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Treatment Options for Uterine Fibroids

Fibroids are noncancerous tumors in the uterus. It is estimated that 1 out of 5 women over 30 and under age 50 experience fibroids. According to a recent issue of *FDA Consumer*, fibroids are responsible for 3 out of every 10 hysterectomies performed in the U.S. each year. Some fibroids take years to grow to the size of a pea, while others reach grapefruit size in the same amount of time. Some weigh more than 20 pounds. The *FDA Consumer* indicates that the American College of Obstetricians and Gynecologists has developed guidelines regarding fibroid size and the need for surgery. If the uterus is bigger than it would be at the 12th week of a normal pregnancy, a hysterectomy is indicated, even if no other symptoms are present.

Other treatment options include medications and less invasive surgery. A new group of prescription drugs known as "GnRH analogs" may be used to block the release of estrogen, causing a shrinkage of fibroid tissue. These drugs include leuprolide (*Lupron*), nafarelin (*Synarel*), and goserelin (*Zoladex*). Sometimes, symptoms such as pressure or pain can be relieved by the shrinkage. New surgical techniques for fibroids include laser or electrosurgery. Myomectomy or removal of the fibroid itself often is recommended over a hysterectomy.

Ione hosts bike racers

By April Sykes

Mike Aho, his wife, Sarah, and children Anna, two, and Nicholas, one month, of Spokane, enjoyed the sunshine while they took a break at the Ione Park during the Team Oregon Cycling Club race Sunday, May 21.

Aho, 34, recreation supervisor for the city of Spokane, says that he enters one or two bike races a month and three or four longer races over the summer. During this ride, Sarah Aho, 33, an elementary school teacher, brought the family car along and helped race officials with various chores.

The family, who had never been to the area before, stayed at the Northwestern Motel in Heppner since Thursday, May 18. "It's a beautiful area, nice people," said Sarah.

Around 50 people, many from the Portland area, participated in the race, which ran from Ione to Fossil Friday and back again Saturday. The winner of the difficult 95 mile Fossil to Ione race finished in four hours, 22 minutes, which is remarkable, considering the hills reported Anne Morter, Ione. "They are tremendous bike racers," said Morter. A special "Criterion" race was held Sunday.

Dinner Saturday night, breakfast Sunday and a snack Saturday afternoon was organized by the Ione Topic Club, the Creative Care Preschool and St. William's Altar Society and coordinated by Kathy Morter. Many of the bicyclists camped out in the Ione School gym and in the football field.

Market Report

Compliments of the Morrow County Grain Growers

Tuesday, May 30
Soft White

May	$4.60
June	$4.60/$4.47
July	$4.35/$4.29
Aug.	$4.26/$4.27
Sept.	$4.28/$4.30

Commission plans meeting

The Oregon Wheat Commission will hold its regular meeting and annual budget hearing at noon, on Monday, June 12, in the banquet room of the Tapadera/Steele's Restaurant, 103 S.E. Court, Pendleton.

The OWC complies with the Americans with Disabilities Act (ADA). The ADA prohibits discrimination against persons with disabilities. Anyone who would like to attend the meeting but who needs special accommodations should contact the OWC office 48 hours in advance at (503) 229-6665 or TDD (503) 986-4762.

All commission meetings are open to the general public.

In the Service

Marine Lance Cpl. William C. Judd, a 1989 graduate of Riverside High School, Boardman, recently graduated from Marine security guard school.

During the course at Marine Corps Combat Development Command, Marine Corps Base, Quantico, VA., students are taught the organization and functioning of the State Department's foreign service, protection of classified material, interior guard duty, protocol, etiquette and ceremonial functions, locks and safes, fire prevention, and identification of bombs and incendiary devices.

Judd joined the Marine Corps in October 1992.

Hughes, Dickenson named to east team

Trent Hughes (c) and Chris Dickenson (r) in the dugout. Also pictured is Ryan Nevala.

Trent Hughes and Chris Dickenson, seniors at Heppner High School were named to the All State 2A baseball league and the 1995 East Team.

The East-West baseball game will be played June 10 and 11 at Willamette. A nine inning game will be played on June 10 with a seven inning double header to be played June 11.

Other CBC team members include: Brandon Dames, Pilot Rock, and Bob Townsend, Sherman both pitcher; Aaron Foster, Wahtonka and Justen Greenwood, Sherman, both catcher; Davy Morris, Wahtonka and Courtney Brody, Weston-McEwen, infield; Chris Humphreys, PR and Trent Hughes, outfield; Chris Dickenson, utility and Shawn Tracy alternate pitcher.

