

County prenatal care lowest in state

Maternal risk factors in Morrow County are more than twice the state average, according to recently released vital statistic figures for 1992.

According to the statistics, 11.7 percent of the 120 Morrow County mothers who gave birth in 1992 received inadequate care. The state average is 5.3 percent. The percentage of Morrow County mothers under 18 years old and non-white mothers receiving inadequate care is consistently double the state average. Nine percent of Morrow County teenage mothers, the highest percentage in the state, are receiving inadequate care versus 5.3 percent statewide. Thirty-three percent of non-white Morrow County mothers are receiving inadequate care compared to 15.3 percent statewide.

Morrow County's figures contrast with counties with a similar number of births. Six percent of mothers in Grant County received inadequate material care; 4.4 percent in Harney County; 5.6 percent in Lake County; 5.1 percent in Wallowa County; and 2.6 percent in Baker County. Even Umatilla County, with a much higher number of births than Morrow County, at 10.9 percent, had a lower percentage of mothers receiving inadequate care.

"Our prenatal statistics are just horrible," said Morrow County Health director Laura Burnside-McElligott. "We're one of the worst in the state."

Burnside-McElligott says that because there is no prenatal care provider in Morrow County, mothers are forced to drive out of the county for care. The problem arises, says Burnside-McElligott, when mothers are unable or unwilling to travel to providers in Hermiston or Pendleton. Low income mothers may not be able to afford to travel. Language may also be a problem for Hispanic mothers.

Dr. Jeanne Berretta, Heppner, said that the decision to eliminate prenatal care from services provided in south Morrow County was made before she and her husband, Dr. Ed Berretta, arrived in Heppner.

She says that they do not have plans to reinstate prenatal care for

several reasons:

-the Berrettas would have to leave their practice to obtain additional obstetrical training. This would leave south Morrow County without any physicians.

-the county already has difficulty obtaining substitute physicians, but even if substitutes for the Berrettas were available, the cost would be substantial;

-malpractice insurance required for obstetrical care has skyrocketed;

-the hospital would have to be equipped for surgery and a nurse anesthetist or anesthesiologist would be required in the event of Caesarian deliveries;

-providing obstetrical care would put further strain on the Berrettas' already busy practice.

Despite dismal prenatal care statistics, there were no infant deaths in Morrow County in 1992. In fact, there were no deaths of children under age four and only one death for children in the five to 14 year age group.

While Hispanic mothers may not receive adequate prenatal care, their culture may prevent other prenatal problems. According to Burnside-McElligott, they tend to not use alcohol, tobacco or other drugs and they often have a support system of family and friends. Their diet may not be the best, added Burnside-McElligott, but they also may not have the money to buy junk food.

Local scholarship winners announced

The South Morrow County Scholarship Trust, a local chapter of the national Dollars For Scholars program, has announced the recipients of this year's scholarships. Heidi Orem, Erin Fishburn, Tony Becket and Sara Greenup were each awarded \$500. These scholarship monies are for post-secondary education.

Orem, a senior at Lone, spent her junior year as an exchange student in Germany. She is the daughter of Joe and Anita Orem of Lone. She has been a member of the Lone tennis and volleyball teams and manager for the girls' basketball team, is a member of the national honor society and a member of the Future Business Leaders of America. Orem plans to major in special education.

Erin Fishburn, the current treasurer of Heppner High School Student Body, is the daughter of Earl and Peggy Fishburn of Heppner. She is vice president of the national honor society, is a member of the Knowledge Master Team and was on the dance team. She also had a part

in the spring drama production at Heppner High School. She is a member of the Heppner Oregon Together Group, and has taught Sunday School and Vacation Bible School at the United Methodist Church of Heppner. She plans to major in accounting or small business administration and pursue a career as a certified public accountant.

Sara Greenup is the daughter of Greg and Janet Greenup, Heppner. She has been active in sports at Heppner High School playing on the varsity volleyball, basketball and golf teams. She is also an active member of the Wild Horse Club, the Outdoor Club, the National Honor Society, and student council. She has been active in St. Patrick's Catholic Church Youth Group, 4-H and FFA. She has been listed in "Who's Who Among American High School Students" all four years. She plans a career in veterinary medicine after studies at Oregon State University.

