

IHS track team captures district titles, heads to state

The Ione Girls and Boys Track Teams blew the competition out of the water at the district meet held last weekend and will send 15 to state at Western Oregon University at Monmouth this Saturday, May 17. Field events will start at 11 a.m. and running events at 1 p.m.

The girls' team scored 190 points in the district meet, trouncing the closest competitor-Wasco County with 97. Other teams competing were Culver-59, Condon-56, Helix-32, Arlington-28, and Dufur-18.

The boys' team with 155 points out-performed Wasco County with 145, Culver-97, Helix-40, Condon-29, Dufur-20, and Arlington-18.

Senior Luke Swanson broke the previous district record in pole vault on Friday with a 12'9". The school record of 13' was set by Justin Miller two years ago.

Swanson achieved personal bests in the pole vault, the 100 yard dash with a time of 11.35 and the high jump with a 6'1" jump. He also qualified in high hurdles

with a 16.34. Senior Joe Bacon achieved two personal bests at district with a 19'10-1/2" long jump and a 41'8-1/2" triple jump, which was just two inches short of the school record. Bacon also jumped 6' in the high jump and ran in the 1600 meter relay.

The time for the 1600m relay team was 3:47.9.

Senior Jacob Taylor, ran 53.35 in the 400m and 208.67 in the 800m and ran both the 400 and the 1600 relays.

The time for the 400m relay team was 46.59.

Senior Jon Garrett, finished 4:33.47 in the 1500 and 10:17:01 in the 3000. He also ran both 400m and 1600m relays.

Senior Pete Cantu ran in the 400m relay.

Freshman Dan Scott vaulted 10' in the pole vault and ran in the 400m and 1600m relays.

For the girls, freshman Camie Burright jumped 34'10" in the triple jump for a personal best;

15'19-3/4 in the long jump; ran the 100m in 13.63 and the 200m in

28.24. Junior Katie Garrett threw her personal best with 100'3-3/8" in the discus.

Suzy Heideman, a senior, earned a personal best and set a new district record in the javelin with a throw of 124'8" and threw 32'10-1/4 in the shot put.

Senior LaRee Anderson went 7' in the pole vault and was a member of the 400m relay team who finished with a time of 55.57.

Freshman Nikki McElligott had a time of 51.53 in the 300m intermediate hurdles, a jump of 4'8" in the high jump and 6'6" in the pole vault.

Junior Brenda Burright had a time of 17.92 in the 100m high hurdles and ran in the 400m relay and the 1600m relay with a time of 4:32.97.

Freshman Sybil Krebs broke her own school record with a 235.63 in the 800m. She was also a member of the 400m and 1600 relay teams.

Senior Brenda Holtz ran in the 1600m and Stephanie Haguewood ran in both the 400m and the 1600m.



Ione track team heads to state

New breakfast program underway at senior center

A new breakfast program at St. Patrick's Senior Center in Heppner is off to a running start, with 20 people and four home deliveries at the first breakfast Friday, May 9.

Local program director Corol Mitchell says that a freezer meal program started in April has been so successful, with 86 meals delivered in April, that they decided to expand their program to include breakfasts.

The breakfast program, a federal program included in CAPECO's Older Americans Act program, will be held every Friday from 8-10:30 a.m. The breakfasts will always include cold and hot cereal, fruit, milk, orange juice and coffee with a different entree every week. Next week's menu will also include ham and eggs.

Everyone is welcome at the breakfasts. Breakfast is free to seniors with a suggested donation of \$2; cost for persons under 60 is \$3.75. "We'd love for other people to come to the breakfast," says Mitchell. "The seniors like it too."

Freezer and home delivery meals are available to anyone 60 years and older.



Assisting with the breakfast is Ruby Steers, who is working through the Job Training Partnership Act. Senior volunteers include Rose Marie Buschke, Eleanor Gonty and

Barb Struthers, who arrive at 7 a.m. to get things going for the breakfast.

Mitchell says that anyone who needs to have the breakfast opened earlier should give her a call.

BMCC Jazz Choir to perform

The Morrow County Arts Council will present a return performance of The Blue Mountain Community Jazz Choir and "The Milkmen", featuring Joe Lindsay, John Thurlow, Cory Cooley and Tom Phelan, on

Friday, May 16, at 7:30 p.m. at St. Patrick's Parish Hall.

Admission is free, but donations will be accepted to help cover expenses. Everyone is invited to attend.

Volunteers brighten Pioneer Memorial Clinic



Helpers (front, left to right) Mahaley Huddleston, Kelsie McKinney, Gina McKinney and Jenny Atkins, assist volunteers Molly Rhea (back left) and Susan Atkins in repotting a plant for the physical therapy reception area of Pioneer Memorial Clinic.



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April 27 - June 27