

Ione students enjoy trip to Anthony Lakes



Emily Rietmann, Kyle Palmateer and Tery Sintakova pause between runs to take in the scenery.

By Gordy Wegwerth and Richard Bohna

On Friday, March 3, Ione science teacher Kevin Campbell and some of the Ione High School students went on a trip to Anthony Lakes Ski Resort. Campbell enjoys skiing himself and wanted to share the experience with the students. Keith Morter was also a supervisor on the trip.

The students departed from Ione High School at 5:30 a.m. and didn't get back until 8:30 p.m. It took them 2.5 hours to get to Anthony Lakes. The students who went on

the trip were Gordon Wegwerth, Kelly Thompson, Ashly Grams, Kyle Palmateer, Emily Rietmann, Brenna Rietmann, Brittnee DesBouillons, Beka DesBouillons, Clay Morter, James Acock, Michael Mayer, Lynzee Sjurset, Tery Sintakova and Tyler Brown.

Most of the students snowboarded while some stayed with the skiing. Regardless of how they chose to get down the mountain, everyone had a great time. The Ione High School is planning another trip to Anthony Lakes soon.

Oregon Health Forum announces scholarship competition

Oregon Health Forum, an independent health policy resource, is offering scholarships to high school seniors interested in pursuing a career in health care.

The application deadline is Friday, March 17. The competition is open to the students in Oregon and Southwest Washington who attend either a private or a public high school.

Four high school seniors will earn scholarships up to \$1100, which will be awarded at a ceremony held June 13 in Portland.

To apply, students need to submit an essay that describes how their involvement in the community, as a volunteer or through paid employment,

has made a difference. Two letters of recommendation are also needed.

Oregon Health Forum has been awarding high school scholarships since 2001. The non-profit organization is considered the Pacific Northwest's leading source of health policy information. Since 1991, Oregon Health Forum has been producing a monthly newsletter known as Oregon Health News, hosting educational seminars, conferences and honoring outstanding health policy leaders.

For more information, contact Diane Lund-Muzikant, executive director, at (503) 226-7870 or log on to www.healthforum.org.

Pot O' Gold buttons on sale

Heppner ASB students have been punching out buttons as fast as they can. They have taken on the Pot O' Gold button project this year and will share some of the proceeds with the Heppner St. Patrick's Committee. Buttons are being sold at Murrays, Heppner City Hall and by the students.

Purchase of a button makes the purchaser eligible for three \$100 drawings. The drawings will take place at the Casino Night on Friday, March 17; the KUMA Coffee Hour, Saturday, March 18; and the Trail Band concert on Saturday evening.

Good sportsmanship creates lifelong character

The Olympics are over; spring training games will soon be telecast. I enjoy watching almost any athletic competition; but it doesn't take long for me to become annoyed with the commentators' attempts at enhancing the drama by playing the competitors against each other; or in local events, many of the crowd shouting "instructions" to the referees, coaches and players.

The Institute for International Sports (IIS) has declared Tuesday, March 7, "National Sportsmanship Day." The IIS states, "Good sportsmanship occurs when teammates, opponents, coaches and officials treat each other with respect."

Kids learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity—whether they win or lose a game.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Displaying good sportsmanship isn't always easy: It can be tough to congratulate the opposing

team after losing a close or important game. But the kids who learn how to do it will benefit in many ways.

A child who bullies or taunts others on the playing field isn't likely to change the behavior when in the classroom or in social situations. In the same way, a child who practices good sportsmanship is likely to carry the respect and appreciation of other people into every other aspect of life.

If a child has a coach who cares only about being in first place and says that anything goes as long as they win, that child picks up the message that it's OK to be ruthless on the field. If parents are constantly pressuring them to play better or second-guessing every move they've made, children get the message that they're only as good as their last good play—and they'll try any method of achieving one.

Adults who emphasize good sportsmanship, however, see winning as just one of several goals they'd like their kids to achieve. They help young athletes take pride in their accomplishments and in their improving skills, so that the kids see themselves as winners, even if the scoreboard doesn't show the numbers going in their favor.

The best coaches—and parents—encourage their kids to play fair, to have fun and to concentrate on helping the team while improving their own skills.

Bank of Eastern Oregon offers scholarships

"Bank of Eastern Oregon will again sponsor 10 Agriculture/Business Scholarships for graduating seniors at Heppner, Ione, Arlington, Condon, Boardman, Spray, Fossil, Burns, John Day, Monument, Long Creek, Dayville, Prairie City and Moro," announced George Koffler, President of Bank of Eastern Oregon. This marks the 11th year the bank is sponsoring the \$500 scholarships to students. The awards total \$5000.

Applicants must plan to enroll in college in either agriculture or business. Selection will be based on scholarship, leadership and citizenship.

Applications can be picked up from school counselors or at a branch of Bank of Eastern Oregon. The deadline to submit applications is May 1, 2006. BEO Bancorp is the

holding company for Bank of Eastern Oregon, which operates 11 branches in six eastern Oregon counties. Branches are located in Arlington, Ione, Heppner, Condon, Irrigon, Boardman, Burns, John Day, Prairie City, Fossil and Moro. Bank of Eastern Oregon also operates a mortgage division, loan production offices in Hermiston and Ontario, and offers brokerage services through BEO Financial Services. The bank's website is www.beobank.com.

