

Join the Movement – MS Walk to be held in Heppner

Come join the walk on Saturday, April 19 for the 10th year of the Heppner MS Walk. Sign-up today to be part of the movement toward a cure.

There is no registration fee for the MS Walk, and participants are asked to raise a minimum of just \$50 per person. Walkers can earn prizes for outstanding fundraising, starting with a T-shirt prize at the \$50 level. If you bring \$50 the day of the walk you will be eligible for a T-shirt that day while supplies last. Maps will be available for the 5K route which is wheelchair accessible and the 10K route. The registration/check-in begins at 8 a.m. at All Saints Episcopal Church on Church & Gale Street. The walk will start at 9 a.m. at the city park on Main Street.

Following tradition there will be a free pancake/



Pictured are some of the participants in the 2007 Walk.

ham breakfast served at the church for the walkers and volunteers after the walk. Also, local businesses have donated raffle items for the event. Each walker will receive a free raffle ticket at the registration table when they sign in and the winning numbers will be drawn during the breakfast.

Walk. Roll. Volunteer. Be aware. Join the movement and sign up today.

Pre-register online at www.walkMSoregon.com, or by phone at 1.800.344.4867. Walkers may register at any time, including the day of the event.

MS Walk brochures with registration information will be located in local businesses. If you have any questions you can also contact Co-Chair Merilee McDowell at 541-676-5238 or Joan Basile at 541-676-5832.

Winners announced for hold 'em tournament and bingo party in Ione

The Ione American Legion Texas Hold 'Em Poker Tournament & Bingo Party was held on Saturday, March 8, at the Ione

American Legion Hall. Poker tournament winners were: first place, Shawn Hams of Pendleton; second place, Duane Disque

of Lexington; third place, Jim Kindle of Heppner; and fourth place, Dana Heide-man of Ione.

Raffle winners were Joe Baker winning a 1500 Series Winchester pump shotgun, and Mary McEligott winning a 15" digital photo frame.

Ione Community School holds carnival



Senior, Alan Rietmann, and sophomore, Matt Hams, man the Cookie Monster booth at the Ione Community School Carnival.



Buddies Paul Taylor, Hunter Padberg and Jake Heide-man hang out together at the Ione Community School Carnival last week. The carnival helps the elementary raise money for field trips for the coming year.

Ione Community School celebrates classified week



ASB officers Emily Rietmann and Kylee Svetich wash the cars of classified staff members at Ione Community School last week during classified week. The ASB officers planned something each day for staff members who served our school so diligently.

HHS Golf Schedule

March 20 – HHS will host at 2 p.m.
 March 21 – at John Day, 12 p.m.
 April 4 – Pendleton JV Invite (PCC), 12 p.m.
 April 8 – Girls Varsity at LaGrande, 12 p.m.
 April 10 – at Condon, 3 p.m.

Heppner Varsity Baseball Schedule

March 21 – Dufur at home, 2 p.m.
 March 25 – Santiam at home, 1 p.m.
 March 29-30 – at Colfax Tourney.
 April 1 – Mac Hi at home, 2 p.m.
 April 5 – Irrigon at home, 11 a.m.
 April 8 – at Pilot Rock, 4:30 p.m.

North Morrow County: Fortunate when it comes to health care

Many of you probably saw the story that ran on 60 Minutes recently about Remote Area Medical, a non-profit group that airlifts doctors and supplies to third world countries to provide medical service. Undoubtedly you were shocked to learn that while the group was originally organized to serve foreign populations they are now carrying out 60% of their "expeditions" right here in the United States. The National Association of Community Health Centers recently stated that 56 million Americans, many of whom are covered by health insurance, don't have access to health care simply because they live in communities where primary care providers are in short supply.

Currently, community health centers across the nation provide care to 17 million people and are recognized as a vital method of delivering health care to members of the community in which they are found. The National Association of Community Health Center cited these facilities as "meeting escalating health needs and bringing good health to needy communities, without regard to family income, health insur-

ance status, race, culture, or health condition."

"North Morrow County is one of those communities fortunate enough to have a community health center," said Mindy Binder, CEO of Columbia River Community Health Services, "it means happier children, healthier adults, shorter travel to receive care and community residents can live longer, healthier lives." With an aim to serving the community at large, input was gathered from the community, city county and state; and the non-profit outlet for local health care was established and opened its doors in January of 2005. Currently the clinic employs four health care providers, over 15 other staff members, and is overseen by a Board of Directors comprised of 10 members of the community.

Considering the large percentage of the population living below the state average it is not hard to understand the need for the support that Columbia River Community Health Services lends the community and individuals it services. Columbia River Community Health Services provides preventative, and acute primary care, as

well as urgent care, family planning, women's health, well-child examinations, mental health counseling, and substance abuse treatment to all patients. In the past calendar year, the calendar year the clinic has provided services to over 10,500 patients, regardless of their ability to pay.

Despite all that the clinic currently provides it has only just begun to meet the needs of the community. "There is much more outreach and work to be done to fully be of assistance to those in need," said Binder. Part of that work includes the construction of a new facility that will nearly double the number of community members the clinic will be able to service.

