

## 2006 Mustang football schedule

Heppner High School has announced the 2006 Mustang football schedule as of Monday, July 17, 2006.

**Varsity:**

Friday, Sept. 1- Grant Union at Heppner, 7 p.m.

Friday, Sept. 8- MacHi at MacHi, 7 p.m.

Friday, Sept. 15- DeSales at Heppner, 7 p.m.

Friday, Sept. 22- Stanfield at Stanfield, 7:30 p.m.

Friday, Sept. 29- Union at Heppner, 7:30 p.m.

Friday, Oct. 6- Pilot Rock at Pilot Rock, 7:30 p.m.

Friday, Oct. 13- Irrigon at Irrigon, 7:30 p.m.

Friday, Oct. 20- Weston-McEwen at Heppner, 7:30 p.m.

Friday, Oct. 27- Enterprise at Enterprise, 7:30 p.m.

Friday, Nov. 3- Elgin at Heppner, 7:30 p.m.

Saturday, Nov. 11- 1<sup>st</sup> Round Play offs, TBA

Saturday, Nov. 19- Quarterfinals, TBA

Saturday, Nov. 25- Semi Finals, TBA

Saturday, Dec. 3- State Championship, TBA

**JV:**

Monday, Sept. 11- Pendleton Frosh at Heppner, 5 p.m.

Monday, Sept. 18- Weston-McEwen at Athena, 5 p.m.

Monday, Sept. 25- Union at Heppner, 5 p.m.

Monday, Oct. 2- Grant Union at John Day, 4 p.m.

Monday, Oct. 9- Pilot Rock at Heppner, 5 p.m.

Monday, Oct. 23- Hermiston Frosh at Hermiston, 5 p.m.

Monday, Oct. 30- Elgin at Elgin, 4 p.m.

## 2006 volleyball schedule announced

Heppner High School has announced the 2006 volleyball schedule as of July 17, 2006.

Friday, Sept. 1- Umatilla Jamboree at Umatilla, A/B, 9 a.m.

Tuesday, Sept. 5- Condon at Heppner, A/B, 5 p.m.

Saturday, Sept. 9- Riverside Tourney at Boardman, A/B, 9 a.m.

Tuesday, Sept. 12- Riverside at Heppner, A/B/C, 5 p.m.

Thursday, Sept. 14- Ione at Ione, A/B, 5 p.m.

Saturday, Sept. 16- Sherman Tourney at Moro, A, 9 a.m.

Thursday, Sept. 21- Stanfield at Stanfield, A/B/C, 5 p.m.

Saturday, Sept. 23- 4-way Tournament at Elgin, A/B, 12 p.m.

Tuesday, Sept. 26- Elgin at Heppner, A/B/C, 5 p.m.

Friday, Sept. 29- Union at Heppner, A/B/C, 3 p.m.

Saturday, Sept. 30- Heppner 5-way at Heppner-two gyms, A/B, 9 a.m.

Tuesday, Oct. 3- Condon at Condon, A/B, 5 p.m.

Thursday, Oct. 5- Pilot Rock at Pilot Rock, A/B/C, 5 p.m.

Saturday, Oct. 7- 4-way tournament at Pilot Rock, A, 12 p.m.

Thursday, Oct. 12- Irrigon at Irrigon, A/B, 5 p.m.

Saturday, Oct. 14- Enterprise at Enterprise, A/B/C, 12 p.m.

Thursday, Oct. 19- Weston-McEwen at Heppner, A/B, 5 p.m.

Saturday, Oct. 21- 4-way tournament at Heppner, A/B, 12 p.m.

Tuesday, Oct. 24- Pilot Rock at Heppner, A/B/C, 5 p.m.

Thursday, Oct. 26- Possible playoffs, TBA.

Saturday, Oct. 28- District Tournament at Weston-McEwen.

## HHS football camp set Aug. 7-10

The 14th annual South Morrow County Football Camp for students in grades five through 12 will be held August 7-10 from 5-8:30 p.m. at Heppner High School. Cost is \$24 per participant. Each participant will receive a hat.

## Ione football camp Aug. 7-11

Ione football camp for incoming sixth graders through high school seniors will be held August 7-11. The camp will begin at 6 p.m. each night. Participants should come in shorts and bring cleats if possible.

Contact Dennis Stefani, 422-7364, or Josh Browning, 422-2530, for more information.

## HHS class of 1956 holds reunion



Class of 1956: (Front Row L-R): Judy Wright Buschke, Wayne Seward, Robert Stevens, Karen Prock Cutsforth, Dixie McAllister Chapman, Betty Rose Bailey, Sharon Bryant Lewis, George Little, Jo Keithley Lankford, Shirley Peck Palmer, Dominic Monahan, Tom Wilson, Mike Monahan, Diane Grant Wetherall, Marilyn Munkers Ross and Eddie Brosnan; (Back Row L-R): Nelson Connor, Joe Privett, Larnell Turner, David Cox, Chuck Bailey, Judy Thompson Schneider, Ginger Anderson Keithley, Verne Keithley, Lance Tibbles, Steve Green, Donna Lovgren Alleman, Dale Osmin Wonderly and Delbert Piper. Not pictured, but attending the reunion were: Barbara Warren Bloodsworth and Lynda Borman Dunlop.



