

Healthy weight: It's not a diet, it's a lifestyle

Biggest Winner program offered by the Community Health Improvement Partnership (CHIP) of Morrow County

The Community Health Improvement Partnership (CHIP) of Morrow County is offering a fun way for county residents to lose weight and win prizes.

The Biggest Winner weight-loss competition and healthy lifestyle program has been developed as a community service by the CHIP of Morrow County, a partnership between the health care providers and community to provide a fun and supportive environment for people to learn about and adopt healthy behaviors.

Not everyone needs to lose weight, but there are ways to tell if you should begin lifestyle changes. Assessment of weight and health risk for the development of disease involves using three common key measures: body mass index, waist circumference and health risk factors.

The first measure, body mass index (BMI), is an estimated measure of body fat based on height and weight that applies to adult men and women. BMI is a reasonable gauge

of your risk for developing diseases that tend to occur with more body fat. The higher your BMI score, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems and certain cancers. Although BMI can be used for most men and women, it does have some limits. It may overestimate body fat in athletes and others who have a muscular build and it may underestimate body fat in older persons and others who have lost muscle.

The National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors: waist circumference and health risk factors. Waist circumference helps screen for possible health risks that come with being overweight or obese. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly

measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

The third measure is the assessment of health risk factors in addition to being overweight or obese. The following conditions put you at greater risk for developing heart disease and other conditions: high blood pressure (hypertension), high LDL ("bad") cholesterol, low HDL ("good") cholesterol, high triglycerides, high blood glucose (sugar), family history of premature heart disease, physical inactivity and cigarette smoking.

If you are considered obese (BMI of 30 or greater) or are overweight (BMI of 25 to 29.9) and have two or more risk factors, it is recommended that you lose weight. Even a small weight loss—between five and 10 percent of your current weight—will help lower your risk of developing diseases associated with obesity. People who are overweight but who

do not have a high waist measurement, and have fewer than two risk factors, may need to prevent further weight gain rather than lose weight.

Talk to your doctor to see whether you are at an increased risk and whether you should lose weight. Your doctor will evaluate your BMI, waist measurement and other risk factors for disease.

Weigh-ins for those competing for prize money in the Biggest Loser program, and the free education and physical activity sessions for community members, will be held at Heppner Elementary School, Ione Community Church and Sam Boardman Elementary School from January 9 - April 2, 2012, typically Mondays from 6 to 7 p.m. The program will also be offered at Irrigon Jr./Sr. High School Tuesdays from 6 to 7 p.m. Program details and helpful resources will be available soon on the Community Health Improvement Partnership website: <http://www.ohsu.edu/MCCHIP>.

Heppner High happenings

By Andrew Bara

This October was one of the best years for Red Ribbon Week at Heppner High School, especially since a powerful guest speaker by the name of Brooks Gibbs came over to talk to HHS and Heppner Elementary School students about what drugs have done to him in his past, with in-depth details that hit the hearts of many students at school. He was by far one of the best guest speakers ever to come to Heppner High School to speak.

In November, a new event was introduced

to Heppner High School, which was Bully Awareness Week. This event was intended to open the students' eyes to what bullying really is and what they can do to put a stop to it. We are now more aware of it, and the bullying has reduced.

Students will also be participating in the upcoming light parade. Each class will enter a float that they have designed and decorated. This winter break is also full of activities for HHS students, including basketball and wrestling tournaments.

DA's Report

The Morrow County District Attorney's office has released the following report:

- Vince Monroe Strong, 26, was convicted of one count of Criminal Mistreatment in the First Degree, a Class C felony. He was sentenced to 23 months in the custody of the Oregon Department of Corrections with three years post-prison supervision. Strong was also convicted of one count of Tampering with a Witness, a Class C felony. The defendant was sentenced to 22 months custody, to run consecu-

tive to previous sentences, with two years post-prison supervision. He received credit for time served. Total fines, fees and assessments were \$875.

- Additionally, Strong was convicted of one count of Recklessly Endangering another Person, a Class A misdemeanor. The defendant was sentenced to 365 days custody of the local supervisory authority, with credit for time served. The sentence shall run concurrent with the previous counts. Fines, fees and assessments totaled \$668.



2 bedroom home on large lot in Lex Lots of room for a garden and other activities with this 2 bedroom 1 bath single wide mobile home in Lexington. Lots of upgrade including new flooring, new roof, insulation, new vinyl windows, water heater and much more. **\$60,000**



Mountain Cabin!
Have your own cabin in the mountains to live in or use for weekend get aways. Surrounded by Pine and Tamarack trees. Sit on the deck and look out at the forest. **\$70,000**

CHECK OUT THESE REAL ESTATE DEALS
www.sykesrealestate.net • www.pendletonproperty.com



Good buy on this new Heppner listing. New listing. 2 bedroom 1 bath starter home or will make a good rental unit. New chain link fence, new electric wall heater, nice fixed up shop, good roof and foundation. 355 W. Linden Way Heppner. Priced right at **\$55,000**



\$105,000
Classic home near downtown Heppner. Enjoy the unique look of this classic home, including a covered upstairs porch and ornate wood designs. This 4 bedroom 2 bath is close to shopping, the city park and school. Nice neighborhood, well kept yard.



