

Sara Adkins celebrates 100th Oregon Trail Rodeo offers sponsorships



Sara Adkins and friends

Surrounded by family members and friends, Sara Adkins celebrated her 100th birthday at a party held at the St. Patrick's Senior Center last Saturday, Feb. 18.

"I made it, I didn't think I would," Adkins said, who resisted having a fuss made about a birthday celebration.

However this very feisty lady says she "can't complain" as her very alert mind recalls a century of changes. For instance there were pictures revealing a prior mode of transportation via a motorcycle. She recalls that once she was going a little too fast and had a motorcycle accident while attempting to take a turn. Even though she was pregnant with her only child at that time, she claims the accident wasn't serious.

Adkins has been a Heppner area resident since about 1924. Her grandsons, who lived in

the Portland area, used to spend their summers with their grandmother. Since Adkins claims that fishing and hunting were some of her favorite pastimes, these grandsons remembers lots of fishing forays.

Sara's friends also recall that Sara seldom missed the opportunity to play cards or bingo at the Heppner Elks Lodge in former times. However family needs usually had precedence. There are now three grandchildren, four great-grandchildren and a great-great-granddaughter.

Adkins was highly complimentary on the quality of care she now receives at the Pioneer Memorial Hospital Nursing Home. She also commented on the volunteers like Irene Anthorn, who makes life there enjoyable by playing the piano for residents.

The Oregon Trail Pro Rodeo is now offering five new sponsorship packages: Sponsorship Rodeo package, Chute Gate, Scoreboard, Signage and Program Advertising Package.

The Sponsorship Rodeo package consists of a 4x8 arena sign in blue and white, 1/2 page advertisement with rodeo event information in the annual program, two tickets per performance for the pro rodeo, listed in all promotional information, a minimum of three announcements per performance, two OTRP baseball hats and a flag bearing sponsors name, presented by pennant bearer at each performance and parade for \$1,500.

The Chute Gate package will get you a 3x5 chute gate signage, 1/4 page advertisement in the annual program, and announcer coverage when buck-

ing chute opens. There is a limit of six packages. Cost is \$500 plus cost of sign (not to exceed \$100) the first year.

Scoreboard package includes 1/8 page advertisement in the annual program and one ticket per performance. There is a limit of three packages. Cost for this package is \$375.

For \$200 plus the cost of the sign, you may purchase the Signage package. A 4x6 sign will be placed on the back of the new bleachers for a minimum of three months. The sign will be able to display personal logos.

Program advertisements prices are \$150 full page; \$90 half page; \$50 quarter page; \$35 eighth page.

For more information on any of the packages or to purchase a package contact an Oregon Trail Pro Rodeo committee person.

Fillies end season with loss



Char Coe (32) and Rondi Robinson wait for rebound. Jenny Krein watches.

The Heppner Fillies ended their basketball season last Friday, Feb. 24 at the District 7, 2A high school basketball tournament, with a 78-46 loss to the Weston-McEwen TigerScots. The tournament was played at the Convention Center in Pendleton. This was the third time the Fillies faced the TigerScots, and their third loss to them as well.

The TigerScots coached by Mike Lieuallen played half-court defense and took the Fillies right out of their game. Weston-McEwen ran the baseline for easy inside baskets. The TigerScots jumped to an 18 point lead by the end of the first quarter. The Fillies chipped away at the first quarter lead but went into the locker room down by 20, 41-21.

Heppner came out pressing

in the second half and made three quick points, but the TigerScots got their composure fast and went on another scoring spree.

Elizabeth Hansell, named Most Valuable Player of the tournament, led all scorers with 35 points.

The Fillies, coached by Mark Dowdy, were led by Kelsie Evans with 14 and Jenny Krein with 10.

Heppner 8 13 14 11 46
Weston-McEwen 26 15 20 17 78
Heppner: K. Evans 6-27 2-8 14, Krein 3-9 4-7 10, Hsiler, Sumner, Kemp 1-2 0-0 2, Matteson, Moeller, Coe 3-12 2-4 8, Bergstrom 2-8 2-4 6, J. Evans, Hill, Robinson 3-4 0-0 6. Totals 21-72 10-23 46.
Weston-McEwen: B. Hansell 3-3 0-0 6, Keough 1-5 0-2 2, Greer, Weatherspoon 3-4 0-0 6, J. Huntsman 2-5 2-3 6, E. Hansell 13-24 9-13 35, Samuels 3-4 0-1 6, Ely 1-3 1-2 3, Locke 4-11 1-4 9, Huntsman. Totals 32-63 14-25 78.
Three point goals Kelsie Evans, Jenny Krein, Angie Bergstrom. Fouled out none. Total fouls Weston-McEwen 18, Heppner 20.

Community gap study underway

The Heppner Coordinating Council is in the process of distributing "gap study" surveys to a sample of residents, all businesses in the community and all high school students in South Morrow County.

A "gap study" seeks to determine what goods and services are being purchased outside the South Morrow County area that would likely be obtained locally if they were available here.

