

HHS cheerleaders receive award



1995 Heppner High School cheerleaders

Heppner High School Varsity cheerleaders received recognition as the most improved cheerleading squad at the National Cheerleaders Association (NCA) camp held recently at the University of Oregon campus in Eugene.

The National Cheerleaders Association sponsors the NCA "Most Improved" squad award at more than 850 summer camps held across the United States. The Heppner Varsity cheerleaders were selected for this award above all other squads at the camp on the basis of their improvements in cheerleading technique, unity, friendliness, cooperation, leadership and sportsmanship throughout the camp.

The presentation of the NCA "Most Improved" squad came

at the completion of the NCA camp. All attending squads were trained on cheerleading technique, cheers, chants, jumps, partner stunts and pyramids, as well as a leadership program for sportsmanship, crowd participation, responsibilities, organization and dedication. Traci Dickenson, a junior at HHS, competed in the All Star cheerleader competition at camp.

Founded in 1948, NCA is the original and the world's largest privately-owned cheerleading company. NCA annually trains more than 200,000 spirit leaders at summer camps, one-day clinics, competitions and special events held nationwide. NCA is a division of National Spirit Group, Ltd.

The advisor is JoLynn Britt.

Mustang season opens Sept. 1

The Heppner Mustang football team opens the season with a home game against the Harrisburg Eagles Friday, September 1, at the Morrow County fairgrounds.

Coach Greg Grant, starting his sixth season as the head coach of the Mustangs, welcomed 42 players to daily doubles August 21 to prepare for this early season contest.

The Eagles are coming to Heppner to complete a home and home arrangement. The Mustangs traveled to Harrisburg two years ago, during their state championship season, and blasted the Eagles 34-0.

This time around, the Eagles come to town with a senior-dominated squad from one of the largest 2A schools in the state. They will be facing an inexperienced, but potentially solid Mustang team that returns only nine seniors from a 7-2 squad that last year lost only to state semifinalist Weston McEwen and state champion Sherman County. Both of those teams played in the Columbia Basin Conference and kept coach Grant from qualifying for the playoffs for the first time at Heppner.

Shaun Hisler and Chris Sykes are both back for their senior seasons as starters. Hisler will start at running back and linebacker while Sykes will start at offensive and defensive tackle. Junior Eric Schonbacher will return in the defensive secondary after leading the team in interceptions last year. Junior Brian Koffler returns with a year under his belt as the quarterback.



Greg Grant Varsity Coach

Juniors, Justin Matteson, Brent Gunderson, Josh Coiner and Phil Tellechea will help Sykes in the line, along with seniors Randy Van Etta and Phil Spicerkuhn. Jim Schlaich and senior Rod Zumwalt should join Schonbacher and Hisler in the offensive backfield.

Seniors Ben Ewing, Brian Struckmeier and Dan Burnside should join with juniors Jeff Watkins, Damien Wilhelm and Chris Jones to form the receiving corps. Ewing, Struckmeier and Burnside will also see time at defensive end.

On the defensive side of the ball, Schonbacher, Schlaich, Zumwalt and sophomore Adam Doherty will help out in the defensive secondary. Hisler and Matteson will hold down the linebacking corps with Gunderson and Coiner.

If the Mustangs improve through the preseason, which includes games with Wapiti league champion Imbler and 3A Riverside, they could make a run at the state playoffs. Teams that stand in their way include the Weston McEwen Tigerscots, Umatilla Vikings and the Wahtonka Eagles.

Local girl attends health careers camp

Morrow County high school student Michelle Gill participated in a week-long health careers camp on the campus of Eastern Oregon State College in La Grande, June 19-23.

The camp was the second annual, sponsored by Northeast Oregon Area Health Education Center (NEOAHEC). The goal of the camp is to introduce junior high and high school students to a variety of health careers through shadowing, lectures and hands-on presentations.

The first day, students were taken on a tour of the Grande Ronde Hospital. They spent the rest of the week shadowing various health professionals and listening to guest speakers.

NEOAHEC is a non-profit organization dedicated to attracting and retaining health care professionals by providing regional educational opportunities in the local 10 county area, according to a press release.

Body needs liquids in hot weather

"When the weather is hot, it's important to drink enough liquid so the body can cool itself," says Carol Michael-Bennett, Oregon State University Extension agent in Morrow County.

Anyone who is out in the sun for long periods of time needs to be careful to drink enough liquid to prevent dehydration or heat stroke. Babies, young children and those who do hard physical work are also apt to need extra liquids during hot weather.

