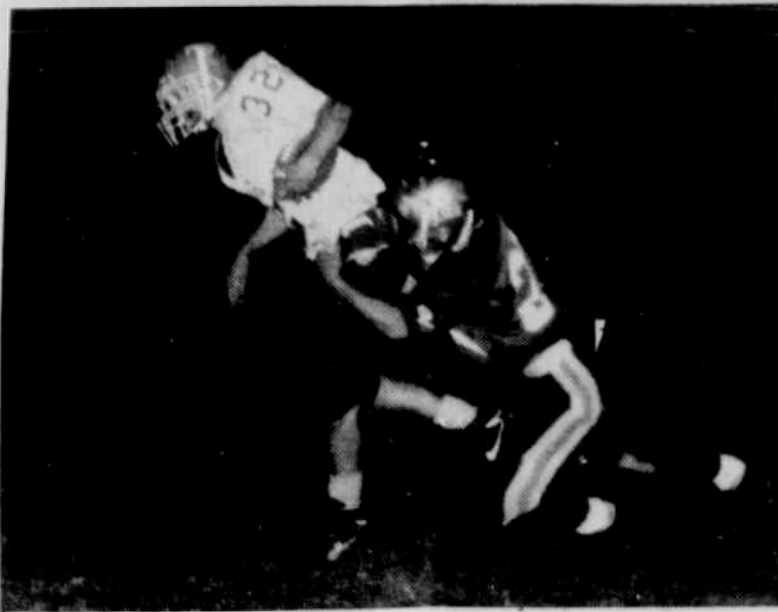


Photo by Joyce Hughes

Shaun Hisler drags a Rocket player as he gains some yardage for the Mustangs

into the end zone from three yards out. Kroch added the two point pat for an 8-7 Mustang lead.

The Rockets scored again after a comical exchange of fumbles inside the Rocket 10 yard line. Quarterback Ryan Simpson scored on the bootleg to put the Rockets up 13-8. Simpson hit Stillman with a waggle pass for the two point conversion to make it 15-8.

Heppner started their drive with less than five minutes to go in the game. Koffler and Schlaich teamed up for a long third down completion and a critical four and six completion to keep the drive alive. The drive stalled at the one yard inside one minute to play as the Rocket defense stiffened.

All seemed lost as all the Rockets needed to do was run a couple of plays to win the game. On their first play from scrimmage sophomore linebacker Brent Gunderson stripped the ball from Simpson and recovered it to set up the winning score.

Cornerback Eric Schonbachler intercepted Simpson to end the Rockets last hope. Schonbachlers second intercept-

tion of the half. The win brings the Mustangs league record to 3 and 1, tied with Wahtonka and Weston. Heppner will face Wahtonka and Weston-McEwen at home in the next two weeks. One of the three teams will grab second place and a berth in the state playoffs behind league leader Sherman County. Heppner hosts Wahtonka, Friday, October 28, at the Morrow County Fairgrounds. Wahtonka lost to Weston-McEwen 42-8 last week.

Lexington Baptist plans dinner

Lexington Baptist Church will have its annual Harvest Dinner Sunday, October 30 at 5:30 p.m.

The theme for the evening is missions. Some of the foods served will be reminiscent of

countries where the church's missionaries work. Everyone is welcome to attend. "Please join us for fun, fellowship, and music," said Pastor Glenn Anderson.

For more information, call Pastor Anderson at 989-8555.

Player of Week
Oct. 16 - 22



#8 Brian Koffler
OB/LB 185 lb. So.



#29 Bill Schlaich
E/E 150 lb. Sr.

Player of Week
Oct. 16 - 22



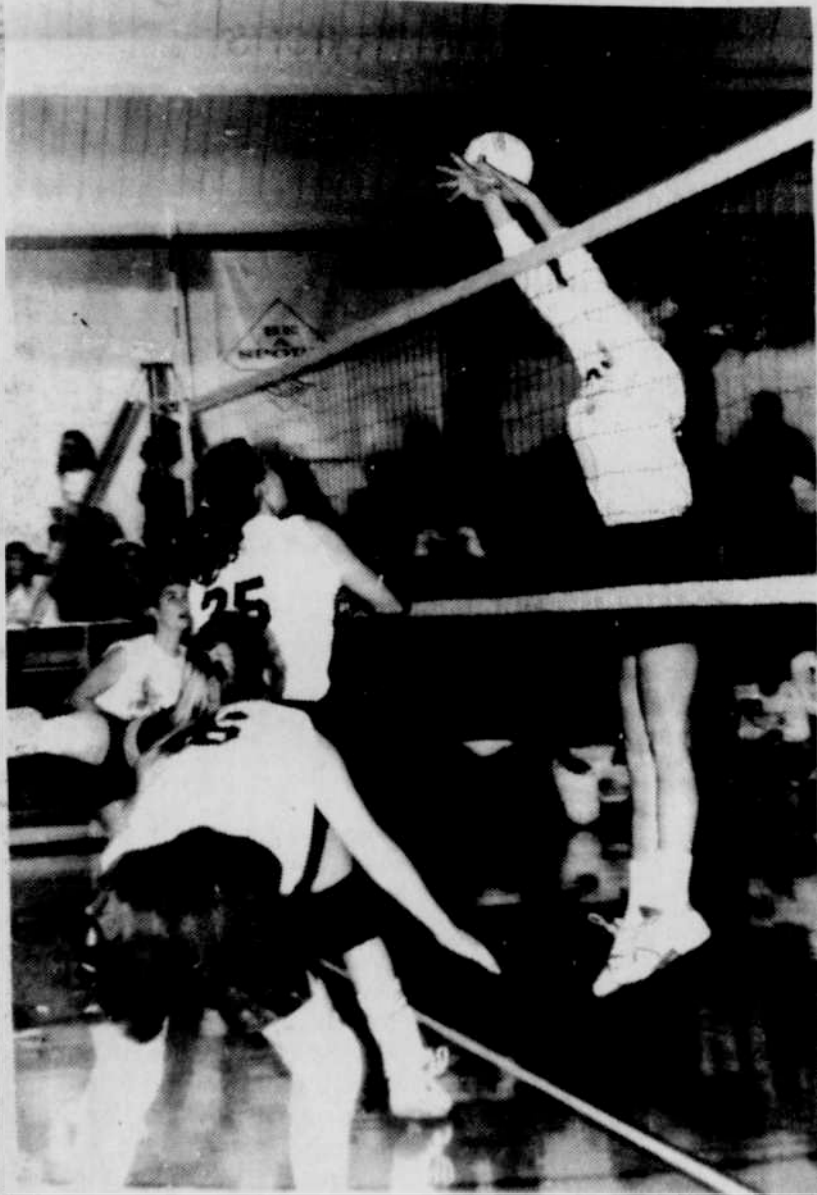
#6 Kelsie Evans
V 5'5" Sr.