The survey results will be used for the purpose of identifying potential new businesses or expansions of existing businesses. The Coordinating Council will work with community businesses and organizations to find means to fill the "gaps" in the availability of

goods and services in the South Morrow County area.

The Coordinating Council is working with the Regional Services Institute of Eastern Oregon State College on the distribution and compilation of results of the surveys.

All data will be handled with absolute confidentiality and no individual citizens' or businesses' responses will be identified or revealed either to council members or to the public, said John Edmundson, coordinating council secretary.

The council urges all individuals and businesses to consider the gap study surveys carefully and return them promptly upon their completion.

For more information contact George Koffler, Coordinating Council chairman 676-9125; or Edmundson.

RSVP honors Extension volunteers

The Morrow County Office of the Oregon State University Extension Service honored 21 people who volunteer at the St. Patrick's Senior Center last Tuesday, Feb. 21 at the Morrow County Recognition Tea. Retired and Senior Volunteer Program (RSVP) volunteers were honored for their involvement with folding, stapling and labeling Extension newsletters.

In addition to assisting with three separate editions of Extension newsletters, the volunteers gain personal satisfaction by helping others, increase their feelings of self worth and accomplishment, make new friends and enjoy being part of a team.

Volunteers honored with

balloons, pins and door prizes were: Irene Anhorn, Doll Campbell, Callie Huddleston, Violet Mullins, Bernice Nash, Irene Schroeder, Barbara Struthers, Ralph Struthers, Velma Wight, Lydia Wilson, Barton Clark, Rose Marie Buschke, Elsie Huston, Mildred Wright, Darlene Arrington, Grace Buschke, Eleanor Gonty, Rachel Harnett, George Jeffries, Laura Searle and Adine Stone.

"Both Morrow County Extension Service and St. Pat's RSVP volunteers have much to gain from this partnership," shares Carol Michael-Bennett, Morrow County Extension staff chair. "We always look forward to recognizing these very special volunteers."

Meeting set on property along RR

Morrow County and Shawn Canvan of Railroad Realty Services will hold a special meeting concerning the disposition of property along

the abandoned Union Pacific Railroad on Tuesday, March 7 at the Willows Creek Grange in Lone. The meeting will begin at 7 p.m.

Date set for St. Pat's bed

Jude bike-a-thon race teams

With spring indicating it is on the way, bikers are reminded to put Sunday, April 30 on their calendar for the annual St. Jude Bike-a-Thon. The yearly event, held in the Lone area, raises money for St. Jude Children's Research Hospital in Memphis, Tn. and in the past has been generously supported by Morrow County residents.

Riders of all ages are welcome to participate. More details will be released at a later date, according to ride coordinator Anne Morter.

St. Pat's bed

sought

Anyone interested in running a five member team in the St. Patrick's Day Celebration Bed Races Saturday, March 18 should call Kay Proctor 676-9827 or 676-9422.

The bed race will be held on Main Street and will begin at 1 p.m. There will also be a calcula-tion which entrants can pre-sell tickets for. The \$10 entry fees will be divided up for prizes.

Last year's bed race winner was Columbia Basin Electric Co-op. Kay Fowler's Hair Care received best of show for her Irish theme. People for the Pool, Inc. is organizing the event.

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Low-Back Pain Treatment Guidelines

Acute low back pain (located in the small of the back) is one of the most common reasons for physician visits. In the U.S. the annual cost of caring for low back pain is about \$20 billion.

Typically low back pain is caused by excess physical activity, such as moving heavy objects. Sometimes back muscles become contracted due to dehydration from excess sweating. Low back pain can be so intense that emergency care may be required. Recently the U.S. Department of Health and Human Services has released new guidelines to aid in the treatment of this type of pain. The guidelines are designed to move away from prolonged therapy. There is an emphasis on getting persons back to work and other normal activities as soon as possible. Five features of the guidelines include:

1. Bedrest for more than 4 days is not recommended.
2. Acetaminophen and nonsteroidal antiinflammatory drugs (NSAIDs) are safe and acceptable for low back pain.
3. Muscle relaxant medicines offer no benefit over NSAIDs used alone.
4. Oral steroids are not recommended for low back pain.
5. Manipulation of affected muscles by a physical therapist or chiropractor may be helpful.

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P185/75R-14	66.80	P195/70R-14 B/W	70.26
P205/75R-14	70.17	P205/70R-14 B/W	75.82
P215/75R-14	74.82	P205/70R-15 B/W	79.54
P215/75R-14	79.64	P205/70R-14	79.82
P195/75R-15	72.67	P215/70R-14	84.72
P205/75R-15	77.95	P195/70R-15	79.54
P215/75R-15	80.94	P205/70R-15	83.54
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P235/75R-15	82.11	L7260/75R-16	99.73
L7195/75R-14	76.29	8.00R-16.5 B/W	94.98
L7215/75R-15	84.06	8.75R-16.5 B/W	103.33
L7235/75R-15	89.42	9.50R-16.5 B/W	119.94
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33.72 5.0R-15	134.36		

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