

Lexington girl takes first in Hoop Shoot division

Lexington girl Sydney Wilson won first place in the Girls 8-9 division of the Northeast District Elks Hoop Shoot, held on Jan. 19 at Sandstone Middle School in Hermiston. Wilson was 16/25 at the district competition and will advance to the State Hoop Shoot on Feb. 9.

There were more than 579 girls who participated in their local shoots in the 8-9 division in the district.

Sydney Stefani of Ione placed third in the 12-13 girls division and shot 12/25. Other participants from Heppner included Kevin and Derrick Smith, Keegan Gibbs, and Tresslyn McCurry.

Complete results are:
First Place Boys 8-9: Jace Troutman of Arlington, 19/25 shots plus 5/5 on the tie breaker

First Place Girls 8-9: Sydney Wilson of Lexington, 16/25

First Place Boys 10-11: James Helmen of Hermiston, 18/25

First Place Girls 10-11:

Nyah Hickman of Hermiston, 18/25

First Place Boys 12-13: Kaden Webb of Umatilla, 18/25

First Place Girls 12-13: Jada Burns of Hermiston, 14/25

Thirty-five kids from Baker, Condon, Enterprise, Heppner, Hermiston, Hood River, Milton-Freewater and Pendleton competed in the District Hoop Shoot. There were 3,367 kids who participated in local hoop shoots within the district.

The first place kids will compete in the State Hoop Shoot on Feb. 9 at 1 p.m. at Lesley Middle School in Salem, OR. The state shoot will feature district champions from the seven districts in Oregon. Those winners will then advance to the Regional competition, held in Vancouver, WA in March. The national competition will be held in Springfield, MO in April. Each year, more than 2.5 million kids participate in the program nationally.

Local photographer wins people's choice



Above is the photo taken by Lexington woman Kathy Tellechea of two wild stallions having a minor dispute. The stallions are part of what is referred to as the "Hollywood" herd in the South Steens Herd Management Area, located in southeastern Oregon. The photo, "A Minor Disagreement," won the People's Choice Award in the Coast Weekend 2012 Photo Contest. It received almost 2,000 votes. Winners were announced in early January. -Photo by Kathy Tellechea

4-H leaders wanted

The Morrow County 4-H program is looking for leaders to help advise and meet with local club members for various project areas.

Anyone who is skilled in the arts, or maybe has a green thumb, or perhaps knows their way around the kitchen...any of those skills, along with many more, are available to county youth as 4-H projects.

"Have a friend that you would like to team up with to start a club? That works too—the more the merrier!" says OSU Extension agent Ashley Jones.

The 4-H program is specifically looking for cooking leaders in the Heppner area to start a new club with interested members.

All new 4-H leaders must submit a completed application, pass a background check, and also attend a new-leader training.

Prior experiences in the project area and working with kids in a safe environment are two key elements to help both leader and club succeed.

Anyone who has questions, needs more information, or is interested in volunteering as a Morrow County 4-H leader, call the office at 541-676-9642, stop by at 54173 Hwy. 74 in Heppner, email ashley.jones@oregonstate.edu, or check out the website at <http://extension.oregonstate.edu/morrow/> and click on "4-H youth."

Chamber lunch meeting

This week's lunch meeting of the Heppner Chamber of Commerce will be held on Thursday, Jan. 24, at noon in the St. Patrick's Senior Center dining room. Bill Langley of Reklam in Boardman will be the guest speaker.

Cost of lunch is \$10. Willow Creek Diner will cater. Lunch attendees are asked to RSVP no later than the morning of the Wednesday before to accommodate enough meals.

Community lunch menu

Hope and Valby Lutheran and All Saints Episcopal church members will serve lunch on Wednesday, Jan. 30, at St. Patrick's Senior Center. The meal will include navy beans and ham, coleslaw, applesauce, corn bread and cookies. Milk is served at each meal. Suggested donation is \$3.50 per meal. Menu is subject to change.

The flu: What it is and what to do about it

The following is provided by the Morrow County Health District.

Flu season is here.

Eastern Oregon has not been affected by the flu as much as other parts of the nation; however, it's still important to take action to protect yourself from the flu and decrease the spread of infection. The Centers for Disease Control and Prevention and other healthcare providers have published some answers to common flu questions. Take the time to review this helpful information and, if you have any specific questions or concerns, call your local healthcare provider.

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever (it's important to note that not everyone with flu will have a fever)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are very sick or worried about your illness, contact your healthcare provider (doctor, physician's assistant, etc.).

Certain people are at

greater risk of serious flu-related complications (including young children, elderly persons, pregnant women and people with certain long-term medical conditions) and this is true both for seasonal flu and novel flu virus infections. If you are in a high-risk group and develop flu symptoms, it's best for you to contact your doctor. Remind them about your high risk status for flu.

Health care providers will determine whether influenza testing and possible treatment are needed. Your doctor may prescribe antiviral drugs that can treat the flu. These drugs work better for treatment the sooner they are started.

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your healthcare provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs?

