

Plan ahead for adolescent well care exams

Morrow County and Ione school districts strongly encourage parents and guardians to schedule an adolescent well care (AWC) exam appointment, beginning June 1 and throughout the summer months, to be prepared for fall sports seasons and the upcoming school year. For student athletes, the exam includes the OSAA evaluation for sport/activity participation.

Morrow County Health District and Columbia River Community Health Services have said they will be providing exams through appointment only and will not be providing open "sport physical" days. **Who provides the AWC exam?**

Make a student appointment (ages 11-21) for an adolescent well care exam at a local Morrow County health clinic. If the patient has insurance, the insurance will be billed, and the balance, if any, will not be charged to the patient. There will be no cost to you. Appointments can be made locally at Pioneer Memorial Clinic, Heppner, 541-676-5504; Ione Community Clinic, 541-422-7128; Irigon Medical Clinic, 541-922-5880; or Columbia River Community Health Services, Boardman, 541-481-7212.

Why are wellness exams important?

Physical, social and emotional changes during adolescence increase the need for continuous, comprehensive preventive

services, and adolescents are laying the foundation for lifestyle and behaviors that persist into adulthood.

The American Medical Association's Guidelines for Adolescent Preventive Services, the U.S. Department of Health and Human Services Bright Futures Guidelines, and the American Academy of Pediatrics all recommend comprehensive annual check-ups for adolescents. Adolescents who can easily access preventive health services are more likely to be healthy and able to reach milestones such as high school graduation, entry into the workforce, higher education or military service.

What can you expect during an exam?

During an adolescent well care exam, the health care professional conducts a risk and strength assessment, listens to parent and youth concerns, conducts necessary screening and provides guidance on key health promotion priorities such as family support, healthy weight, nutrition and physical activity, mental health, healthy growth and development, safety and injury prevention, and oral health. The exam will include, if necessary, an evaluation for clearance to participate in sports/activities and completion of the required OSAA form.

If you need assistance with transportation, please contact the CARE Team at 541-481-4200.

BMCC RIBBON CUTTING

-Continued from PAGE ONE

refreshments, tours of the facility and an appearance by Timber, BMCC's Timberwolf mascot.

In addition, the college dedicated the "Carlson Room," a conference room named after Louis and Betty Carlson of Heppner, who have contributed many years of service and volunteerism to BMCC, as well as Morrow County.

Louis Carlson is a former Morrow County judge, and his wife, Betty, served many years with the BMCC Foundation.

The Workforce Training Center is adjacent to the SAGE Center on Olson Road in Boardman and replaces the former BMCC Morrow County Center, which was located just down the road.

The facility not only offers general and community education courses, but also houses BMCC's Data Center Technician, Industrial Systems Technologies and Early Childhood Education programs.

The Workforce Training Center is the first of three major construction projects to reach completion.

Voters approved a \$23 million bond in May 2015 to construct the facility, as



Present for the BMCC Workforce Training Center ribbon cutting were (L-R) BMCC President Cam Preus, school mascot Timber, bond project manager Rob Dreier of Frew Development (behind Timber), board of education chair Chris Brown, early childhood education program coordinator Dawn Kennison-Kerrigan, Louis Carlson, Betty Carlson and BMCC Morrow County Coordinator Anne Morter (both cutting the ribbon), data center technician instructor Pete Hernberg, industrial systems technology instructor Jerry McMichael, and BMCC board members Bob Savage (Baker County), Susan Plass (Pendleton), Dr. Tony Turner (Milton-Freewater) and Heidi Van Kirk (Pendleton). -Photo by David Sykes

well as build a Precision Irrigated Agriculture Facility in Hermiston and an updated agriculture center on the Pendleton campus, known as the Facility for Agricultural Resource Management (FARM).

The Precision Irrigated Agriculture facility, located on Oregon State University Hermiston Agricultural Research and Education Center property, is set for completion this June.



BMCC dedicated the "Carlson Room," a conference room named after Louis and Betty Carlson (above) of Heppner, who have contributed many years of service and volunteerism to BMCC. -Photo by David Sykes

Chamber lunch meeting

The next lunch meeting of the Heppner Chamber of Commerce will be an all entities report on Thursday, May 4, at noon in Heppner City Hall conference room.