Tony Becket, son of Ron Becket, Heppner, and Dianna

Becket was also listed in the "Who's Who Among American High School Students". Last summer Tony participated in the Oregon Shakespeare Festival summer seminar for juniors. He has been active in drama productions at Heppner High School and has been on student council. He was a member of the football and track teams of Heppner High and has been selected for the Knowledge Master Open. Becket is the vice president of the Outdoor Club. He is an active member of the Valby Lutheran Church. Tony plans a dual major in marketing and drama and has hopes of going to Stanford University.

The members of South Morrow County Scholarship Trust are Roger Helmer, George Koffler, Bob Kahl, Bob Rietmann, Jim Swanson, Dana Reid and Rev. Stan Hobbing.

Individuals, groups, organizations, businesses, etc. who would like more information about the scholarship program should contact one of the board members.

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Melatonin May Help Some Sleep Problems

Melatonin is a hormone produced by the small pineal gland in the brain. Current interest in the hormone is based on recent national radio and television news reports of the effectiveness of the hormone as a sleep aid. The appeal of the hormone is that it can be obtained without a prescription in some food and nutrition stores as a 3 mg tablet, or combined in a tablet with other agents referred to as "herbal sedatives." Other more or less concentrated forms may be available. Because it is a nutritional supplement, currently there are no regulations regarding product claims.

Scientists have studied melatonin for several years and have discovered certain effects it has on the body. For example, melatonin enhances enzymes that help produce brain chemicals such as serotonin and dopamine. Both chemicals are important in the transfer of messages in the brain and nervous system.

Melatonin has been evaluated in the treatment of jet lag, a problem related to changes in body rhythms. Melatonin is secreted during hours of darkness and may play an important role in maintaining normal sleep. When given in doses of 5 mg daily by mouth for one week (starting three days before travel), melatonin has been shown to be helpful in alleviating jet lag in long flights. The hormone also may be useful in delayed sleep syndrome.

Classes offered through BMCC

By Anne Morter

Beginning Fimo Beads and a variety of computer classes are on the slate for May for Blue Mountain Community College courses in the area.

Beginning Fimo Beads, taught by Jean Strange, is a three-hour workshop held this Saturday, May 7 at the Heppner Junior High. Students start with Fimo clay and design colorful beads for necklaces or earrings. Children are welcome but those under fifth grade must be accompanied by an adult. Tuition is \$10 and a \$7 lab fee to cover materials paid to the instructor. To reserve your spot in the class call Anne Morter, south Morrow County coordinator.

In the computer line, **EWU honor roll**

Ronald Doherty and Thomas Huston, III have qualified for the Dean's list at Eastern Washington University for the winter term. To be included on the dean's list a student must carry at least 12 graded credits and achieve a grade point average of 3.5 to 4.

tion to Word Perfect will be offered in an all-day session at Lone High School on May 14. The session runs from 8 a.m. to 5 p.m. No prior experience is necessary as students learn the standard word processing program of the 90's. Pre-registration is required.

An intermediate class, Beyond Beginning Word Perfect, will be held June 4 at Heppner High School, a change from the earlier schedule. Course covers desktop publishing concepts, macros and linking to graphics and spreadsheets. Question and answer format with hands on. Students are welcome to bring their own computers and must have experience with Word Perfect.

To pre-register for any class or for more information call Morter 422-7040.

Marriage Licenses

The clerk's office at the courthouse in Heppner reports issuing the following marriage licenses during the past week:

April 25: Raymond Kenneth Howey, Jr., 18, Heppner; and Tammy Fay Wilson, 19, Heppner;

April 29: Leonardo Mendoza Cancino, 27, Boardman; and Guadalupe Mendoza Garcia, 21, Boardman.

WCCC Golf

Ladies Play

Flight A: low gross, Pat Edmundson, low net-Jan Paustian, least putts-Lois Hunt.

Flight B: low gross-Bernice Lott, low net-Carol Norris, least putts-Kay Anderson.

Flight C: low gross-Ann Lusher, low net, Dorothy Hawkins and Joyce Dinkins, least putts-Mary Beamer, Chip in-#9, Ann Lusher; #7, Cam Wishart.

FORM LB-1 NOTICE OF BUDGET HEARING

A meeting of the Board of Directors will be held on May 17, 1994 at 5:00 p.m. at 228 N. Main St., Heppner, Oregon 97836. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 1994 as approved by the Heppner Cemetery Maintenance District Budget Committee.

A summary of the budget is presented below. A copy of the budget may be inspected or obtained at 228 N. Main St., Heppner, Or between the hours of 8:30AM and 5:00PM. This certifies that the budget was prepared on a basis of accounting that is consistent with the basis of accounting used during the preceding year.

