

HEPPNER

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Youth athletic program aims to strengthen minds as well as bodies

A new athletic program for kids in the Heppner area is designed not only to strengthen young athletes' bodies, but perhaps more importantly, their hearts and minds as well.

"We teach life skills," said Gene Heliker, organizer of the program, Blue Mountain High Five. "It's the mentoring, the teaching, the nurturing of our kids. It's not about the best five on the team. It's about every kid in the program."

Heliker said that he hopes that through Blue Mountain High Five, young people will be better able to resist some of the pressures of today's society. "We will never impact the drug and alcohol problem by stopping the distribution. I hope to influence the next generation to be better parents, so that their kids have the education and attitude to say no. When we say no, we stop demand. When we stop demand, no one makes money (on drugs)."

Heliker said that one important aspect of the Blue Mountain High Five program is coaching. One of his goals is to create a relationship with the coaches and "have an impact on the younger coaches." "The reality is that they (coaches) are just like teachers," said Heliker. "What we tend to overlook is the power of the passion of sports. My commitment is to watching him (the young athlete) grow. Saying the right things at the right time can easily influence how he makes his decisions, towards grades, drugs, his social environment. We have a lot of leverage with the athlete."

And Heliker certainly has a lot of experience in that area. One of the founders of the very first inner city "midnight basketball" program, which helped put troubled kids to work, back into high school, and into college, Heliker has coached high school and college athletes for the past 14 years through a program called High Five America. High Five America is a non-profit organization which trained college and professional athletes and also stressed community service. He and his wife, Louann, have over 100 hours of continuing medical education and for the past 12 years have operated a wellness consulting company in Southern California, conducting seminars at high schools and colleges to show athletes how to create better diets and select better dietary supplements.

A Heppner High School alumnus, Heliker said that he and his wife decided to leave the "drug and gang scenario" of San

Diego to return to Gene's hometown to raise their three children. He hopes to implement some of the aspects of High Five America into his local program, Blue Mountain High Five. "We want to get athletes involved with existing programs and also have our own programs, such as assemblies and retreats," said Heliker. "We want to offer a remedial counseling program, plus a remedial work program." The remedial program, which would be voluntary, would allow the young athlete who has had a problem with drugs or alcohol to opt to serve as a coach and act as a mentor to younger athletes. "It forces them to take a public stand and speak out against bad decisions," said Heliker. The program would require a partnership between the youngster, the school, the parents and coach.

The essence of the program is apparent in its mission statement. "The mission of High Five is to use the platform of athletic excellence to educate and empower young athletes to make healthy choices in regards to academics, athletics and the learning of life skills necessary to create moral, ethical and prosperous adults and to encourage them to be leaders amongst their peers in the war against drug and alcohol abuse, gangs and violence," said Heliker, who plans to focus on the sports aspect of the program. Stuart Dick, who has a master's degree in family counseling, will focus on the community service and counseling aspect, says Heliker.

The Heppner Elks Club has made a commitment to stand up against drugs and alcohol and has joined with Blue Mountain High Five as co-sponsors of the first annual Labor Day weekend basketball clinic in Heppner, which will be held this Friday, August 31, through Sunday September 2.

The clinic is open to students in grades six through eight.

The boys' clinic will be held from 8:30 a.m. to 12:30 p.m. on Friday and Saturday and 12:30-3:30 p.m. on Sunday. The girls' clinic will be held from 2-6 p.m. on Friday and Saturday and 4-7 p.m. on Sunday. The clinics will be held at the Heppner Middle School gym on Friday and the Heppner High School gym on Saturday and Sunday.

Registration is \$20 per player.

Another upcoming event co-sponsored by Blue Mountain High Five and the Heppner Elks, is the resurrection of the annual Christmas

basketball tournament, scheduled for December 29-31. All proceeds of the tournament will go toward kids' athletic programs.

For more information, contact Gene Heliker, 676-5299.

Port of Morrow to receive grant

The Oregon Parks and Recreation Department (OPRD) has announced that Port of Morrow will receive a \$20,450 grant to fund an extension of the existing walking trail along the scenic Columbia River at the Port of Morrow's Riverfront Center. The trail will surround an area designated for tourism, recreation, corporate offices, a new hotel and restaurant and community facilities.

The grant is from OPRD's Local Government Grant Program, funded by lottery funds to help cities, counties, METRO, park and recreation districts and port districts acquire, develop and rehabilitate park and recreation areas and facilities.

The grant is one of 23 awarded for small grant requests (those costing less than \$50,000). OPRD received requests for 39 projects in the less than \$50,000 category totaling \$678,464.

Port of Morrow will match the state grant with \$22,250 to fund the total \$42,700 cost of the Riverfront Center Trail project. The Local Government Grant Program provides up to 50 percent of project costs for cities with populations over 5,000 and counties with more than 30,000 residents. The program's rules require smaller cities and counties to contribute 40 percent in matching funds.