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

OTLD plans budget meeting

Oregon Trail Library District will hold a budget committee meeting next Wednesday, May 10, at 6 p.m. at the OTLD Irrigon Branch. The public is invited, and there will be a period for public comment.

Ambassadors, Blues offer more than basketball



The Harlem Ambassadors and Heppner Blues faced off last Thursday in a game that offered much more than standard basketball fare. The event was highlighted by plenty of tricks, hi-jinks, and even a spontaneous dance session during halftime (above). -Photo by David Sykes

Wranglers results for April 30

Wranglers Riding Club has announced the results for its April 30 play day. Results are:

Stick-Horse Race

Three & Under

- 1st) Ella Mulins
- 2nd) Lucas Matheny
- 3rd) James Crum
- 4th) Preston Milligan

Four- & Five-Year-Olds

- 1st) Morgan Milligan

2nd) Peyton Matheny

3rd) Jonny Ashbeck

4th) Savvy Joy Hall

Six- & Seven-Year-Olds

1st) Peyton Weygandt

2nd) Mary Ashbeck

Barrels

Lead-Line

1st) Tate Turner 27.10

2nd) Ely Jones 27.64

3rd) Savvy Joy Hall 28.72

4th) Jaylee Schlaich 29.16

Seven & Under

1st) Healy Hisler 24.809

2nd) Brooklyn Hendricks

32.317

3rd) Paige Miller 33.336

4th) Tenley 40.711

Eight to 11-Year-Olds

1st) Quaid Jensen 24.351

2nd) Reese Weygandt 31.74

3rd) Amelya Pinkham 33.21

4th) Cassidy Lingle 38.03

12 - 15 Year-Olds

1st) Jessica Cain 20.021

2nd) Asher Hall 32.92

16 & Over

1st) Jordyn Hendren 20.06

2nd) Brett Milligan 26.33

3rd) Becky Hidebrandt

26.726

4th) Jeanette 48.315

Poles

Lead-Line

1st) Tate Turner 47.75

2nd) Savvy Joy Hall 50.56

3rd) Pearl Miller 57.37

4th) Peyton Matheny

1:01.41

Seven & Under

1st) Healy Hisler 31.51

2nd) Tenley Rosenbalm

51.12

3rd) Paige Miller 52.290

4th) Mary Ashbeck 52.99

Eight to 11-Year-Olds

1st) Amelya Pinkham 39.50

2nd) Quaid Jensen 40.51

3rd) Reese Weygandt 41.795

4th) Cassidy Lingle 49.17

12 - 15 Year-Olds

1st) Jessica Cain 24.84

2nd) Asher Hall 48.98

16 & Over

1st) Becky Hildebrandt

32.13

2nd) Brett Milligan 35.93

3rd) Jennifer Ashbeck 57.58

4th) Jordyn Hendren 58.96

Key Hole Race

Lead-Line

1st) Tate Turner 10.299

2nd) Dylan Stockton 11.518

3rd) Jaylee Schlaich 11.805

4th) Peyton Weygandt

12.249

Seven & Under

1st) Paige Miller 60.717

2nd) Kit Jones 12.120

3rd) Healy Hisler 16.139

4th) Tenley Rosenbalm

20.618

Eight to 11-Year-Olds

1st) Irelynn Kollman 8.026

2nd) Reese Weygandt 13.379

3rd) Quaid Jensen 14.048

4th) Amelya Pinkham

14.530

12 - 15 Year-Olds

1st) Jessica Cain 12.149

2nd) Asher Hall 13.885

16 & Over

1st) Brett Milligan 9.576

2nd) Jordyn Hendren 10.970

3rd) Becky Hildebrandt

12.480

4th) Jeanette 18.939

Justice Court Report

Morrow County Justice of the Peace Ann Spicer has released the following Justice Court report:

-Julie Kendall DeLoach, 54, of St. Helens, OR was found guilty of Violating the Basic Rule (VBR) 77/55 mph and was fined \$260.

-Jayne Lynn Pettibone, 22, of Heppner was found

guilty of VBR 73/55 mph and No Operator's License, reduced from a Driving While Suspended Violation. She was fined \$160 and \$260 respectively for a total of \$420.

-Tyrell Scott Barnett, 23, of Ione was found guilty of Failure to Change Name/Address on Registration and was fined \$110.

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