Those attending all 12 years: (Front Row L-R): Larnell Turner, Dale Osmin Wonderly, Jo Keithley Lankford and David Cox; (Back Row L-R): Verne Keithley, Chuck Bailey, Lance Tibbles and Joe Privett.

The Heppner High School Class of 1956 held its 50<sup>th</sup> reunion on Saturday and Sunday, July 15-16.

The class presented an award to Chuck Bailey for being "the classmate whose picture has appeared

## Learn to spot the signs of trauma in children

By Morrow County Behavioral Health

How does trauma affect kids and what do traumatized kids look like? These are excellent questions for parents and educators to be aware of. Trauma is defined as any time a person either experiences or witnesses an event that involves actual or threatened death or serious bodily injury of themselves or another person. Many traumatized kids have been physically or sexually abused themselves, or they may have witnessed a parent or other family member being beaten or assaulted and felt helpless to stop it. Living in constant poverty and the threat of going without essential things like food and a home can also be traumatic. Divorced parents fighting over custody or making threats against one another can also be very traumatic to children.

Trauma has a very powerful effect on children and adolescents and it is often seen in their school performance. Very often, a child will be referred by one of the schools with concerns about behaviors such as, "They are just shutting down and refusing to try" or "They are arguing with teachers." Many times, kids will begin getting into trouble for

most frequently in newspapers during the past 50 years." The award was presented by Judy Buschke, Heppner council person, because of his work with community beautification projects. The "award" was a

flower pot containing a faded artificial flower. Bailey responded to the award saying, "It looks like it needs nitrogen." The class held a picnic at the Heppner City Park Saturday, enjoyed

fighting and lashing out physically at teachers and other students. They may begin to hang out with other "troubled" kids and quit hanging out with their previous friends. This frequently happens to kids that were once good students and socially well adjusted. It can begin to happen many months or even years after the trauma too, often when life becomes stressful from things like a move, a divorce, or the onset of puberty. So what happens to these kids that makes them begin to shut down at school? Trauma impacts people in several ways, the first way is in intrusive thoughts. These may come in the form of dreams or just frequent waking thoughts of the trauma, but the result is often to increase the person's emotional arousal, as though they were experiencing the traumatic event all over again. The next type of symptom is avoidance. People try to avoid people, places and things that remind them of the trauma, or they may have difficulty recalling parts of the event. Some people lose the ability to have loving feelings, or may have a sense of a foreshortened future. The

dinner at John's Place Saturday night and Sunday morning brunch at the home of Sharon and Keith Lewis. Judy Buschke and Sharon Lewis co-chaired the event.

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last group of symptoms are those of increased arousal, that did not exist before the trauma. These may include difficulty sleeping, irritability or angry outbursts, difficulty concentrating and an exaggerated startle response. This last group contains the symptoms that often bring traumatized kids to our attention from the schools; irritability, anger and difficulty concentrating. Children who have been sexually abused, often have poor boundaries when it comes to intimate contact with others their own age. They have lost the ability to know what is okay and not okay, and when to say, "Stop." This leads to them being vulnerable to being taken advantage of sexually and to chronic low self-esteem. Trauma can be treated with a variety of methods. Some trauma victims are treated with medications, but most are treated with therapy alone, or a combination of the two. If left untreated, trauma can lead to long term depression, and even to self injury (cutting) and suicide attempts.

For more information on trauma, or for a free screening, please contact Morrow/Wheeler Behavioral Health at 481-2911 (Boardman), 676-9169 (Heppner), or 763-2746 (Fossil).

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## CCI offers program for teens and adults

Center for Cultural Interchange is now accepting applications from high school students, 15-17 years of age, interested in studying abroad in Spain, France, Germany, Brazil, Japan, Sweden, the Netherlands, Italy, Ireland or Australia. Also available are short-term travel itineraries for adults aged 18-80 in over 20 countries, hosting opportunities, as well as Local CCI Coordinator Positions for Heppner. For information about CCI education programs, contact Roger or Lee White at (888) 440-8750.

The Center for Cultural Interchange is an accredited and non-profit organization working with partners throughout the world. To learn more about CCI, visit their website at [cci-exchange.com](http://cci-exchange.com).

## Correction

Last week's Heppner City Council story stated that City Manager Dave DeMayo had reported he was contacted by Del Piper and Dom Monahan concerning bottles found by a local man on a city owned lot next to the fire department.

This information was incorrect. According to minutes of the meeting, Piper and Monahan had "expressed interest" to Heppner City attorney Bill Kuhn and councilmember Tom Wolff in the bottles and possible other artifacts still on the property. The city manager consequently contacted Jerrod Wicklund, who excavated the bottles from the site and asked him for an inventory.

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1/2 hour seminar on Wednesday, July 26 at the St. Patrick's Senior Center at 11 a.m.

For questions, contact us at 1-800-600-4063

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