County	City	Date	Telephone Number
Morrow	Heppner	4-27-94	503-676-9220

FINANCIAL SUMMARY		Adopted Budget This Year - 1993-94	Approved Budget Next Year - 1994-95
TOTAL OF ALL FUNDS			
1. Total Personal Services		23,580.00	25,060.00
2. Total Material and Services		8,050.00	8,190.00
3. Total Capital Outlay			
4. Total Debt Service		4,000.00	4,500.00
5. Total Transfers		1,000.00	1,000.00
6. Total Contingencies		1,000.00	1,000.00
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance		37,630.00	39,750.00
9. Total Requirements - add lines 1 through 8		7,000.00	7,000.00
10. Total Resources Except Property Taxes		30,630.00	32,750.00
11. Total Property Taxes Required to Balance Budget		37,630.00	39,750.00
12. Total Resources - add lines 10 and 11		30,630.00	32,750.00
13. Total Property Taxes Required to Balance Budget (line 11)			
14. Plus: Estimated Property Taxes Not to be Received			
A. Loss Due to Constitutional Limits		1,317.00	1,113.00
B. Discounts Allowed, Other Uncollected Amounts		31,947.00	33,863.00
15. Total Tax Levy - add lines 13 and 14		31,947.00	33,863.00
16. Levy Within the Tax Base			
17. One-Year Levy Outside the Tax Base			
18. Serial and Continuing Levies			
19. Levy for Payment of Bonded Debt			
20. Total of lines 16 through 19 (equals line 15)		31,947.00	33,863.00

STATEMENT OF INDEBTEDNESS

Debt Outstanding None As Summarized Debt Authorized, Not Incurred None As Summarized

FORM LB-2 FUNDS NOT REQUIRING A PROPERTY TAX TO BE LEVIED

Name of Fund	Actual Data Last Year 1992-93	Adopted Budget This Year 1993-94	Approved Budget Next Year 1994-95
PERPETUAL CARE			
1. Total Personal Services			
2. Total Material and Services			
3. Total Capital Outlay			
4. Total Debt Service			
5. Total Transfers			
6. Total Contingencies	36,362.19	36,500.00	36,800.00
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance	36,362.19	36,500.00	36,800.00
9. Total Requirements	36,362.19	36,500.00	36,800.00
10. Total Resources Except Property Taxes			
EQUIPMENT RESERVE			
1. Total Personal Services			
2. Total Material and Services			
3. Total Capital Outlay	497.56	12,500.00	11,000.00
4. Total Debt Service			
5. Total Transfers			
6. Total Contingencies	5,451.16		
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance	5,948.72	12,500.00	11,000.00
9. Total Requirements	5,948.72	12,500.00	11,000.00
10. Total Resources Except Property Taxes			

FORM LB-3 FUNDS REQUIRING A PROPERTY TAX TO BE LEVIED

Name of Fund	Actual Data Last Year 1992-93	Adopted Budget This Year 1993-94	Approved Budget Next Year 1994-95
GENERAL			
1. Total Personal Services	23,016.26	23,580.00	25,060.00
2. Total Material and Services	6,644.16	8,050.00	8,190.00
3. Total Capital Outlay			
4. Total Debt Service		4,000.00	4,500.00
5. Total Transfers	2,000.00	1,000.00	1,000.00
6. Total Contingencies			
7. Total All Other Expenditures and Requirements			
8. Total Unappropriated or Ending Fund Balance	595.86	1,000.00	1,000.00
9. Total Requirements	32,256.28	37,630.00	38,750.00
10. Total Resources Except Property Taxes	8,050.92	7,000.00	7,000.00
11. Total Prop. Taxes Required/Required to Balance	24,205.36	30,630.00	32,750.00
12. Total Resources (add lines 10 and 11)	32,256.28	37,630.00	39,750.00
13. Property Taxes Required to Balance (from line 11)		30,630.00	32,750.00
14. Estimated Property Taxes Not to be Received			
A. Loss Due to Constitutional Limit		1,317.00	1,113.00
B. Discounts, Other Uncollected Amounts		31,947.00	33,863.00
15. Total Tax Levy (add lines 13 and 14)		31,947.00	33,863.00
16. Levy Within the Tax Base			
17. One-Year Levy Outside the Tax Base			
18. Serial and Continuing Levies			
19. Levy for Payment of Bonded Debt			

Published: May 4, 1994

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May 8, at Beecher's Restaurant

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