

Ione tennis team takes four matches from Riverside

The Ione tennis team traveled to Boardman on Tuesday, March 16, to take on Riverside High School. Ione took four matches from the Pirates, but for the most part Riverside had more experienced players on the court. Jessica Krebs fell to Amber Smythe, 0-8. Jessica had good placement of shots and her serve returns were noteworthy. Molly Barrow stepped up to the challenge, defeating Andrea Orcutt, 7-1. Molly's strongest quality was her patience, getting the ball back over the net and allowing her opponent to make the mistake. Molly also anticipated Andrea's shots, giving her the edge to use proper judgement of ball placement. The doubles sensation of Erin Crowell and Sallie McElligott fell to Chrissa Chapman and Alma Solano, losing a tight match 4-5. Sallie was fierce at the net, while Erin displayed her speed, covering the back court. Niki Sullivan and Amellia Peck fell to Shelly Dean and Ashley Howe, 3-5. Sullivan's serves were consistent, while Peck had some nice cross court strokes that helped keep the team competitive. Katie Tworek and Rose Baker

defeated Crystal Smith and Nikki Kent, 8-2. Both Baker and Tworek had hard crisp hits and covered the court well. Adam Neiffer sparred against Riverside's number-one singles player, Chuy Martinez. Adam picked up two games from Martinez, falling 2-8. Adam McCabe tried his luck at a singles match against Josh Lindquist but McCabe lost to Lindquist, 1-8. Steve Crum and Jeremiah McElligott paired up to compete with Craig Gribble and Shawn McKimney, losing 1-8. Adam McCabe and Adam Neiffer teamed up to compete against Travis Howell and Michael Dean. McCabe and Neiffer held their own, but age and experience overcame youth and the Ione duo lost 2-8. Derek Campbell and Steve Crum lost to Bart Prouty and Craig Gribble, 0-6. Crum had some good lobs over the strong, net play of Gribble and Prouty. Colin McElligott and Jeremiah McElligott defeated Shawn McKimney and Mike Empey, 5-4. Jeremiah wielded his astounding backhand while Colin unleashed his boundless energy.

Ione Topic Club hears hospital overview

The Ione Topic Club had an "interesting talk" by Penny Miller and Peggy Lauritsen of the Pioneer Memorial Hospital staff at the March meeting held at the Ione Fire Hall meeting room. Miller gave an overview of the activities of the hospital nursing home, air life and tri-county ambulance services. Ambulance response time is, in most cases, at best 30 minutes on a Heppner to Ione run. Airline from Bend is 45 minutes or more and Portland sometimes takes two hours, she said. Miller said that Bend has a crew ready at all times, but Portland does not. "Pioneer Hospital has a level 4 trauma center, which is vital to our area, and of which they are justifiably proud," said a Topic Club spokesperson. The proceeds from the Rolling Hills Run planned for April 24, with a breakfast provided from 6-10 a.m. are used to upgrade equipment in all three ambulances. Ione has four active EMTs. A new service soon to be provided is a CT scanner on a trial basis to make sure it is cost-effective for the hospital, they said. The regulations for nursing homes are becoming even more difficult, they added. They also said that there are plans to enlarge the dining area. The hospital yard sale money goes to help with improvements there. The Topic Club has a new

computer in the library to be used by the public. A color printer has recently been added. Library summer hours begin April 1, when the library will be open on Monday and Wednesday from 3-5 p.m. "New Books for New Babies" is a program adopted by the club. Books have been delivered to Ayla Anderson, Ally Haguewood, Wyatt McNary, Austin Morter, Amanda Rea and Seth Thompson. Several members attended the March city council meeting, when Tony Chavez, director of the Oregon Trail Library District, spoke and informed people in this area of the opportunity of joining the library district. At present only Heppner and Boardman are part of the taxable entity of this area. A bookmobile, online catalog, more hours and days open, interlibrary loans, about 180,000 books and grants would all be available under the district, he said. The Senior Girls Tea will be held at the Legion Hall on April 28. The club agreed to provide lunch for 300 bicyclists coming to Ione May 21 and 22. Isa Brown, Cheryl Smouse, and Margaret Morgan were appointed to the nominating committee to report in April. Hostess for the afternoon were Eunice McElligott and Kathy Morter.

