

Willow Creek Terrace staff attends training

Willow Creek Terrace staff attended a local training held at Heppner City Hall on Apr. 12. Oregon Care Partners sponsored the dementia and Alzheimer's training called The Basics: Memory Loss, Dementia and Alzheimer's and Effective Communication Strategies that was presented by Matt Gannon of the Alzheimer's Association. This combined training covered multiple aspects such as learning to distinguish symptoms, helpful communication techniques and understanding the importance of non-verbal communication when interacting with someone with Alzheimer's or another form of dementia.

All Oregon Care Partners classes are free, thanks to funding from the State of Oregon and family members, and all levels of caregivers and the public were welcome.

"It was wonderful to have such a training available closer to our region and I am looking forward to participating in more to come," stated George Nairns, Willow



Pictured: Samara Fisher, Instructor Matt Gannon, Sue Baker and George Nairns. -Contributed photo.

low Creek Terrace Assisted Living Facility administrator. Further information, resources and support are available through the Alzheimer's Association by telephone or online by contacting 800-272-3900 or alz.org

In addition, Willow

Creek Terrace will be holding an event "Rocking the Longest Day" on Thursday, June 21 to raise awareness and support for advancing research on dementia and Alzheimer's. The Longest Day is all about love: love for those affected by dementia & Alzheimer's.

Heppner track hosts Mustang Invitational

Heppner track athletes hosted the Mustang Invitational on Tuesday, Apr. 17. With very windy conditions, very few improved their personal record times, but still dominated the field. The men's team earned an impressive 315 points as a team, winning the day. The women's team, with only seven athletes, earned 102 points, coming in a close second to Stanfield with 108 points. After battling the wind, the team was ready to head to Gresham on the 21st to compete at the elite Centennial Invitational.

Competing against mainly 5A and 6A schools, Heppner athletes excelled in their events. Carson Brosnan started the day throwing the javelin 126'1" to win his flight. Alison Cecil threw the javelin 74'10" for a personal record distance. Alex Lindsay jumped 18'10" in the long jump, and earned fourth

place in the triple jump with an impressive, and personal record jump of 41'10". Derek Howard took second in a strong field of shot putters, throwing his season best distance of 49'2".

Madelyn Nichols started the running events in the 1500m, pushing herself to a high school personal record time of 5:31.94. Nichols again fought in the 800m run, finishing in 2:36.24. Trevor Antonucci took the leaders of his heat of 1500m runners by surprise as he focused on his own race and nearly caught them in the home stretch. Antonucci improved his time in the 1500m by 4.5 seconds and the 3000m by 34 seconds. Makayla Silvia ran 14.1 seconds in the 100m dash, competing against some of the best sprinters in the state. Mason Lehman ran a strong 400, improving his personal record time, and ran the 200m dash alongside teammate Jayden

Wilson. Lehman ran 25.5, and Wilson ran 24.8. Hunter Nichols qualified to run in the evening races for the 1500m and 800m runs, elite events that are exciting to watch. Nichols cruised through the 1500m race in 4:14.58 and survived a battling 800m race, running close to his 2:00.6 minute record time.

The men's 4x400 relay team finished the meet with an adrenaline spiking race that places them at the top of the 2A state rankings. Although their heat only had two teams, Heppner and Wilson, they finished fifth amongst the nine 5A and 6A teams. Alex Lindsay started the race, pulling ahead in the last few meters of the first leg. Jayden Wilson strode out to continue the battle, holding off the Wilson competitor before handing the baton to Mason Lehman. Lehman, determined to hand off the baton first, never allowed

Sheriff's office to host safety courses



The Morrow County Sheriff's Office will host a safety event and a BMX show featuring Robert Castillo's BMX freestyle team at the Morrow County Public Works department on Highway 74 in Lexington at

1 p.m. on May 5 and again at Riverside high school in Boardman at 4 p.m.

The event will also include a bicycle raffle, free helmets and fittings, a bike safety course and boating, four-wheeler and fire safety.

Participants for the bike safety course are asked to bring their bike.

The public is invited to this free event. Hot dogs and beverages will be available.

Bag sale to be held May 2

The Neighborhood Center, 441 N Main St. in Heppner, will be holding a bag sale on May 2 from 9:30 a.m. to 5:30 p.m. to raise funds to purchase food for the pantry.

Shoppers are invited to fill a brown bag with clothing, shoes and books for only \$15. All other merchandise will be 50 percent off.

For additional information call 541-676-5024.



Heppner men's 4 x 400 m relay team celebrates an impressive race at Centennial high school on Saturday. -Contributed photo.

the runner next to him gain an advantage and Hunter Nichols ran the last lap with such ferocity everyone on the sidelines cheered for him. Heppner crossed the

finish line first, with the final time of 3:36.6, the fastest time in the 2A state rankings.

For full results of the

meets, schedule, district rankings, and state rankings, please visit athletic.net and visit the Heppner High School page.

Can you hit the thousand yard target?

lone Thousand Yard Shoot Fundraiser

Saturday, May 5, 2018

Registration starts at 8:30 a.m. outside lone, Oregon (Frank & Joe Halvorsen Farm)

3 Rifle Classes • Cash Prize Gun Raffle • Door Prizes Clay Pigeons • Pistol Range

All proceeds will be used to fund free activities for kids at the annual Fourth of July Celebration

More info: www.ionethousandyardshoot.com

No dogs allowed



FREE to the Public

MORROW COUNTY SHERIFFS OFFICE PRESENTS

Robert Castillo's BMX Freestyle Team

Bicycle give Away- Free Helmets Bring your Bike for the Bike Safety Course Boating safety - 4 wheeler safety- Fire safety

Saturday May 5th 1:00pm

MC Public Works 365 West Highway 74 Lexington, OR 97839

