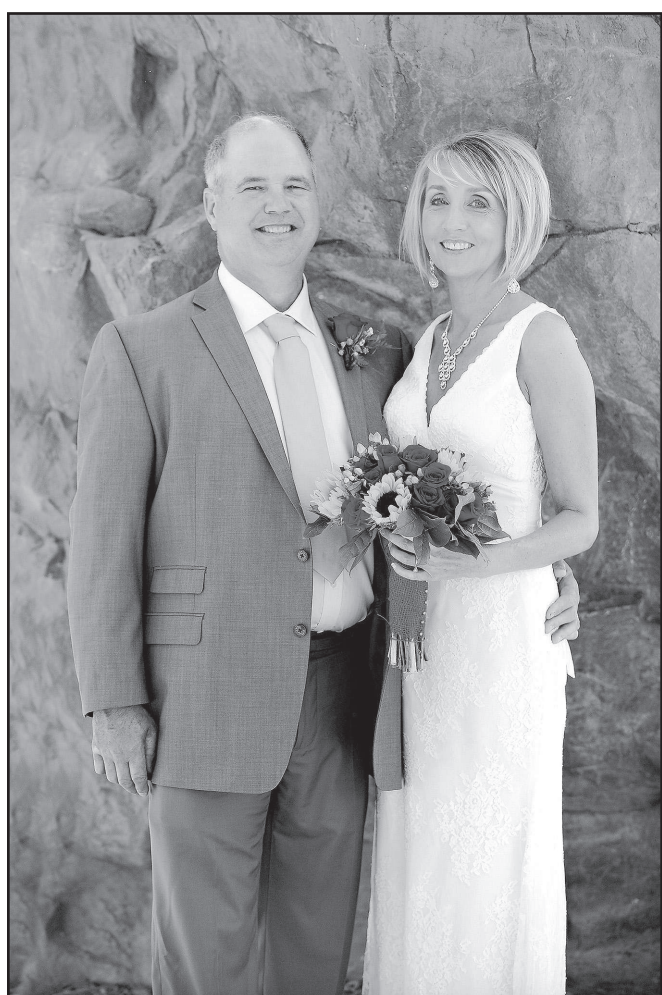


Weddings

Clemens, Young exchange vows in June wedding



Bruce and Toni Young.

Toni Clemens and Bruce Young were married on June 11, 2016 at the First United Methodist Church in Pendleton, OR with Pastor Cara Osmin officiating.

The bride is the daughter of Vickie Clemens and the late Mac Clemens of Lakeview, OR and the groom is the son of the late Harley and Helen Young of Heppner.

Denise Griffiths, friend of both the bride and groom, served as maid of honor. She lives in Prineville, OR.

Bridesmaids were Becky Young, daughter-in-law of the groom, from Turner, OR and Kelly Bagwell, friend of the bride, from Alturas, CA.

Luke Young, son of the groom, was best man. He is from Heppner.

Groomsmen were Brandon Young, son of the groom, from Turner, OR and Matt Young, also son of the Groom, from Springfield, OR.

All five of the bride and grooms' grandchildren played a large role in the ceremony, with Emerly Young, granddaughter of the groom, acting as ring bearer. Chloe and Elliott Young, also granddaughters of the groom, were flower girls. Taetym Albertson, granddaughter of the bride carried a special sign announcing the arrival of the bride, while six-week-old grandson of the bride, Liam Albertson, was an honorary usher.

A very special part of the ceremony to both the bride and groom was when all four of their sons, Brandon, Matt and Luke Young, and Taylor Albertson escorted the bride down the aisle.

Family and friends enjoyed a fun reception with dinner and dancing at Hamley's Slick Fork Saloon with DJ Matt Howard providing music.

The bride wore a floor-length, sleeveless ivory lace gown with a v-neck and key hole back by Galina. She accented with tear-drop diamond earrings, necklace and a diamond bracelet. Her bouquet was made up of red roses, sunflowers, wax flower, fern and hypericum berries with a brooch from the groom's mother and wedding ring from the bride's grandmother attached.

As a surprise to the bride, a loaded Bruce Young logging truck with "Just Married" painted on the back of the logs awaited the couple as they exited the church, and made for a fun get-away ride.

Toni is a medical assistant at Pioneer Memorial Clinic and Bruce is a self-employed logging contractor and owner/operator of Bruce Young Logging, LLC.

They are back home in Heppner and are planning a honeymoon to the Cayman Islands and Bahamas in October.

Healthy Youth

Answers to questions about adolescent well care exams

Editor's note: This is part of a series of messages brought to you by your Morrow County health care providers.

What standard practice of care is recommended?

The American Medical Association's Guidelines for Adolescent Preventive Services, the federal Bright Futures Guidelines, and the American Academy of Pediatrics all recommend comprehensive annual check-ups for adolescents.

Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family and the community as partners in health practice. The Bright Futures Guide-

lines provide theory-based and evidence-driven guidance for all preventive care screenings and well-child visits.

Why are exams for youth important?