Oregon East plans young people's concert

Oregon East Symphony board members and musicians are planning the annual Young People's Concert, offered each year to all fourth graders in Umatilla and Morrow counties. This year's concert is planned for Monday, May 10, with performances at 9:30 a.m. and 10:45 a.m. at the Vert Auditorium in Pendleton. The program for this year's concert includes a performance by Young Artist Competition winner Alexander Bernstein, two movements from Bennett's Suite of Old American Dances, Glinka's Russian and Ludmilla

Overture, Copland's Hoe Down, Dukas' La Peri Fanfare and the Custer's arrangement of Star Trek - Through the Years. This year's concert is sponsored by Smith Frozen Foods and outreach funds from the Meyer Memorial Trust and the Collins Foundation. This performance is open to home-schooled and private school students, as well as those who attend public school. For more information about the concert or to reservation to attend the concert call the Oregon East Symphony office at 276-0320 or write to P.O. Box 391, Pendleton, Oregon 97801.

'Downwinder' survey meeting

Northwest Radiation Health Alliance will announce the outcome of a health survey involving 800 "downwinders" on

Saturday, April 10, at 9 a.m. at the Blue Mountain Community College board room in Pioneer Hall.

Missionary to speak at Christian Life Center

The Rev. Rob Shipley, recently approved Assemblies of God missionary to Ethiopia, will be the guest speaker at the Christian Life Center, 535 W. Morgan Street in Heppner, on Sunday, April 4 at 10:30 a.m., according to Rev. Tim Van Cleave, pastor. "About three-quarters the size of Alaska, Ethiopia is an East African nation lying north of Kenya. Its nearly 60 million people are descended from cultures stretching back to Biblical times. In fact, Ethiopia is one of the few modern nations mentioned in the Bible," said the Rev. Van Cleave. Ethiopia is a relatively new field for the Assemblies of God. Rob and Jeanel Shipley will minister in a country that was under communist rule from 1974-91 and to a church that was under persecution. Since that time, however, churches have grown up steadily across the country. "The church in Ethiopia is exploding in growth," says Shipley. "There are very few leaders with any training to care for the growing congregations. Organized Biblical education and pastoral mentoring are critical needs." As a result, the Assemblies of God has invested much of its

ministry effort in the establishment and maintenance of the Addis Ababa Bible College in the capital city. It was there that Shipley "enjoyed a overseas ministry experience that has changed his life and his family's goals." "I was invited to teach a block course on theology and "angelology" at the Bible school in 1997," he remembers. "This came about after feeling an intense desire in 1996 to preach on African soil. While I was in Addis Ababa, God birthed a great love for the people of Ethiopia in my heart. I continued to pray for them daily after returning home." "The concern for these people was so intense," says Jeanel, "that Rob wondered if our future would include further ministry in Ethiopia. As he continued to pray about this, God placed a call in my heart. Many other circumstances confirmed for us that God wanted us ministering in Ethiopia full-time." The Shipleys have pastored in Idaho and Oregon since 1985. They look forward to sharing their ministry experience with the pastors of Ethiopia's growing churches. The public is invited to attend the Shipleys' special missions presentation on April 4.

A matter of Health

By Wendy Haack
Family Nurse Practitioner

Hepatitis C: What's it all About? How Dangerous Is It? Am I at Risk?