Players of the week are sponsored by Mustang/Fillie 21

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Cals BP Service
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D & L Repair
R & W Drive In
Pettyjohn Building Supply
Kate's Pizza
Heppner Gazette-Times

Coast to Coast
First Interstate Bank
Murray Drugs
Miller & Son Welding
Green Feed & Seed
Van Marter & Kahl Insurance
Court Street Market
Kinzua Resources
MCGG
Heppner Auto Parts

Lady Cards lose to Pilot Rock



By Anne Morter

Pilot Rock looked to be a pushover in the opening games of last Thursday's volleyball match with Lone but woke up in games two and three to take the nonconference match, 5-15, 15-12, 19-17.

Serving proved to be the Cardinals' undoing as they watched their team serving percentage plummet to 81 percent. Melissa McElligott led with 88 percent, followed by Mary Jane McCarty with 84 percent and Kim Bedortha with 82 percent.

In serve receives, Suzie Heideman had 100 percent on four attempts. Bridget McElligott had 88 percent on eight attempts and Melissa McElligott had 84 percent on 24 attempts.

The team tallied 90 percent hitting. "We did some of our best hitting that night," commented Coach Charity McElligott. Melissa McElligott

had nine kills and Heideman and McCarty each had five. Allison Sullivan had 100 percent serving on 16 hits.

The Cards also blocked well, led by Heideman with three stuffs and nine blocks. Melissa McElligott had two stuffs and Sullivan had one.

Minster led in setting with 96 percent on 26 sets. McCarty, Jessi Stefani and Becky Picknell all did good jobs in that department.

"Serving lost the game for us," said Coach McElligott. "We went from 94 percent one week to 81 percent the next," she added.

This weekend the Lady Cardinals travel to Arlington on Thursday and then host Wasco County on Friday for a non-conference homecoming match. Wasco County will be a player at the district tournament. They currently hold the number two spot on the other side of the league.

Lone Cards win wild one

By Anne Morter

The Lone Cardinals won a wild football game last Friday evening at Lyle, Washington. The game was tied at halftime 8-8 and Lyle led 16-8 at the end of three. But it was the fourth quarter where both teams busted loose and the lead changed hands three times. A total of 40 points were scored by the teams and fortunately, lone scored 26 and Lyle had just 14 to give the Cards a 34-30 win.

Jared Ashbeck scored two touchdowns and threw the final scoring pass of the game to Marc Orem to lead the Cards. He ran for 204 yards on 35 carries and passed for 46 yards. He also led the team defensively with 15 assists and seven solo tackles.

Other ball carriers for the Cards were Greg Hotz with 22 yards and Rodney Ehrmantraut with 21 yards.

Luke Swanson completed six of his eight passes for 81 yards. Leading receivers for the Cards were Orem with 49 yards, Ashbeck with 37 and Holtz with 33.

The Cards had 341 yards of total offense compared to Lyle's 305. The Cards reversed their recent trend and ran more than passed, rushing for 245 and passing for just 96. Lyle had 131 on the ground and 174 in the air.

"We didn't play exceptionally well until the fourth quarter," said Coach Gregg Rietmann. "But the young kids played really well down the stretch. It was a good confidence booster," he said of the five sophomores and one freshman who started the game. "I was really pleased with the team."

The Cards host Wasco County this Friday evening at 7:30 p.m. for their homecoming game.

Do You Know These 4-Her's?



This picture was taken during 4-H Summer Camp in 1967. Do you know who these people are? If you do, tell the Morrow County Extension office of the OSU Extension Service. Extension has worked for you since 1918. Keep it going by voting YES on Measure 25-8, the 4-H and Extension Service District!

Authorized by Volunteers for 4-H and Extension, Geri Grieb, Treasurer, Star Route, Lexington, OR 97839

PARTS VALUE OF THE MONTH

Pre-Season Service Savings

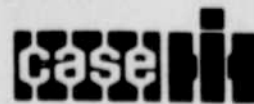
BE READY TO GO!

Get a Performance Plus Checkup and save on service work, too!



SAVE 10% on parts when work is done in our Service Center plus SAVE 10% on labor

Get your tractor in top shape for the busy season and save at off-season prices. We'll send a service technician directly to your farm for a Performance Plus Checkup of your Tractors, Trucks, Combines, Swathers, Bale Wagons, Balers. Any make or model. Then, if you want repairs, we'll do them in our Service Center at a special discount. Don't wait until the busy season hits. Get your tractor ready to roll now at special Pre-Season Service Savings.



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