

HEPPNER



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Gazette
Times

EMT's need more responders, meet Sept. 13

"Morrow County Sheriff's office to Heppner EMTs: please respond to..." This is the call heard by Morrow County Emergency Medical Technicians (EMTs) at dinner time, bedtime or anytime assistance is needed at a medical emergency. These committed individuals come from diverse backgrounds and experiences but share a common desire to serve the citizens of Morrow County in the case of emergencies.

Delia Robinson and Mark Johnson, who currently cover call every other week with Rusty Estes, have many reasons for devoting so much time to this worthwhile cause.

Robinson, a long-time Heppner resident, has been serving as an EMT since 1988. She states, "It's great to be able to give back to a community that gives so much in return."

Johnson, who has lived in Heppner for two years, first became interested in emergency medical services as a volunteer firefighter. There he met veteran EMT and fire chief Rusty Estes who encouraged him to expand his interest in public safety by joining up as an ambulance driver. With a bird's eye view of what EMTs do, Johnson quickly signed up to take the EMT-Basic class offered last fall by the Morrow County Medical District and



Mark Johnson (l) and Delia Robinson, both EMT's discuss using the monitor. An informal class will be held Sept. 13 for anyone interested in being an EMT.

Blue Mountain Community College. "It's a great opportunity to learn an invaluable skill and also be of service to those in need," says Johnson.

The EMTs in Heppner currently cover call on alternating weeks. Lone and Lexington also have many EMTs and First Responders who serve those areas.

Anyone 18 years of age and older and is interested in serving as an EMT is invited to attend an informal introductory meeting next Wednesday, Sept. 13 at 7 p.m. at Pioneer Memorial Hospital in Heppner.

The meeting will cover information about the upcoming EMT-Basic class, which begins October 3.

Robinson and Johnson strongly encourage all who are interested to attend this meeting. Many EMTs have moved out of the area and this has left the Heppner call area strained and in need of more persons to cover call, fill-in and occasionally transfer patients to other area hospitals.

Any questions may be addressed at the meeting or by contacting Carl Lauritsen, 676-9133.

Rural lifestyle appeals to med student



L-R: Dr. Ed Berretta, Dr. Ernie Atkins, Oregon Health Sciences University medical student Megan Thygesen and Dr. Jeanne Berretta.

By April Hilton-Sykes
Not too many physicians want to come to Eastern Oregon. Oregon Health Sciences University (OHSU) first-year med student Megan Thygesen is different. She specifically asked to come to the area for a summer program Aug. 23-30.

Thygesen is one of 50 first and second year medical students participating in the week-long Summer Observership, which provides an opportunity to observe medical care in a family physician's office. The program, in its ninth year, is sponsored by the Department of Family Medicine at OHSU.

Thygesen says that of the 50 med students participating in the program, only five ended up in the northeast portion of the state.

In Heppner, Thygesen worked with Dr. Jeanne Berretta, who volunteered her time as supervising physician, Dr. Ed Berretta and Dr. Ernie Atkins at Pioneer Memorial Clinic.

It is no surprise that Thygesen, Portland, wanted to try something a little off the beaten path. She has a voracious appetite for knowledge and has packed a lot of life experience into her 32 years.

Thygesen grew up in Pullman, WA, where her father is a professor of computer science at Washington State University. She received a bachelor of science degree in health educa-

tion at Lewis and Clark College in Portland. She spent six months in Kenya on an overseas study program, unfortunately just after a coup attempt. She studied the health care system in Kenya, the language and economy.

Thygesen has also toured northern Europe, but not by car, train or tour bus. She and her family bicycled through Scotland, Norway, Denmark and Sweden.

After graduation she traveled to the Far East. She visited her mother, who was teaching English in China, and also traveled to Hong Kong and Japan. At one point she was the only caucasian person in the area.

Thygesen also worked as a VISTA volunteer, helping at a health clinic for people who were uninsured, and as a teen parent counselor. Thygesen also holds teaching certificates in science and health. The last two years she has worked as a medical assistant, getting a lot of hands-on experience in the field.

"I always had the goal in mind to go into medicine," says Thygesen. "I feel like it's the bringing together of everything I've wanted to do and have done. It feels right."

Thygesen says that she is interested in going into family practice, pediatrics or perhaps internal medicine. "I really like the variety of health care you see in family practice," says

Thygesen, who adds that she was surprised at the amount and range of emergency room duty doctors have in Heppner. "That's been really fascinating," she adds.

Thygesen also has nothing but praise for the Heppner physicians and clinic and hospital staff. "Everyone has been generous, friendly and helpful. The clinic staff was very helpful and informative and the nurses included me in everything."

During her experience here, she was also able to travel to Condon with Dr. Jeanne Berretta. Thygesen said that she knew a little about the area because she had traveled to Fossil on a field trip years ago.

While in Heppner, Thygesen stayed with Dr. Atkins and his wife, Susan and their daughter, Jenny.

Back in Portland, Thygesen lives with her husband of nine years, who works in the real estate division of the Bank of America, and her "big fat" calico cat, Bonnie. Although Thygesen has lived in Portland "off and on" since 1981, she adds, "my soul belongs to a small town."

Health district to air programs on Ch. 3

The Morrow County Health District (MCHD) will begin airing health-related programs on Heppner TV's public access channel as part of its community health education efforts.

Two half hour programs, "Looking for Dr. Right" and "Undermined by Over-the-Counter Drugs" will air back-to-back on on channel 3, Sept. 12 beginning at 7 p.m.

Director of Pioneer Memorial Home Health Agency Molly Rhea said these programs will help viewers make better informed decisions when choos-

ing a physician and when purchasing over-the-counter drugs.

"When the Shoe Doesn't Fit" and "When the Ears Won't Stop Aching" will air Sept. 26 at 7 p.m. on channel 3. The first examines common foot problems and what viewers should look for when purchasing appropriate footwear. Earaches plague many children, said Rhea, adding that the second video discusses inflammation of the middle ear, including symptoms, complications and treatments.

According to MCHD ad-

ministrator Kevin Erich, the district is committed to helping Morrow County residents lead healthier lives. "We want to make it as convenient as possible for everyone to access important health information," he said, adding, "Our programs emphasize wellness and prevention. These are two important keys to a healthier life."

With the help of Heppner TV, the district hopes to air health education programs regularly on the second and fourth Tuesdays of each month at 7 p.m. on channel 3.

Kids and seniors enjoy ice cream social



Local children and their mothers joined in an ice cream social with the residents at Pioneer Memorial Nursing Home recently.

The children of Jacque Hedman, Amy

Osmin, Rita Lovgren, Lori Straley, Betty Hckerson, Cindy Brosnan, Bobbette Lovgren and Dawn Garrett visited with the residents and enjoyed ice cream.

Friday school registration Sept. 8

Registration for Friday School, a Christian ministry co-sponsored by All Saints Episcopal, Heppner United Methodist and Hope Lutheran churches, will be held Friday, September 8, at the Hope Lutheran church basement from 3-5 p.m. A suggested donation for the program is \$10 per child or \$20 per family.

All registrants and their parents are urged to attend an orientation meeting on Monday, September 11 at 7 p.m. at Hope Lutheran Church.

"Enrollment will be limited because of space and number of committed volunteers," said the Reverend Stan Hoobing, "so do come early and register on September 8."

Community calendars being distributed

The community birthday calendars that were sold this past spring by the Wildhorse Club have arrived and are now being distributed. Those who haven't received theirs yet should call the high school 676-9138.

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