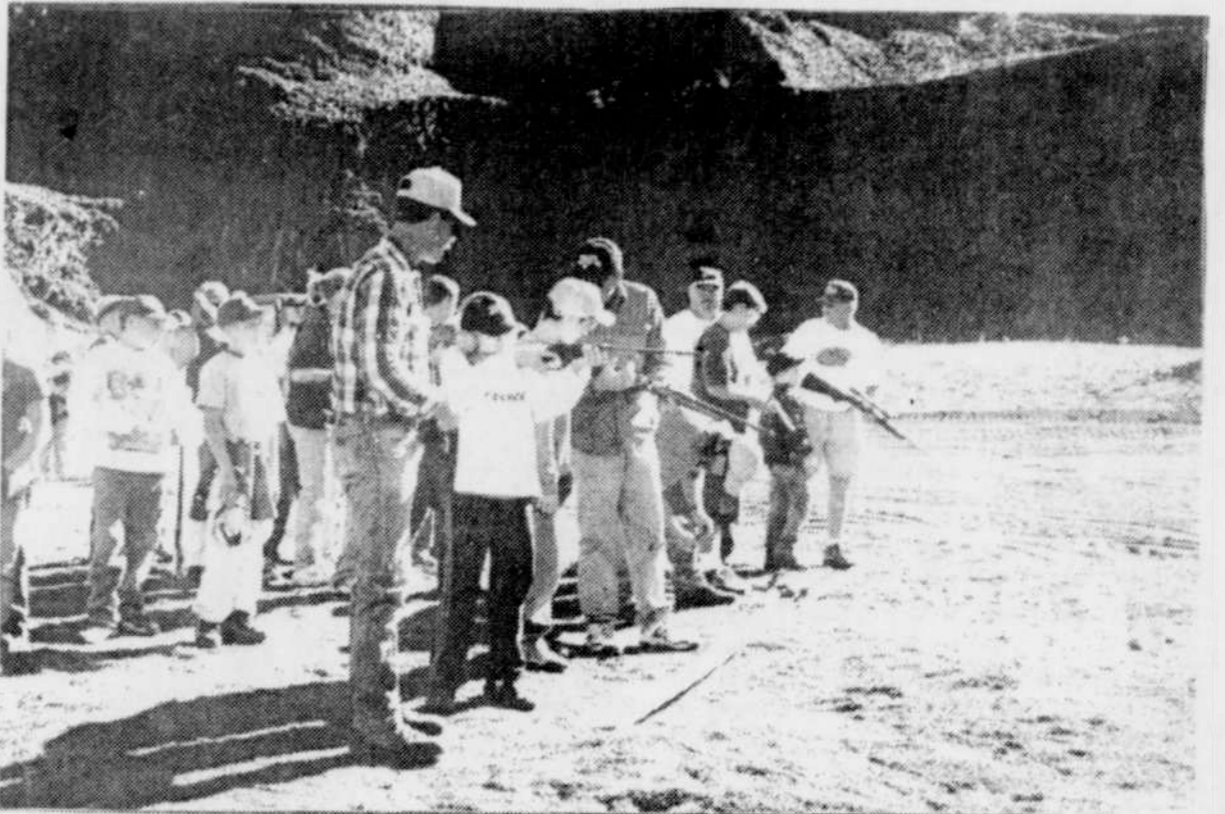
Hwy 395 open, delays expected

Highway 395 between Ukiah Junction and Dale is now open to single lane traffic. The 15-mile section between mile points 50 and 65 had been closed since Aug. 15 due to wildfires in the area. However, motorists can still expect delays of an hour or more, as pilot cars move vehicles through the area. Because crews are still removing debris, only one lane will be open at a time.

"We are asking motorists to watch out for trees and debris and to please not stop along that stretch of road," said Marilyn Holt, ODOT Transportation Maintenance manager for Ukiah. Travelers should expect long delays for a week or more as ODOT, The Oregon Parks and Recreation Department and firefighters remove hazardous trees and debris that may fall onto the highway.

ODOT will remove the pilot cars and open the highway to two-lane traffic as soon as possible.

Students learn about gun safety



At a recent hunter's education class, students became familiar with different firearm action types while shooting 22 rimfire, while parents of the young students helped out on the range. Landowner Wilkinson Ranches allowed the class to hold its field day activities on the property. Twenty-six students participated in the class taught by volunteer instructors Tom Wolff and Jim Marquardt.

Health district discusses sale of Boardman Clinic

Morrow County Health District Board member Ed Glenn, at the board's regular meeting Monday night, suggested that the district try to void a contract with a Heppner real estate firm to sell the empty Boardman clinic and instead make the building available to Boardman physician Dr. Robert Boss at a "token" fee. "By token, I mean like a dollar a year," said Glenn.

Glenn said that Dr. Boss has indicated that he could use more space and agreed to maintain the district's building until it was sold, at which time he would expect to be reimbursed. Dr. Boss operates a clinic next door to the district's building.