Hepatitis C - A Serious Public Health Problem: Hepatitis C virus infection and the liver disease associated with it are potentially serious. The infection is estimated to affect approximately four million Americans. Most of the roughly 85 percent of persons who advance from an acute hepatitis C infection to a chronic infection carry the virus forever. Generally the initial infection is not associated with symptoms recognizable by either the patient or the health care provider. Hence, the vast majority of individuals do not know that they are infected or realize that they are at risk for serious liver disease. The disease may not show symptoms (the silent period) for many years. The silent period is far longer than that of the AIDS infection. After approximately two-three decades, about 25 percent of people develop more severe liver disease and have a greater risk of their disease progressing to cirrhosis, liver failure, and finally to liver cancer. Currently there is no way to identify patients who will progress through the stages to liver cancer. Approximately 8,000 to 10,000 deaths occur each year in the US from these complications of hepatitis C. Without better therapies, the number of deaths is expected to triple by the year 2015 - higher than the current annual death rate for AIDS.

Diagnosis of Hepatitis C: Early diagnosis of Hepatitis C is important so that methods to curb, minimize and treat the disease can be explored and, where appropriate, instituted. Reliable diagnostic blood testing is available to determine if hepatitis C is present. But, the prognosis of chronic hepatitis C is determined in large measure by the presence and extent of damage to the liver identified when a liver biopsy is done. Once hepatitis C is found, additional risk factors could increase liver damage from hepatitis C: age (elderly), gender (male), and even moderate alcohol ingestion. Studies show that liver disease progresses more rapidly for those individuals who drink even two one-oz drinks per day. Because of this, anyone needing

treatment for hepatitis C must be alcohol-free for at least six months before they can receive treatment that has any hope of being successful.

Is there treatment for Hepatitis C?

Left untreated, chronic Hepatitis C could result in 1.5 fold increase in cirrhosis in the next 15-20 years. Interferon therapy is the current treatment. Interferon therapy does not cure Hepatitis C, it only helps prevent or slow down the complications from Hepatitis C, most notably cirrhosis, liver failure and liver cancer. Recently the drug Ribavirin has been added to the treatment regimen.

Who's at Risk for Hepatitis C?

Many individuals from all walks of life are at risk for Hepatitis C. Hepatitis C is a sexually transmitted disease for those individuals having homosexual contacts, but has less than a 10 percent change of being transferred through heterosexual contacts. In October 1998, the Center for Disease Control recommended routine screening of individuals they believed were at risk for obtaining Hepatitis C. Those individuals included: 1) individuals who have ever, even once as an experiment, injected illegal drugs; 2) any individual with medication conditions who had received blood clotting factors made before 1987, have had chronic hemodialysis or have, for whatever reasons, abnormal liver enzyme levels, even slightly above normal; 3) individuals who were notified to have received blood from an Hepatitis C positive donor, or received a blood transfusion, a blood component, or an organ transplant at any time before July 1992.

If you have further questions regarding Hepatitis C or any of the other types of Hepatitis, please feel free to contact me or any of the other providers in the office for further information.

Recall effort defeated

Irrigon voters Tuesday defeated recall efforts for Irrigon City Council members Ray Shade and Don Eppenbach. Shade received 163 votes favoring recall and 212 against. Eppenbach received 163 votes in favor of recall and 216 against.

County court discusses fair multipurpose building

The Morrow County Court discussed with the Morrow County Fair and Rodeo Board chairman the multi-purpose building and agreed to meet with him at the building after the commission meeting. The county received \$12,000 from Frontier Resources to extend the Willow Creek Diversification Study to include the mill closure site. The court heard the planning director's concerns before issuing permits to Cascade Natural Gas for a gas line along Pleasant Hill Road. The court also heard the following road report: The road crew: is repairing cow passes on Hinton Creek Road; will put in a multi-plate culvert on Valby Road; is cleaning the drainage ditches and doing shoulder work on local access roads. The Court heard and will review a report on the Pavement Management System. The rock crusher will be moved to Hardman pit, then to Balm Fork pit, and then on to the State pit. The court, after no public opposition in the hearing, approved the vacation of Road #676 in Clarks Canyon. The court approved the Hurds Turkey Run subdivision plat. The court discussed tipage fees and disbursement of SCERT money, approved sending a resolution to the state opposing preemption by the state of local tobacco rules and approved purchasing requests from Behavioral Health for a Ford Taurus and a computer. They approved a meeting to