Physical, social and emotional changes during adolescence increase the need for continuous, comprehensive preventive services. Adolescents are laying the foundation for lifestyle and behaviors that persist into adulthood (promote healthy behavior and reduce risky behavior). Ultimately, this leads to healthier students, workforce, community and economy.

What does a typical exam involve?

During an adolescent well care exam, your health care provider conducts a risk and strength assess-

ment (e.g. bike helmet use), listens to parent and youth concerns (e.g. age appropriate limits), conducts necessary screening (e.g. growth and development or body image) and provides guidance on key health promotion priorities such as family support, healthy weight, nutrition and physical activity, mental health, healthy sexuality development, safety and injury prevention, and oral health. Your local health care providers care about you, your family and your community and will make clinical decisions regarding care utilizing individual judgment brought to each clinical situation. The patient should always feel comfortable, ask questions and be able to discuss the exam with their provider.

The exam will include,

if necessary, an evaluation for clearance to participate in school sports/activities and completion of the required OSAA form.

How can families prepare for adolescent well care exams?

For guidelines: <https://brightfutures.aap.org/Bright%20Futures%20Documents/18-Adolescence.pdf>

Please schedule an adolescent well care exam or call today to ask questions or request information from your local health care providers—Pioneer Memorial Clinic, Heppner, 541-676-5504; Ione Community Clinic, 541-422-7128; Ir-rigon Medical Clinic, 541-922-5880; or Columbia River Community Health Services, Boardman, 541-481-7212.

HHS student runs coastal classic

Heppner sophomore Trent Smith ran the Tillamook Bay Run Aug. 13 on Tillamook's Bay Ocean Spit.

This race is touted as one of the most unique long distance runs around, with wet sand, dry sand, gravel, hills and flats. The yearly 5K/10K walk/run brings runners from around the state for its unique terrain, as well as splendid ocean and bay views.

With nearly a hundred runners in the race, the Mustang ran well with the big horses from many Portland and Salem schools, placing third in his age category of 15-19-year-olds.

Chamber lunch meeting

The next lunch meeting of the Heppner Chamber of Commerce will be an all entities report on Thursday, Sept. 1, at noon in Heppner City Hall conference room. There will be no meeting Aug. 18 due to the Morrow County Fair.

Cost of lunch is \$10. Chamber lunch attendees are asked to RSVP at 541-676-5536 no later than the Tuesday before to guarantee a lunch.

DA's Report

Morrow County District Attorney Justin Nelson has released the following report:

-Amy Riley, 34, was convicted of Attempt to Commit a Class C/Unclassified Felony – Possession of Methamphetamine, a Class A Misdemeanor. Execution of the sentence of 180 days jail time was suspended and the defendant sentenced to 24 months bench probation. Probation conditions include 40 hours of community service. Fines, fees and assessments totaled \$200.

Community lunch menu

Heppner United Methodist Church volunteers will serve lunch on Wednesday, Aug. 24, at St. Patrick's Senior Center. Lunch will include ham and hash brown casserole, green beans, broccoli salad, bread sticks, and strawberry parfait.

Milk is served at each meal. Suggested donation is \$3.50 per meal. Menu is subject to change.

From the G-T Archives Sept. 14, 1950

\$1.00 a Pound on the Hoof!



The crowd attending the calf scramble at the 1949 fair will never forget the memorable battle Ingrid Hermann put up against a husky Hereford calf—and lost. To reward her for her effort, Emile Grosheens of Heppner and Delbert Emert of Ione each gave her a calf. At the 1.50 show one of these calves was grand champion and the other champion. Here we find Ingrid with the grand champ.

NOW HIRING DRIVERS

MILES & MILES OF SMILES



Our success... It's All About Kids, Employees, & Customers!!

Mid Columbia Bus Company provides a family atmosphere for the employees to come to work each day and know they are appreciated.

NOW HIRING SCHOOL BUS DRIVERS Starting Wage \$11.75/Hr.

Apply at:
Mid Columbia Bus Co.
541-676-5861 541-481-7551

NOW YOU CAN SEARCH OLD COPIES OF THE HEPPNER GAZETTE-TIMES ONLINE:



1883-1976

Gazette Times

<http://oregonnews.uoregon.edu>
The Official Newspaper of the City of Heppner and the County of Morrow

A friendly reminder – It's about that time!

Get Your Mammogram!

Assured Imaging Women's Wellness is bringing the latest in digital mammography to Pioneer Memorial Hospital, making this life-saving test easy and convenient!



MORROW COUNTY HEALTH DISTRICT
Excellence in Healthcare



Mammograms provided by:
assuredimaging
women's wellness

Wed., Aug. 24th
8:30am - 4:00pm
Pioneer Memorial Hospital
564 E. Pioneer Drive
Heppner, OR 97836

CALL TODAY!
541.676.2918
To Schedule Your Appointment



Early detection saves lives. It's that simple.

All major insurances accepted, no referral necessary for annual screening.

Uninsured? Low cash rate of \$185 available.