

HJSHS junior high track ends another successful season



The Heppner junior high track team. Top (L-R): Coach Brandi Sweeney, Jace Coe, Brian Lindsay, Tyson Vawser, Jayden Wilson, Derrick Smith, Jackson Lehman, Brock Hisler and Coach Toni Nichols. Second row (L-R): David Cribbs, Trevor Nichols, Anthony Rankin, Adan Guerra, Roen Waite and Brandon Comstock. Third row (L-R): Kegan Steagall, Conor Brosnan, Blake Wolters, Cody Fletcher, Jon Waddell and Zachary Ferguson. Bottom (L-R): Hannah Palmer, Sydney Wilson, Brooklynn Wilson, Madelyn Nichols and Hannah Finch. -Contributed photo

Another year goes by and another successful season in the books for the HJSHS junior high track team. Coaches Toni Nichols and Brandi Sweeney had 24 athletes who worked hard to improve, tried new events, and gained knowledge about track and field this season.

Here are their personal records (PRs) for this season:

Brandon Comstock: 100m 17.46; 200m 36.74; Long Jump 11'1"; Javelin 78'9" and 4x200m Relay 2:47.37

David Cribbs: 400m 1:16.38; 800m 2:53.62; 1500m 5:38.16; 3000m 12:40.36; Javelin 77'0"; Long Jump 12'7.5"; 4x100m Relay 59.34 and Medley Relay 2:18.9

Adan Guerra: 60m 10.46; 100m 18.04; 200m 37.34; 400m 1:27.70; Shot Put 17'3"; Discus 40'7"; Long Jump 7'3.5" and 4x200m Relay 2:47.37.

Trevor Nichols: 200m 34.24; 400m 1:15.54; 800m

2:56.99; 1500m 5:50.9; 3000m 12:54.56; Javelin 86'1"; 4x100m Relay 59.31 and Medley Relay 2:18.9.

Anthony Rankin: Shot Put 15'7"; Discus 37'10"; Long Jump 6'9" and 4x200m Relay 2:47.37.

Brooklynn Wilson: 100m 17.94; 200m 37.94; 400m 1:29.17; 300m Hurdles 1:08.98; Javelin 45'1" and Medley Relay 2:13.57.

Conor Brosnan: 100m 14.44; Shot Put 31'11.5"; Discus 93'3"; Javelin 122'8" and 4x200m Relay 2:15.03.

Jace Coe: 200m 31.24; 400m 1:14.34; 800m 2:35.84; 1500m 5:02.4; Shot Put 29'8"; Long Jump 14'6"; 4x100m Relay 58.44 and Medley Relay 2:18.9.

Zachary Ferguson: 200m 36.54; 400m 1:19.14; 800m 2:58.0; Shot Put 21'9"; Discus 53'7"; Javelin 64'9"; Long Jump 10'7"; Triple Jump 20'2" and 4x200m Relay 2:15.03.

Hannah Finch: 100m 14.44; 200m 29.84; 300m Hurdles 56.98; Long Jump

13'6"; Triple Jump 27'11" and Medley Relay 2:13.57.

Cody Fletcher: 1500m 6:46.2; Shot Put 25'3"; Discus 60'9"; Javelin 73'10" and 4x200m Relay 2:15.03.

Brock Hisler: 100m 14.17; 200m 28.81; 400m 28.81; Long Jump 12'11"; 4x100m Relay and Medley Relay 2:18.9.

Brian Lindsay: 100m 15.21; 200m 32.24; 400m 1:13.94; 800m 3:03.12; 1500m 6:15.81; Javelin 86'5"; Long Jump 13'1; 4x100m Relay 58.44 and 4x200m Relay 2:14.4.

Derrick Smith: 100m 15.94; 200m 32.24; 400m 1:01.34; 800m 2:50.42; 1500m 5:35.65; High Jump 4'2" and 4x100 Relay 58.44.

Kegan Steagall: 200m 32.60; 400m 1:16.74; 800m 2:55.5; 1500m 5:40.4;

100m Hurdles 20.24; 300m Hurdles 56.24 and High Jump 4'9".