The board indicated that if a private individual was to rent or lease the building, they would be required to pay property taxes. By law, the district is not required to pay taxes on the building. They also suggested a cost of 50-60 cents per square foot for rental of the building. With 2,800 square feet, rental of the building at 50 cents per square foot would be \$1,400 per month.

The board agreed to do some upkeep on the building and grounds, and agreed by consensus to allow the district's real estate contract to remain in effect through the contract's expiration date in December unless the real estate company, Heritage Land, was willing to terminate the sales contract early.

Gene Allen, Boardman, indicated that it was possible that the City of Boardman may be interested in providing land so that the district could build a new clinic which would accommodate Boardman's growing community. He and board members John Prag, Boardman, concurred that the city wished to maintain a relationship with the health district and indicated a new spirit of cooperation.

Prag, Glenn and Allen suggested that if the Boardman clinic were sold, the proceeds be put into a fund toward a new

facility in Boardman. They anticipated that the community would probably need a facility "approximately double" the size of the current clinic building.

The group said that Boardman citizens are planning for growth and anticipate greater health needs in the future and voiced concern that the community would be left without a health care provider when Dr. Boss decides to retire. "It's never ever been a thought that the district wouldn't do something there (in Boardman)," said board member Linda LaRue.

Morrow County Health Department director Laura Burnside-McElligott, said that plans for a race track near Boardman include a "huge clinic and mini-hospital." Prag, Allen and Glenn, however, expressed doubts that the project would actually be completed.

In other business, the board:

-heard a report from Nicole Mahoney, accounting assistant, that the district showed an \$88,397 loss for last month;
-accepted a bid for a boiler from Cole Industrial for \$93,000, which includes district work;

-heard a report from Victor VanderDoes, administrator, that the hospital's construction project is on time and running smoothly;

-discussed credentialing of the district's care providers;

-heard that Murray's Drug will soon accept Lifewise prescription drug cards, which is the district's prescription plan;

-heard that the state has applied for HPSA designation for Boardman to the federal government;

-approved an interim construction loan from the Bank of Eastern Oregon until USDA funds are received;

-discussed the critical access network with St. Charles Medical Center in Bend.

-learned that Dr. Ed Berretta will begin working at the Heppner clinic and hospital September 1.

Pool to close; school to begin

The last day of the summer season at Willow Creek Waterpark in Heppner will be this Friday, August 31. The pool will be open from 1-5 p.m. and 7-9 p.m. as usual.

The closing of the pool for the summer can only mean one thing. Yes, school starts for Morrow County students the day after Labor Day, Tuesday, September 4.

AGLOW seminar scheduled in Ontario

An AGLOW International seminar has been planned for Friday and Saturday, September 14-15, at the Sizzler Restaurant in Ontario, 830 S.E. 1st Avenue.

For more information, call Arlene Kinsey, 541-523-4791.

Colt Volleyball clinic planned

A free Colt volleyball clinic has been planned for Sunday, September 9, at the Heppner High School gym.

The clinic will be held from 1-3 p.m. for children in third and fourth grades and from 3-5 p.m. for those in fifth and sixth grades.

High school volleyball players, with assistance from coaches, will lead the clinic, teaching basic volleyball skills.

Those planning to attend should bring gym shoes, volleyball knee pads and a water bottle.

Knee pads will be available and students may also sign up for the Colt volleyball program. Registration/release forms will be available at Heppner Elementary School and may be returned to the school or to Missy Cutsforth.

For more information contact Cutsforth, 989-8104.

Basketball clinic set in Heppner

The Heppner Elks Lodge and the Blue Mountain High Five have joined together to present the first annual Labor Day weekend basketball clinic in Heppner.

The clinic which will include students in grades six through eight will be held Friday, August 31, and Saturday and Sunday, September 1-2.

The boys' clinic will be from 8:30 a.m. to 12:30 p.m. on Friday and Saturday and 12:30-3:30 p.m. Sunday. The girls' clinic will be held from 2-6 p.m. on Friday and Saturday and 4-7 p.m. on Sunday. The clinics will be at the Heppner Middle School gym on Friday and the Heppner High School gym on Saturday and Sunday.

The registration fee is \$20 per player.

Organizer Gene Heliker says that mission of the clinic is not only to provide instruction, but to empower students so they can make healthy choices.

For more information contact Gene Heliker, 676-5299.

G-T closed Monday

The Heppner Gazette-Times will be closed Monday, September 3, for the Labor Day holiday.

The news deadline for the September 5 newspaper will be this Friday, August 31, at 5 p.m.

The ad deadline will remain the same, Tuesday at noon.

The G-T staff wishes everyone a safe and happy holiday.

**WE WILL BE CLOSED MONDAY
FOR LABOR DAY**
Have A Safe And Happy Holiday!
Morrow County Grain Growers
Lexington 989-8221 • 1-800-452-7396 For farm equipment, visit our web site at www.mcg.net