Both were named to the All State 2A second team, Hughes as an outfielder and Dickenson as utility. Others named in the CBC league were:

Pitcher: first team, Justin Schneidt, Wahtonka; second team Brandon Dames, PR;

First base: second team Aaron Foster, Wahtonka;

Catchers: second team Justin Greenwood, Sherman;

Infield: first team, Davy Morris, Wahtonka, second team Courtney Brody W-M;

Outfield: second team Trent Hughes, honorable mention Chris Humphreys;

Utility: second team Chris Dickenson.

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Heppner Gazette-Times

676-9228

Morrow County Historical Society tours salt Lake

By Delpha Jones

The Morrow County Historical Society (MCHS) spring fling recently took the group on a four day bus trip to Salt Lake City.

The group left Morrow County on May 11 at 7:30 a.m., with plans for the breakfast to be served from the bus at a park en route. They stopped at a park just west of La Grande to find the Grande Ronde River over its banks. There was nowhere to serve breakfast, but the members were good sports and enjoyed a breakfast of donuts and coffee on the bus while they watched the swollen river.

The group then traveled to Jackpot where they enjoyed lunch and looked over the casino; then on to Wendover, UT., where they stayed the night. Many in the group used complementary tickets for lucky bets and slot machines.

The group had breakfast at Wendover, May 12, then departed for Salt Lake City. They saw many interesting sights, such as the Salt Flats.

They were also impressed with the crews of kids, kindergarten through young adults who were planting flowers along the road side. The kids told the group they do this as a community service.

Salt Lake City is known to be one of the most beautifully planned cities in the country and is home to the Mormon Tabernacle Choir. In Salt Lake, they visited the Utah State Capitol building made of white marble inside, with impressive large columns supporting the building. The city has wide streets and many areas were planted with lovely tulips and shrubs.

That evening found the travelers dining as a group at the former home of Brigham Young. Following the dinner, the travelers were on their own, with many of them sightseeing, and others attending the Mormon Youth Choir performance.

On Saturday, the group enjoyed a guided tour through the city. Points of interest included the hospital, college, and many statues.

Before lunch the MCHS treated the group to a visit at the peppermint candy factory. They enjoyed a film on candy making, and saw some first-hand through the viewers' windows. At the time, the factory was making candy canes, and ladies were printing elves, readying them to be shipped to outlets as well as to Santa who will deliver some at the holiday season. All were given a stick of candy and a map of the factory to be colored.

Later in the day, the travelers departed for Twin Falls, ID., where they enjoyed an early evening of rest.

Sunday morning, they had another guided tour which took them to many points of interest, including Shone Falls, known as the "Niagara of the West." After a "fabulous" Mother's Day brunch, the group headed towards home, stopping for lunch in Baker City. The weather was quite interesting with sunshine, rain and snow.

Hospital Foundation awards scholarships

Pioneer Memorial Hospital Foundation recently awarded six scholarships to Morrow County residents who plan to pursue careers in the health care field.

Amy Osmin, Heppner, was the recipient of the $650 Wolff Scholarship. Osmin is currently employed by Pioneer Memorial Hospital as a nurse's aide and home health aide. She plans to become a registered nurse. Osmin is married to Jess Osmin and has an infant daughter. She will enroll in the nursing program at Blue Mountain Community College this fall.

The Wolff Scholarship is awarded annually through funding provided by the family of the late Heppner physician Dr. Wallace Wolff.

Mark Moeller, Laura Muir, Jenny Krein, Christian Schultz, and Ahna Lietke were awarded $300 each from the Earl and Hazel Wilson Scholarship Fund.

Moeller, the son of Chuck and Donna Moeller and a senior at Heppner High School, plans to become a physician and hopes to establish his family practice in a rural area. He will attend Eastern Oregon State College this fall.

Muir, Boardman, currently co-manages the Nugget Inn with her husband, Brandyn. She plans to become a registered nurse and ultimately pursue her goal of becoming a pediatrician. Muir and her husband have two young children. She will return to BMCC in the fall.

Krein, the daughter of Bob and Joy Krein and a senior at HHS, expects to pursue a career in fitness management. She will attend Willamette University in the fall.

Schultz, Heppner, is currently a nurse's assistant at Pioneer Memorial Hospital. She plans to attend Walla Walla College this fall to obtain her degree in radiation therapy.

Lietke, the daughter of Melanie Beltane and a senior at Riverside High School, Boardman, will attend Pacific Lutheran University in the fall. After completing medical school, she plans to become a pediatrician; her dream is to practice in a rural or suburban area and provide medical care to children regardless of their financial circumstances.

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P245/60R-15	86.39
P255/60R-15	90.79
P275/60R-15	96.16
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