Jonathon Waddell: 100m 16.88; 200m 52.42; Shot Put 13'8.5"; Discus 50'2"; Javelin 56'10" and 4x200m Relay 2:52.2.

Roan Waite: 100m 18.06; 200m 38.47; 400m 1:29.20; 800m 3:22.5; 1500m 6:30.92; 100m Hurdles 27.31; 300m Hurdles 1:08.54; Long Jump 9'9" and Triple Jump 22'6.5".

Jackson Lehman: 100m 14.52; 200m 28.21; 400m 1:01.24; Long Jump 13'11.75"; Triple Jump 31'6" and 4x200m Relay 2:14.4.

Madelyn Nichols: 400m 1:06.37; 800m 2:35.15; 1500m 5:24.82; 3000m 11:42.79; Javelin 77'8" and Medley Relay 2:13.57.

Hannah Palmer: 200m 40.86; 400m 1:32.61; 800m 3:36.2; 1500m 6:44.2; 3000m 15:08.33; Discus 47'4" and Javelin 55'0".

Tyson Vawser: 400m 1:09.25; 800m 2:32.42; 1500m 5:34.9; 300m Hurdles 51.94; Javelin 110'6"; Long Jump 12'7.5" and 4x200m Relay 2:14.4.

Jayden Wilson: 400m 1:03.8; 800m 2:31.97; 1500m 4:57.81 and High Jump 5'2".

Sydney Wilson: 200m 31.81; Shot Put 31'10.5"; Long Jump 13'10"; Triple Jump 27'10.5" and Medley Relay 2:13.57.

Blake Wolters: 200m 30.43; 400m 1:06.64; 800m 2:52.5; 1500m 5:15.52; 3000m 11:53.61; Javelin 116'5" and 4x200m Relay 2:14.4.

CITY COUNCIL

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the city treatment facility to the former mill site and spreading the effluent there to keep it out of the creek.

There are apparently issues with the flood plain under that plan. After discussion, the council voted to continue with options on the sewer plant.

In other business, the council discussed a proposed grant program from the county which will see each city in the county receiving a portion of \$200,000 the county has allocated.

How the money is to be divided has not yet been determined by the county.

The council also voted to approve a new fine schedule for infractions in the city.

The new schedule raises fines for repeat offenders but leaves first time offender fines pretty much where they are now, city attorney Bill Kuhn explained.

The council held a public hearing on the new fine fee before voting to adopt it.

The council also voted to go along with a utility commission recommendation to relieve part of a Heppner homeowner's water bill after a pipe broke and ran into the creek for two months without being noticed.

Ernie McCabe of 355 Water St. requested the relief after he received a bill for \$483 in February. He had a pipe from his irrigation system that runs along the creek bank freeze and break.

It was running into the creek during the two-month period when the city was unable to read meters due to weather conditions. The leak was not discovered until meters were read in February after 419,553 gallons had run out.

The city decided to relieve half the bill because the leak would have been found sooner had the city been able to read meters.

Free Spray Day in Heppner May 25



Spike gets out to show support for Weed Awareness Week during a past Free Spray Day in Heppner. Weed Awareness Week is the third week in May. -File photo

By popular demand, Morrow Soil and Water Conservation District along with the Natural Resources Conservation Service will again host "Free Spray Days" in Morrow County. Heppner's Free Spray Day will take place Thursday, May 25, from 9 a.m. to noon at Heppner City Park.

The SWCD began the popular event several years ago to promote watershed health and weed control to the citizens in Morrow County.

Morrow County Grain Growers has donated the chemical Trimec again this year. The herbicide, labeled for broadleaves

in the landscape, will be pre-mixed by a licensed chemical applicator and will be in a labeled one-gallon container ready for use. Information on weed identification, water quality, proper clothing and weather conditions, conservation programs and various other educational materials will also be presented. A cooperative agreement will be required to be completed.

SWCD and its mascot, "Spike," also are planning stops in Boardman (the NAPA parking lot) on Monday, May 22, and Irrigon City Park on Tuesday, May 23.