discuss priorities pertaining to the SCERT list and to ascertain the progress of the included projects. The court approved purchases of two computers as replacement equipment in justice court in Irrigon, approved the GIS director's attendance at the GIS conference and approved use of new GIS fees until completion of a revised fee schedule for map copies to private citizens. The court endorsed a Morrow County Tobacco-Free Youth Proclamation. They discussed appointments to the prevention team, LADCP, and to the governing board as listed in the bylaws. They received a resignation from the Lewis and Clark Trail committee and heard that 35 people toured the courthouse during the St. Patrick's Celebration in Heppner. The court heard reports from the Emergency Management director and a FEMA representative, including a CSEPP update and a report on the tone alert radios contract, distribution and maintenance. By telephone, they discussed these issues with OEM. The court approved the radio contract. The court discussed with the Port of Morrow manager the status of the enterprise zone. The court discussed the question of acceptance of newly developed roads in subdivisions and has directed that a study be completed to provide a basis for a policy that will cover future development.

Holly Rebekah Lodge enjoys dinner meeting

By Delpha Jones
Holly Rebekah Lodge met on Thursday for their regular meeting. The meeting started with a shrimp creole dinner served by Marlene Grey and Ginny Martinez. Cards were sent to the Harold Wright family, Elma Harshman, the Annie Hedman family. A get well card was sent to Faye Ruhl. The report on the last card party was heard, with the next card party planned for Saturday, April 3 and the last one of the series. It was announced that the

grand master of the Oddfellows will be in Heppner for the visitation. Plans were discussed for the annual bunco party. The McNary District meeting will be Sept. 11 at Lexington. On Thursday, April 15 the state president will be at Holly Lodge for the visitation. The jewelry chairman for the state will also be present. Guests for the evening included Berta Blades, McNary District president, who was present to hear the unwritten work for the officers. Others attending from Integrity Rebekah of Milton-Freewater were Dorothy Malow, NG; Marilyn Tuchalke, Beulah Reddle and Bethene Denton of Heppner.

Weed ordinance amended

The Morrow County Court has ratified an amendment to the County Weed Control Ordinance concerning noxious weeds. The amendment, ratified by the court on March 10, reads: Any owner or occupant of land identified as having 'A' list noxious weed(s) on their property shall submit a Weed Management Plan for their property within 45 days of notification of the existence of such weeds. The Weed Management Plan shall comply with requirements as established by the Morrow County Weed Control District Advisory Board."

As a reminder, failure to comply with the County Weed Control Ordinance may be punishable upon conviction by a fine not to exceed \$500 and/or the cost incurred by the Weed Control District to control the weed problem, said Dave Pranger. Weeds currently on Morrow County's 'A' list include: Yellow starthistle, Rush skeletonweed, Scotch thistle, Dalmation and Yellow toadflax, Tansy ragwort, Spikeweed, Musk thistle, Purple loosestrife, Leafy spurge, Mediterranean sage and Common crupina.

ODOT recruits for litter patrol

The Oregon Dept. of Transportation (ODOT) is recruiting for 1999 Youth Litter Patrols. Each year, ODOT hires approximately 300 youth state-wide to pick up litter along state highways. Youth Litter Patrol crew leaders must be at least 18 years old with a valid driver's license and good driving record. Crew members must be 16-20 years old. A typical crew is comprised of two crew members and one crew

leader. In addition to picking up litter, duties may include graffiti removal and general landscape maintenance. Youth Litter Patrol workers are paid an hourly wage beginning at \$6.64 for crew members and \$7.18 for crew leaders. Individuals interested in the program should contact their local state employment dept. office to register and receive application information. Registration is open until July 16.

Wedding Tables

Madora Riff
and Kurt Albertson
April 17th



Live Music at Bucknum's Tavern
HOWARD TAYLOR
Saturday, April 10th
BUCKNUM'S TAVERN, HEPPNER

Morrow County Transfer Station
will be closed
for Easter
Sunday, April 4, 1999
It will be open Saturday, April 3, 1999