

Off the Wall By Marilyn Robinson

Ashes to ashes, dust to dust, elections are over; for some it was a bust. But amen to politician bashing with opponents trying to slash each others throats. Likewise it's demeaning to have the media explaining what's been said as though people didn't have enough intelligence to understand some the first time around. Or perhaps that understanding isn't in line with a particular commentator's viewpoint.

Enough was spent on campaigning to put a large dent in the national debt. Now our legislators can re-group and get on with re-inventing government while keeping in mind that their stand in the decision process could influence voters at the next election.

But it's no wonder that career politicians hang on to congressional seats long after the average worker has retired. Plus perks, 'cushy' salaries often double in the form of retirement benefits. Perhaps the sweetest way of limiting political terms is voting people out of office, as demonstrated at this election.

On the local level, an up-to-date tax base would probably be approved if it wasn't so easy to calculate the annual six percent increase without voter approval, which would amount to a hefty increase.

Oregon, along with other states, is faced with providing more money for schools. Like government entities, it's the administrative costs including employees' cost-of-living increases and benefits that are a large portion of those budgets.

Oregon voters made it clear that criminals must spend more time behind bars and that they should be put to work. These amendments to the constitution require more prison space and more tax dollars for prisoners.

Where these dollars are to be found isn't clear. But I have to agree with Andy Rooney on 60 Minutes, that the increased wave of gambling casinos and lotteries seems like a dubious way to fund government and stimulate the economy. Promoting a bad habit is as questionable as turning a blind side to morality issues. It's often the people who can least afford to gamble that become loyal patrons.

Having worked on the county's counting boards, it's interesting to note the many different ways to mark a ballot. There seemed to be fewer write-ins of candidates this time. Perhaps because the ballot was so lengthy there wasn't time to be frivolous.

However I do want to congratulate "Nobody Filed" and I wish I knew if this was a man or woman. That square was frequently marked although that mysterious candidate was not named. Perhaps there should have also been a square marked 'maybe' before measures. Voters, failing to take a ballot road map, sometimes changed their minds after marking the yes or no boxes.

On the positive side, the voting system remains fool proof in protecting an individual's voting record. Only you and your conscience knows if you aided in getting an official elected or defeated. I'll admit I'm among those who must grin and bear it when not always agreeing with the outcome, but that's the democratic process.

Since there seems to be people already thinking of throwing their hats into the next major election, I'm proposing a congressional amendment. Only future intentions of a candidate should be allowed. We then can leave the mud slinging to the media as their form of freedom of speech.

Undoubtedly, that's why some qualified people stay out of the political arena. They either don't have Ross Perot's wealth or they don't want family skeletons dancing on the wires.

Sheriff's Report

The Morrow County Sheriff's office in Heppner reports dispatching the following business during the past week:

November 8: Morrow County deputy recovered a fluorescent green Chevy Chevette stolen from Kelso, WA.;

Morrow County Sheriff's office began investigation of a report of animal mischief near Co. Garden Estates, Irrigon;

Morrow County Sheriff's office dispatched the Heppner Fire Dept. to a residence on Baltimore St. for a flue fire. Fire was put out and there was no damage;

Morrow County deputy took a report of theft from Hazel Thomas, Irrigon. Amount of jewelry taken from the residence was unknown.

November 9: Morrow County Sheriff's office dispatched the Condon ambulance to the clinic for a transport to Mid Columbia Medical Center in The Dalles;

Morrow County Sheriff's office dispatched the Condon ambulance to the State Highway Division shed in Condon for a male with an illness. Patient was transported to the clinic;

Morrow County deputy followed up on a traffic complaint from the Irrigon area.

November 10: Morrow County deputy responded to the West Glen Addition for a report of an animal problem;

Morrow County deputy responded to the lone area for a report of telephone harassment;

Morrow County deputy responded to the Heppner area for a traffic problem;

Morrow County deputy responded to the Irrigon area for a report of a domestic in progress. Tina Porter, 39, Irrigon was arrested for Assault IV/Domestic. She was lodged at Benton County Jail;

Morrow County deputy responded to the Heppner area for a report of a traffic problem.

