

Weather Report

By the City of Heppner

For the month of October

	High	Low	Precip.
10/1	57	32	T
10/2	59	32	.00
10/3	66	46	T
10/4	57	51	.25
10/5	65	47	.01
10/6	68	44	.00
10/7	75	45	.00
10/8	71	41	.00
10/9	74	41	.00
10/10	73	36	.00
10/11	73	28	.00
10/12	56	28	.00
10/13	61	28	.00
10/14	62	29	.00
10/15	68	30	.00
10/16	70	46	.00
10/17	69	47	.00
10/18	70	41	.00
10/19	71	42	.00
10/20	71	43	.00
10/21	62	41	.00
10/22	67	40	.00
10/23	61	30	.00
10/24	56	28	.00
10/25	56	28	.00
10/26	56	27	.00
10/27	54	28	.00
10/28	59	37	.00
10/29	57	33	.07
10/30	47	10	.00
10/31	33	11	.00

For the month of November

	High	Low	Precip.
11/1	36	12	.00
11/2	40	15	.00
11/3	42	17	.00
11/4	44	22	.00
11/5	52	30	.00
11/6	51	22	.00
11/7	64	31	.00
11/8	67	45	.23
11/9	68	43	.02
11/10	67	38	.04
11/11	67	38	T
11/12	59	59	.00
11/13	61	41	.00
11/14	56	41	.09
11/15	57	33	.00
11/16	60	47	.00
11/17	67	41	.00
11/18	58	43	.05
11/19	59	40	.00
11/20	64	42	.00
11/21	64	36	.00
11/22	59	36	.00
11/23	50	43	.02
11/24	50	31	.00
11/25	45	21	.00
11/26	44	20	.00
11/27	43	22	.00
11/28	43	21	.00
11/29	41	18	.00
11/30	38	21	.00

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ODHS speaks out on childhood tooth decay

By Jean Thorne, interim state Medicaid director, and Donald Dodson, manager of child and family health programs, both with Oregon Dept. of Human Services

With kids well into the school year, it's a good time for adults to try this short quiz.

Question 1: What is the most common chronic childhood disease? (This will surprise you.)

Question 2: What adds more sugar to a typical two-year-olds diet than cookies, candies and ice cream combined? (Hint: it isn't bubble gum.)

Question 3: What is an important reason Oregon's pregnant women and parents of babies and toddlers should pay even more attention to childhood dental health than residents of most states?

Okay, let's look at the answers. The most common chronic childhood disease is tooth decay, affecting five to eight times more children than asthma.

It's a disturbing fact, yet the problem is considered largely preventable. Alarming, 20 percent of children ages six months to three years are at high risk for early childhood cavities, a costly and devastating condition also known as "baby bottle tooth decay."

Prevention is important because early childhood cavities have been linked to other childhood health conditions such as ear and sinus infections, delayed growth and development, speech problems and low self-esteem.

Opportunities to prevent tooth decay begin even before childbirth. Pregnant women should practice good oral hygiene, see their dentist and, if they are at high risk for tooth decay or periodontal disease, perhaps use a prescribed antibacterial rinse. In the crib, don't leave baby nursing on a bottle. Introduce oral hygiene at the first sign of a tooth. During the first three years, if the child is at high risk for decay a dentist may paint fluoride on the teeth. Don't permit the child to graze on sugary high-carbohydrate foods and drinks such as juices, candy and cereals. And regularly check the child's gum line for white spots on front teeth that signal the start of decay.

For a helpful Website, log on to www.ada.org and select oral health topics.

If you guessed that the answer to the second question was "soda pop," move to the head of the class. Soda accounts

for a fourth of all beverages consumed in the United States, or a 12-ounce can daily for every American. More than half of teenage boys drink three or more cans a day, and you can bet most aren't choosing a sugarless diet drink.

Failure to follow some simple rules of good dental health are among the reasons 57 percent of Oregon children in first through third grades have had cavities, 24 percent have untreated decay and 16 percent (that's almost one in six) have rampant decay.

As a result, Oregon is paying increasing attention to dental health. The state recently won federal grants to establish a statewide oral-health program and to start dental-sealant programs in Oregon schools. The Oregon Health Plan has begun working closely with medical and dental professionals to tackle the problem.

This relates to the third question: Oregonians should pay special attention to good dental health because so few Oregonians live in communities with fluoridated water. Only 25 percent of Oregon's population has fluoridated water, compared with 62 percent nationally. Oregon ranks 45th in this proven decay preventative.