O'Senior Center to host breakfast and soup feed

The St. Patrick's Senior Center will serve an "All You Can Eat" breakfast for \$4 from 7-10 a.m. on Saturday, March 18.

Irish Potato Soup will be served from 11 a.m. to 1 p.m., and after the parade from 2 p.m. to 4 p.m. Rolls, homemade fruit cobbler, ice cream and coffee are all included for \$6. 12 years and under eat for half price.

New hairdresser joins Hair I Am



Nici Apperson and Leah Hyatt, Hair I Am owner.

Leah Hyatt, owner of Hair I Am in Heppner, has decided to expand the hours of her business and in doing so has enlisted the help of Nici Apperson.

Apperson, who moved back to Heppner from Prineville, has been a hairdresser for the past nine years. While in Prineville, Apperson owned her own salon. She specialized in hair, with emphasis on color and weaves.

She said that she always wanted to be in the business, but waited until her children were in school

before she started. She has three girls, Jasey, 14, Jenay, 10 and Jordan, 8. Apperson is originally from Heppner and is the daughter of Fred Harnden and granddaughter of Dorothy and the late Bill Scott.

She will be working at Hair I Am, Mondays, Wednesdays, Fridays and Saturdays by appointment. However, Hyatt wanted to emphasize that she would be keeping her normal hours as well.

To make an appointment with Hyatt or Apperson, call 676-9644.

Wild Hair Night sports numerous winners



(Back Row L-R): RJ Skaggs, Zane King, Faith Owen and Marie Owen; and (Front Row L-R): Cara Arbogast and Jacob Owen.

It was the annual Wild Hair Night at the Awana Bible Club this past week. There were 52 club members and 18 leaders, most of who came to club sporting some type of unique hairdo. Leaders helped to choose the winners from each age division who received candy prizes.

Winning the T & T Girls' competition for grades 3-6 were sisters Marie and Faith Owen of Lexington. Marie's head sprouted four palm trees, which were created by braiding her long hair around bailing wire and coloring the fringed top with green dye. She had a palm tree shirt to match. Faith also had her hair braided on wire for a Medusa look.

The T & T Boys' winners were Zane King and RJ Skaggs of Heppner. Zane

came to club in a rock star wig and R.J. had his entire head covered with colored hair clips.

In the Sparks division for kindergarten through 2nd grade, the boys' winner was Jacob Owen of Lexington, who sported a Mohawk style hairdo and Cara Arbogast of Heppner was the Sparks girls' winner. She had crayons and pipe cleaners woven into her hair.

The clubbers in turn voted leader Dee Burch as the winner for the adult with the wildest hair. The adults declined to have their picture taken for the paper.

Awana Club meets every Wednesday from 6:30-8 p.m. at Lexington Baptist Church. Any area children grades K-6 are welcome to attend.

The flags, they are flying

By Claudia Hughes

Out with the old and in with the new. With the help of Dan Brosnan, Butch Laughlin, Bruce Nelson and the City Crew, the new Irish family flags are swaying in

the breeze. All previous flag owners were recently contacted by Doris Brosnan and given the opportunity to purchase a new flag. Father Condon was surprised to learn that he also has a flag flying, presented by Irish parishioners.

The former flags, sewn by Gwen Healy and painted by a number of individuals, have been retired. There are still some remaining to be picked up at the City Hall beside the Heppner Chamber of Commerce inside door. The St. Patrick's Committee appreciates the support of the Irish families in sharing their heritage and helping to make Heppner festive for the annual Wee Bit O' Ireland celebration in Heppner.

It's Time For The Wearin' Of The Green!

St. Patrick's Day Weekend Schedule

Book Signing and Wine Tasting!

We have lots of fun things to wear!

See all the Greens! Beautiful Shamrock plants

Espresso Special: Peppermint Paddy Mocha & Latte

~ Friday, March 17th ~
Open until 7:00 p.m.
From 5:00-7:00 p.m.:

Wine Tasting from Wheatridge Winery (Winery located in Arlington)

Book Signing: Author Cheryl Rietmann "Finding Myself, Finding My Daughter"

~ Saturday, March 18th ~
Open from 8:00 a.m. to 7:00 p.m.

~ Sunday, March 19th ~
New This Year!
Open from 8:00 a.m. to 1:00 p.m.!

MURRAY'S DRUG
Main Street, Heppner • 676-9158

STUDENT OF THE MONTH
DAN BASILE

Dan Basile is currently a senior at Heppner High School. He has been raised in Heppner along with his younger brother, Luke. His parents are Joe and Debbie Basile. He is a member of the National Honor Society and is currently their Treasurer. He is a 4.0 honor roll student and excels academically. He currently is playing varsity baseball for the Mustangs. Dan also attends our community youth group.

After high school, Dan plans to become a dentist.

Student of the Month is sponsored by
Sherrell Insurance Agency--Farmer's Insurance Group
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