November 11: Morrow County deputy responded to the Irrigon area for an animal problem concerning pigs;

Morrow County Sheriff's office dispatched the Boardman ambulance to a rollover on I-84, east bound, mile post 151. One person was transported to Good Shepherd Community Hospital in Hermiston, with injuries;

Morrow County deputy responded to the West Glen Addition in Boardman for a report of telephone harassment;

Willows Grange plans bazaar

A turkey dinner and bazaar will be held at Willows Grange on Sunday, Nov. 20 from 12:30 to 2 p.m.

Cost of the dinner is \$5 for adults and \$2.50 for children six to 12 years. Preschool children will be admitted free.

At their November meeting, Willows Grange elected the following officers: master, Willard French; overseer, Wilma Martin; lecturer, Helen Crawford; steward, Lauretta Lantis; assistant steward, Lee Palmer; L.A. steward, Mary Ann Palmer; chaplain, Loree Hubbard; treasurer, Jim Swanson; secretary, Dot Halvorsen; gatekeeper, Margaret Akers; Ceres, Geneva Palmer; Pomona, Lucile Rietmann; Flora, Nina Knighten; executive committee, Berl Akers, Anna Ball and Mary Wilkins.

The December, January and March meetings will be on the second Sunday of the month at 1 p.m. and will include a potluck dinner.

Officials to meet parents

Agencies and officials serving Morrow County Children and Families will be available to meet with parents and the public on Thursday, Nov. 17 from 6 to 8 p.m. at Riverside High School.

The event, sponsored by the Morrow County Commission on Children and Families, is an opportunity to get acquainted with the people working with children and youth from the juvenile court, law enforcement, children's services, mental health and county health agencies. In addition, representatives from the Gang Task Force and adult-child mediation will be present.

The Resource Fair will be held during the evening and Riverside High School will be holding parent conferences to accommodate parents at a central location.

Justice Court Report

The Justice Court office at the courthouse annex building in Heppner reports handling the following business during the past week:

Keith Marius Showers, 59, Salem-Hunting Prohibited Area, private property, \$92 fine;

Charles Henry Peck, 23, Lexington-Void Foreign Vehicle License, \$57 fine;

Kimberle Anne Wright, 26, Hermiston-Exceeding the Maximum Speed Limit, 80 mph in a 55 mph zone, \$183 fine.

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Rebound Headaches from Pain Medicines

There are several causes and types of headaches, one of the most common sources of pain resulting in one or more visits to a physician's office. A chronic headache or one that recurs frequently is a diagnostic and therapeutic challenge. In some communities persons with chronic headaches are referred to special headache clinics.

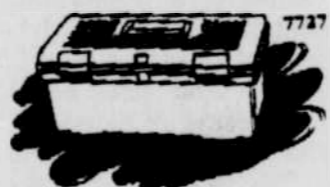
According to a recent article in *Southern Medical Journal*, many patients referred to headache clinics complain of severe headaches, are heavy users of pain relief medicines, are depressed, and report sleep disturbances. The article reports results of an evaluation of 100 men and women who had experienced chronic headaches for an average of 18 years.

Results of the evaluation indicated that migraine and tension headaches occurred most often in this group. The most interesting finding was that over half of the patients studied had a condition referred to as "drug-rebound headache." Drugs were taken for headache on at least 20 days of each month. Medicines taken included barbiturates, tranquilizers, narcotics, and mild analgesics such as acetaminophen. Researchers concluded that drugs themselves often are a major cause of severe and chronic headaches. They indicated that withdrawal of patients from many of these agents requires time.

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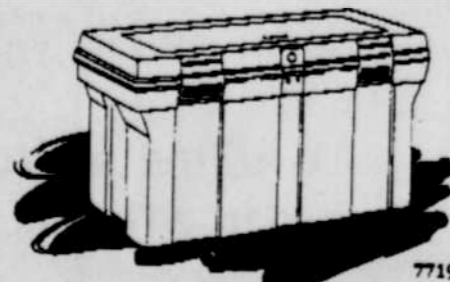
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P150R13	56.65	P225TR15	72.56
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P150TR14	63.13	P225TR15	80.20
P150TR14	64.97	P225TR15 XL	87.11
P150TR14	67.52		

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P150R14	42.94	P175TR14	38.37
P150R14	47.89	P175TR14	42.02
P150R14	48.85	P175TR14	47.12
P150R14	45.87	P175TR14	47.89
P150R15	45.39	P175TR15	44.42
P150R15	49.33	P175TR15	48.37
P150R15	51.83	P175TR15	51.15
P150R14	52.12	P175TR15	51.06

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