Like the tests Oregon students will take in school this year, this is serious business with long-term consequences. But, like studying to avoid failing the school exam, good oral health also can be won by a healthy dose of prevention.

OLCC holds essay/poster contest for Oregon students

The Oregon Liquor Control Commission is seeking entries from Oregon sixth-12th graders for its ninth annual essay/poster contest. The theme is "Party Time... It's Easy to Be Alcohol Free."

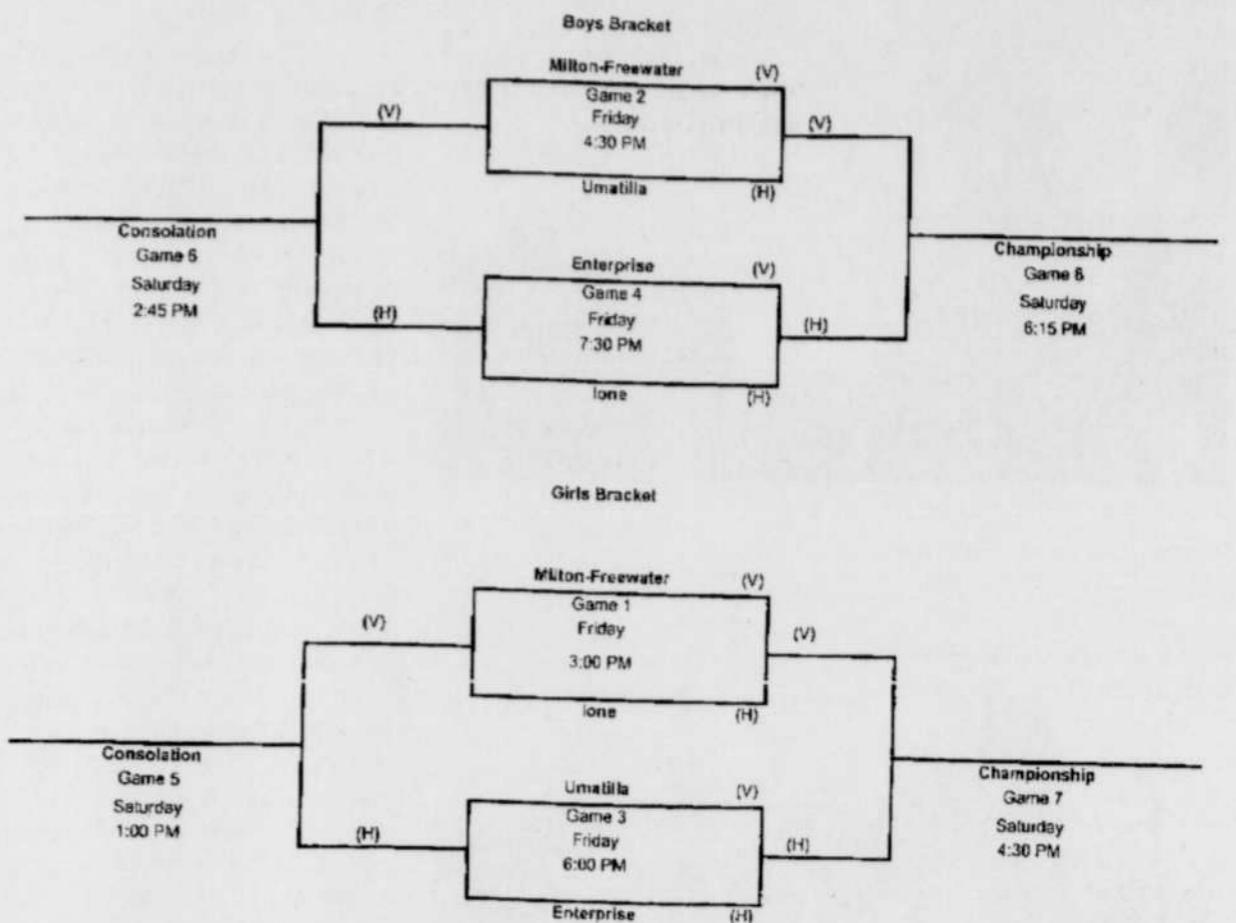
Prizes include \$200, \$300 and \$500 Series E U.S. Savings Bonds for the top six winners. Entries are accepted from now until March 7, 2003. Contest details and instructions are available on the agency's website at www.olcc.state.or.us. Essay information is also being mailed to every public and private middle and high school in the state.