Cold water is the cheapest way to quench your thirst, say extension specialists. However, fruit juices such as tomato juice, apple juice and unsweetened grapefruit juice contain salt that can replenish body salt lost in perspiration. Because of this, juice may quench your thirst better than plain water or highly sugared punch or soda pop.

Low-fat milk is another beverage that may quench your thirst and give you the bonus of several needed nutrients. Other thirst quenchers are fresh fruits, especially melons and cool, crispy vegetables such as carrot or celery sticks.

Remember that punch and soda pop are just sugar and water that have been colored and flavored, says Michael-Bennett. Most punches and soda pops have 80 to 100 calories per 8 ounce glass. It is easy to consume up to 500 calories or more in drinking just a few servings of these beverages.

Barbecue set for football game

A hamburger barbecue will be held Friday, September 1, from 5:30-7:15 p.m. at the Morrow County fairgrounds before the Heppner-Harrisburg football game.

Hamburger, chips, dessert and drink will be served for \$3.50.

The barbecue is sponsored by the Heppner baseball team.

W.C.C.C. Golf

WCCC BBQ, August 20

Low gross: first Mike and Cindi Doherty, second Dave and Karen Wildman, third Peggy and Earl Fishburn, fourth Gene and Luvilla Sonstegard.

Low net: first a tie between Hal and Joyce Dinkins and Jim and Cam Wishart, second Reese and Linda Schultz, third Randy and Bernice Lott, fourth Earl and Carol Norris.

K.P., second shot #10, Mike and Cindi Doherty.

Ladies Best Ball Scramble

First flight: low gross Pat Edmundson and Suzanne Jepsen; low net Lorrene Montgomery and Betty Christman.

Second flight: low gross Chrissy Schultz and Linda Schultz; low net Lynnea Sargent and Norma French.

Third flight: low gross Lois Hunter, Karen Thompson, Karen Morgan, Barbara Gilbert and Deborah Kendrick; low net Cam Wishart and Neoma Bailey.

Chip in: Linda Schultz and Lois Hunt.

International Tournament

The 10th annual International Tournament was held Sunday, August 27, at Willow Creek Country Club.

Stableford winners were: first Jaime Harer, second Dave Gunderson, third Earl Fishburn.

Net score winners were: first Dave Pranger, second Frank Bailey, third a tie between Mike Doherty and Red Beers.

K.P.: Mike Doherty. L.D.: Jim Boor. Least putts Earl Fishburn.

Scoring was based on the Stableford scoring system that has been used by the P.G.A. since 1986 at the Castle Pines golf course in Colorado.

Ladies Day, August 15

Low gross of the field: Suzanne Jepsen.

Flight A: low gross Neoma Bailey, low net Luvilla Sonstegard, least putts Gail Hughes.

Flight B: low gross Lynnea Sargent, low net Norma French, least putts Joyce Dinkins.

Flight C: low gross Betty Christman, low net Doll Campbell, least putts Jackie Allstott.

Chip in: Jackie Allstott.

North county schools receive special ventilation system

SCM Consultants of Kennewick, Washington has been hired to develop working plans for over pressurization of school buildings in Irrigon, Umatilla and Hermiston.

The project is part of the Chemical Stockpile Emergency Preparedness Program (CSEPP). The federally funded contract will be managed by the Morrow-Umatilla Education Service District (ESD). The ESD board met earlier this month and awarded the \$114,000 contract.

Under terms of the agreement, SCM will perform engineering work and develop working drawings for the 10 school buildings in the Immediate Response Zone surrounding the Umatilla Army Depot. The schools are: A.C. Houghton and Columbia Junior High in Irrigon; Umatilla Junior-Senior High and McNary Heights; and all Hermiston schools, Highland Hills, Rocky Heights, Sunset, Sandstone and Hermiston Senior High School.

Over pressurization systems are designed to keep contaminated air from getting into a shelter. The filtration system uses activated charcoal filters and high efficiency (HEPA) filters to remove the chemical agent from the air prior to its entering the occupied shelter area. The special ventilation system will pump filtered air into the shelter area creating positive pressure inside the shelter, keeping contaminated air outside.

Evacuation is the preferred response to a chemical event, however there may not be time to evacuate, so sheltering might be the only safe response. This enhanced shelter technology is being installed in area schools, the hospital and nursing home. Over pressurization has been adopted by the school boards in Morrow County, Umatilla, and Hermiston, according to a CSEPP news release.

SCM has designed over pressurization systems for several buildings in the Hanford complex and with local school districts on special projects including asbestos abatement. SCM is expected to have the work completed by the first of the year.

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