- In children
- Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting

-Being so irritable that the child does not want to be held

-Flu-like symptoms improve but then return with fever and worse cough

-Fever with a rash

In addition to the signs above, get medical help right away for any infant who has any of these signs:

-Being unable to eat

-Has no tears when crying

-Significantly fewer wet diapers than normal

In adults

-Difficulty breathing or shortness of breath

-Pain or pressure in the chest or abdomen

-Sudden dizziness

-Confusion

-Severe or persistent vomiting

-Flu-like symptoms that improve but then return with fever and worse cough

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine such as Tylenol.) You should stay home from work, school, travel, shopping, social events and public gatherings.

What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spread-

ing flu to others.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Most people who have flu symptoms will not be tested, and do not need to be tested, because test results usually do not change how a patient is treated. Treatment, if decided upon by the healthcare provider, will usually be based on severity of symptoms and how likely a person is to have complications of flu—not on the basis of a test result.

What are the symptoms of the flu versus the symptoms of a cold?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense. Colds tend to develop gradually, while the flu tends to start very suddenly. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

The best way to prevent the flu is by getting a flu vaccination. About two weeks after vaccination, antibodies develop that protect against influenza virus infection for the entire year. Flu vaccines will not protect against illnesses caused by other viruses, such as the common cold.

Money, supplies stolen from church

Between 8:30 p.m. on Tuesday, Jan. 8, and 8:30 a.m. the following morning, someone entered the parish hall of All Saints Episcopal Church and stole several items, reports Pastor Katy Anderson of the Shared Ministry of All Saints and Hope Lutheran Church in Heppner.

The person or persons helped themselves to a number of items, including paper supplies and funds that had been collected to help provide a scholarship for an adult or youth to attend Ascension Camp in Cove.

Anderson said there is normally not money sitting around in the church, but there happened to be that night; she didn't say how much had been taken, only that it was not a "huge" amount.

The building was

locked, as it always is when unoccupied, Anderson said.

"We don't know how they got in, whether it was an unauthorized use of a key or a side door that wasn't closed tightly," she said.

Anderson said the church isn't out for retribution—though a police report was filed for the record—but they did want to alert other members of the neighborhood of the theft, and maybe have a talk with the perpetrator.

"If it is some kid from the neighborhood who would like to have a chat, we'd love to send them to camp," said Anderson.

She added that funds from another source are available to pay the rest of camp tuition on behalf of the individual who took the money.

Heppner High news

By Jordan Jones

This upcoming week our Heppner Mustangs have three basketball games.

The first one is on Friday, Jan. 25, versus the Union Bobcats; this game will take place at 4 p.m.

The second game will be on Saturday, Jan. 26, versus the Weston-McEwen TigerScots; this game will

take place in Weston and will start at 6 p.m.

The last game will be on Tuesday, Jan. 29, against the Irrigon Knights; this game will take place at 6 p.m.

On Friday, Feb. 1, during halftime of the varsity games, the seniors will be hosting the senior service auction.

Ione cheer raffles Globetrotters tickets

The Ione cheer squad is raffling off two tickets to see the world-famous Harlem Globetrotters on Saturday, Feb. 23, at 2 p.m. at the Rose Garden in Portland, OR.

Raffle tickets are \$5

each, three for \$10 or five for \$20. The girls will be selling the tickets at Ione home games or those who are interested in purchasing tickets can contact Misti Stefani at 541-422-7142.

HHS wrestlers hold raffle

Heppner High School wrestling team is holding a fundraising raffle for two juniper bar stools or a queen bed frame for \$5 a ticket or six for \$20.

The drawing will be held on Feb. 2 at the Bank of Eastern Oregon invitational wrestling tournament.

To purchase tickets, contact any HHS wrestler or Alita Nelson, 541-377-7300.

Eighth-graders to hold chicken dinner

A barbecued chicken dinner will be held Monday, Jan. 28, and Tuesday, Jan. 29, from 5-7 p.m. during the basketball games at Heppner High School.

The dinner of chicken, beans, cornbread, salad, drink and a dessert will be hosted by the eighth-grade class/class of 2017. Cost is \$5; proceeds support the eighth-grade graduation.

Foster care classes scheduled in county

Foster Parent and Oregon Adoption Foundation will offer classes Feb. 7-9 and 14-16 for those interested in becoming foster parents for Morrow County children. Call Boardman Children, Adults and Families at 1-800-547-3897 ext. 224 if interested.

Ione library district to hold work session

The Ione Library District will start their meeting on Thursday, Jan. 24, with a work session at 1:30 p.m. The regular meeting will convene at 2 p.m. and may be followed by an executive session to discuss the hiring of a library assistant (ORS 192.660(2)(a)).

Lexington rabbit wins big at show



KT's Bat Out of Hell (left), a senior black Mini Rex doe owned by Kathy Tellechea and Pamela Renfro of Lexington, won a Double Best in Show and a Best in Specialty at the Inland Empire Snowflake Shows held in Coeur d'Alene, ID on Jan. 12. The rabbit had some stiff competition for those prizes, as there were more than 1,100 rabbits entered in each show. -Photo by Kathy Tellechea