While there may be an immediate need for Remote Area Medical across the country, with the help of facilities such as Columbia River Community Health Services that need is greatly reduced.

For more information on the new Columbia River Community Health Services building and what you can do to help, contact Binder at the clinic during regular business hours at 541-481-7212.

Still running for fun

Editor's Note: The following article can be found in the February 26 edition of The Columbian newspaper and was written by Paul Danzer. The subject of the article, Dave Harrison, was at one time the manager at Columbia Basin Electric Coop. He was also co-chair of the project that renovated the track at Heppner High School with John Edmundson and Jim Wishart.

Like many of his fellow retirees in the Fairway Village neighborhood, Dave Harrison enjoys regular rounds of golf. The 78-year-old also keeps busy traveling and maintaining a 9,400-square foot yard.

"I've got something of just about everything," he said, describing the variety of plants he tends.

The same could be said for Harrison's garage, which is home to an impressive collection of ribbons, plaques, trophies that are the result of another kind of cultivation.

For the past 22 years, Harrison has made a habit of running.

In recent years, Harrison has entered around 50 races a year. In 2007 he completed 51 races, and ran some 1,500 miles. He ran five events while spending 30 days this winter Arizona. Among those was the Rock 'n' Roll Arizona Half Marathon. He finished that race in 2 hours, and won the 13-man 75-79 age group by a 36-minute margin.



Surrounded by his collection of medals, mementos and running shoes, Dave Harrison, 78, warms up on a treadmill in his garage. -Photo by Steven Lane/The Columbian

A regular participant in Clark County Running Club events and in benefit races around the region, Harrison said he plans to enter at least one run on each of the next five weekends. Sometime this spring, his training and racing will pass the 25,000-mile mark since he began consistently running at the age of 56.

"I just like to run," Harrison explained.

Harrison often is one of the few — or the only — runners his age in the races he enters. He noted that the knees of his peers often prevent them from following his path. He considers himself fortunate, but he also listens to his body.

"Part of running (success) is mental. Part of it is being in shape. And part of it is resting before a tough run," Harrison said.

Harrison's love for running started simply enough. Though he ran

regularly for a few years in his 30s, his dedication to running started almost a quarter century ago when at the suggestion of a friend he entered the Happy Hooper Fun Run, a 5-kilometer race affiliated with the Cheney Rodeo.

An insurance agent in Cheney before retiring to Vancouver 13 years ago, Harrison said he started out running one mile to work each day. At first, he thought a mile was plenty.

But once the running bug bit, Harrison found time for daily 3-mile runs. For several years, before he retired, those runs would usually happen at 10 p.m. along well-lit Cheney streets.

Running is a passion he has indulged around the world. On travels abroad, Harrison said he tries to never miss a day of running. From the canals of Amsterdam, to Norwegian fjords, Swiss lakes, and rural roads

in Germany and Italy, Harrison said his jogs gave him a view of the country that he might have missed from a tour bus.

When at home, Harrison hits the road most afternoons. Sometimes he runs a loop along McGilvray Boulevard. Sometimes it's the Wy'East Middle School track. Occasionally, the Lacamas Lake Trail.

While he is consistent with his daily runs, covering 30-35 miles each week, Harrison said he does not consider his routines serious training.

"I don't train as a runner — no weight lifting, no speed work, no training schedules, no hill work and no special diets," Harrison said.

While he pushes himself more than most folks his age — he was the only runner older than 70 to complete the Run Like Hell Half Marathon in Portland in October, a race that included a run up and down the Terwilliger Road hill —

Harrison has never run a marathon.

"At my age, it takes a long time to recover (from a marathon), but your recovery is fine after a half-marathon," he explained.

Besides, marathons and ultra-marathons would defeat the purpose, Harrison said.

"My motto is: 'Enjoy every run — as long as you can.'"

HHS Track Schedule

March 21 – Dick Horyna, Stanfield, 12 p.m.
 April 1 – Stanfield, 4 p.m.
 April 5 – Umatilla, 11 a.m.
 April 11 – Union Invitational, 1 p.m.
 April 15 – Mustang Invitational, Boardman, 4 p.m.
 April 19 – Sherman Invitational, Moro, 10:30 a.m.
 April 26 – Columbia River Invitational, Riverside, 12 p.m.

HJH Track Schedule

April 4 – UMMSAA all league opening meet in Stanfield, 12 p.m.
 April 11 – Sherman County Invitational, 12 p.m.
 April 18 – Heppner/Ione Invitational at Stanfield, 2 p.m.
 April 25 – Sunridge Invitational in Pendleton, 2 p.m.
 May 2 – Ione Invitational in Pendleton, 2 p.m.

Heppner JV Baseball Schedule

March 20 – at Weston, 4 p.m.
 March 24 – at Nixyaawii, 3 p.m.
 March 31 – Pilot Rock at home, 4:30 p.m.
 April 2 – at Stanfield, 2 p.m.
 April 7 – Hermiston Frosh at home, 4 p.m.
 April 11 – Stanfield, 2 p.m.