DA's Report

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

-Marion Ivan Taylor, 57, was convicted of Failure to Appear II, a Class A Misdemeanor. Sentence of 180 days' jail time was suspended and the defendant sentenced to 24 months' bench probation, to include 40 hours of community service and substance abuse evaluation. An additional count of Theft III was dismissed. Fines, fees and assessments totaled \$200.

-David Brian Taylor, 49, was convicted of At-

tempt to Commit a Class C/ Unclassified Felony - Possession of Methamphetamine, a Class A Misdemeanor. Sentence of 180 days' jail time was suspended and the defendant sentenced to 24 months' bench probation, to include 40 hours of community service and substance abuse evaluation. An additional count of Theft III was dismissed. Fines, fees and assessments totaled \$200.

EOU, BMCC serving more students through concurrent enrollment

PENDLETON—Students can soon look forward to accessing more courses, programs, degrees and resources through Eastern Oregon University and Blue Mountain Community College simultaneously.

A new partnership enabling co-admission and co-enrollment of students at both institutions will be inked at 3 p.m. today, May 17, in Pioneer Hall on the BMCC campus.

"BMCC is thrilled to enter into this partnership," BMCC President Cam Preus said. "EOU is our highest transfer partner, and this allows us to formalize the opportunity for students to effortlessly transfer to continue their educations. We appreciate EOU's willingness to further enhance the strong partnership it has with BMCC."

Students who complete the new joint application for admission will receive assistance from both in-

stitutions, including academic advising and other resources like tutoring, library access and disability services. Tuition and fees will be assessed based on courses taken at each school respectively.

"We are excited to enhance access and affordability for students in eastern Oregon through this partnership with Blue Mountain Community College," EOU President Tom Insko said. "This is a logical progression of our relationship with BMCC and the region will benefit from this collaboration."

Students can take advantage of the program beginning in fall 2017.

To learn more about simultaneous enrollment with EOU and BMCC, contact EOU Admissions at 800-452-8639 or go online to www.eou.edu/bmcc or www.bluecc.edu/CoEnroll-EOU.

YOUTH VOLLEYBALL CAMP



for incoming 5th – 8th graders
May 30th, 31st & June 1st from 4-6pm
at the Elementary gym. cost
\$25.00.

Contact Coach Wilson 541-256-0126 with questions
Hope to see you there!!

Understanding Your Annual Preventative Care Appointment

Because the Affordable Care Act has required all major medical health insurance policies that went into effect 9/23/10 or after to cover certain preventative services without out of pocket payment and no need to meet deductible first, there has been continued confusion regarding Annual Preventative Care visits or Annual Wellness visits (formerly known as the Annual Physical).

The descriptions below may be helpful in determining what is and isn't considered to be Preventive Care.

This is Preventive Care: Preventive care focuses on evaluating your current health status when you are symptom free. Preventive care allows you to obtain early diagnosis and treatment to help avoid more serious health problems. Through a preventive exam and routine health screenings, your medical provider can determine your current health status and detect early warning signs of more serious problems. Your preventive care services may include immunizations, physical exams, lab work and x-rays. During your preventive visit your doctor will determine what tests or health screenings are right for you based on many factors such as your age, gender, overall health status, personal health history and your current health condition.

This isn't Preventive Care: Medical treatment for specific health conditions, on-going care, lab or other tests necessary to manage or treat a medical issue or health condition are considered diagnostic care or treatment, not preventive care.

For more information, contact your insurance company or go to:
<https://www.healthcare.gov/coverage/preventive-care-benefits/>



MORROW COUNTY
HEALTH DISTRICT
Excellence in Healthcare

May 26th - 27th

Live at CLC

Featuring Angela Pinkston

Friday night
7pm- Worship Night

Saturday
10am-12pm Worship Workshop
for churches, worship leaders,
worship team members

Christian Life Center
Join us for a weekend of great new music, engaging worship and learning new skills in the areas of worship team formation & worship leadership.
We will be receiving a love offering for Angela's ministry.
535 W Morgan St
541-676-5814