Auto Repair Business in Heppner, OR This is a going concern which shows a profit each year. Includes real property, business, inventory and equipment. Loyal customer base and good reputation. **\$339,000**



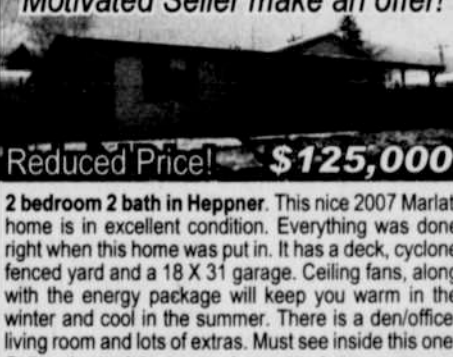
\$38,000
SALE PENDING
New Listing!
4 bedroom 1 bath fixer upper Owner will carry contract on this fixer upper in Heppner. Needs work but would make good first home or turn into a rental. Make an appointment to see today.



New Listing!
2 Bedroom 1 bath home on 24.26 acres in Lexington. Close to town with your own piece of land. Rare small parcel with home and shop. Have some animals or just elbow room from your neighbors. Several parcels could be resold. Home is in good condition with foundation, newer septic system, metal roof and large upstairs that could be used as another bedroom. **\$175,000**



Motivated Seller make an offer!
Reduced Price! \$125,000
2 bedroom 2 bath in Heppner. This nice 2007 Marlatt home is in excellent condition. Everything was done right when this home was put in. It has a deck, cyclone fenced yard and a 18 X 31 garage. Ceiling fans, along with the energy package will keep you warm in the winter and cool in the summer. There is a den/office, living room and lots of extras. Must see inside this one. Call and schedule an appointment today.




2 Building lots in Heppner
Reduced Price!
5,250 sq foot lot \$6,500
Nice views of town!
5,000 sq foot lot \$1,900



3 Bedroom 2 bath home in Lexington This home has metal roof, cement foundation & propane F/A. 128 X 121.66 lot. 2465 sq ft home has full basement and large fenced yard with apple, nectarine and cherry trees. Garage. **\$116,000**



Price Reduction \$129,000
4 bedroom 2 bath home in Heppner. You won't feel cramped in this 4 bedroom 2 bath 2146 sq ft home. It has a full basement with mini kitchen downstairs, and fully carpeted rooms upstairs. Enjoy barbecuing on the covered patio. And there's lots of room for a garden in the large backyard. Call now for an appointment to visit this home.



\$98,000
2 Bedroom near schools and downtown Heppner Just blocks from school and downtown shopping, this 2 bedroom 1 1/2 bath charmer has a fenced yard for children and a separate small yard in the back. Enjoy your reading room, living room and kitchen with window looking out on the street.



3 Bedroom 2 bath near downtown This two story home is close to grade school and has fenced back yard. Central A/C and Electric F/A. Carpet, laundry room and large family room downstairs. Dishwasher refrigerator and stove included. **\$120,000**




Price Reduction \$82,500
Cute 3 bedroom in Heppner. A nice fenced yard for the kids located on a quiet street. Storage shed outback and new lawn just planted makes this three bedroom one bath home ready to move into. Vinyl siding and windows, side deck, stove-refrigerator-washer-dryer included. Great starter home or pick it up as a rental. Has a carport too.



View lot at Lakeview Heights. Own one of the last view lots at Lakeview Heights. 84 X 120 approx. Water, sewer, phone and power available. **\$25,000**




Acresage for Sale
38.67 Acres inside Heppner city limits Has a good building spot and room for animals. Water and electricity located nearby. **\$65,000**



\$110,000
2 apartments and shop building for sale in Lexington On the bottom floor is a former auto body shop and a 1 bedroom apartment newly remodeled renting for \$350. Upstairs is a 2 bedroom apartment that has been completely redone renting for \$375. Building has a good roof and owner says the shop has been completely rewired.

HEPPNER
Phone: (541) 676-9228
Cell: (541) 980-6674
Fax: (541) 676-9211
188 W. Willow
P.O. Box 337
Heppner, OR 97836
david@sykesrealestate.net
www.sykesrealestate.net


Owner/Broker
David Sykes


SYKES REAL ESTATE
Information deemed correct not guaranteed


Broker
Chris Sykes

PENDLETON
Phone: (541) 276-2152
Cell: (541) 215-2274
Fax: (541) 278-6051
25 SW Emigrant
Pendleton, OR 97801
chris@sykesrealestate.net
www.pendletonproperty.com