The OLCC is asking young people to write a 400-word essay telling what kind of food, soft drinks, games, and music they'd have at an alcohol-free party - and why drinking under 21 is a bad idea. Alcohol can quickly spoil a party, and students are asked to show how, using scientific data, as well as, legal, health and safety arguments. Student artists are asked to create a poster illustrating the same ideas in a visual format.

For additional information, call the OLCC at 1-800-453-6522.

Ione Basketball Bonanza to be held this weekend

Ione Basketball Bonanza
December 6-7, 2002



The fifth annual Ione Basketball Bonanza Tournament will be held Dec. 6-7 at the Ione High School gymnasium. Teams competing this year for the title are Mac-Hi, Enterprise, Umatilla and Ione.

A girls' match up between the Mac-Hi Pioneers and the Ione Cardinals will kick off the tournament at 3 p.m. on Friday, Dec. 6. Later, to finish

out the girls' round, Umatilla will take on Enterprise at 6 p.m. The first boys' game will be at 4:30 p.m. with Mac-Hi battling the Umatilla Vikings. The final game of the night has the Ione boys matched up against Enterprise at 7:30 p.m.

The next day will begin with the girls' consolation game at 1 p.m. and the boys' consolation at 2:45 p.m. The girls'

championship match is scheduled for 4:30 p.m., followed by the boys' championship game at 6:15 p.m.

Trophies will be awarded for the top teams in each division. Ticket prices for the tournament will be \$3 for adults and \$1 for students with ASB cards. The tournament is sponsored by the Ione Booster Club.

Cardinals announce their 2002 football all-stars



(L-R): back row - Nick Christman, Kelly Thompson, Bill Gates, Cayle Krebs, and Andrew Rietmann; front row - Cameron Krebs, Mike Radie, and Paul Neiffer

The Big Sky 1A has announced its all-star selections for the football season 2002.

First Team Offensive: Cayle Krebs, Cameron Krebs, Andrew Rietmann and Bill Gates; First Team Defense: Cayle Krebs, Cameron Krebs and Andrew Rietmann; Second Team Offensive: Paul Neiffer; Second Team Defense: Bill Gates, Paul Neiffer, Nick Christman and Mike Radie; Honorable Mention

Offensive: Nick Christman, Mike Radie and Kelly Thompson; and Honorable Mention Defense: Kelly Thompson.

The statewide 1A all-stars included the following from Ione: Andrew Rietmann - First Team; Cayle Krebs - Second Team; and Cameron Krebs - Honorable Mention.

Births

Lillian Marie Feist - a daughter, Lillian Marie, was born Nov. 22, 2002 at Good Shepherd Medical Center in Hermiston to Miranda Marie Feist of Heppner.

Abigail Mackenzie Marick - a daughter, Abigail Mackenzie, was born June 1, 2002 at Good Shepherd Medical Center in Hermiston to John and Kathy Marick of Heppner. Siblings include Katie Wall of Heppner and Zachary Wall of Blodgett. Grandparents are Burton and the late Kathleen Burnside of Heppner.

Former Cardinal receives college football award

Defensive back Adam Neiffer, of Ione, was recognized as rookie of the year on defense, at Beloit College, in Wisconsin.

Neiffer recorded 56 tackles, 28 assists and 33 forces (plays that lead to other plays) as he accumulated 104 defensive points in head coach Ed DeGeorge's defensive system. Neiffer also had two quarterback sacks and two pass interceptions.

Boardman Holiday Bazaar to be held

Greenfield Grange Hall, in Boardman is hosting a holiday bazaar, Dec. 6-7 from 9 a.m. to 5 p.m.

There will be homemade crafts, baked goods sale, plus many other items. The Junior Grange will be on-hand selling soup mixes.

Tickets will be sold for raffle items, which include: a vcr, two 19 inch dolls, a chandelier, gift certificates for dinner and lodging, along with numerous other items.

For more information you can contact Bobbi Peck, at 481-7359 or Jane Dean, at 481-5223.

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Dec. 5th: Treasure Hunt Drawing
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Dec. 8th, 15th, 22nd: Open 12 to 4 p.m.

Dec. 24th: Open 9 a.m. to 5 p.m.

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THURSDAY, DECEMBER 5TH

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Mini Wine Tasting from 5-8 p.m.

Treasure Hunt concludes (drawing at 8 p.m.)

Stop in to enter our Christmas Treasure Hunt NOW through Dec. 5th!

LIGHT PARADE STARTING AT 6 P.M.

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Dec. 8, 15 and 22 from 12-4 p.m.

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