

## New Morrow Co. GIS director hired

There is a new face at the Morrow County Courthouse in Heppner.

Mary Phillips began working with the county June 29 as the county's Geographic Information Systems (GIS) director.

GIS is a means of managing, on a computer, the characteristics of geographical surfaces. "This means that for any given surface of the earth we can gather, store, and manipulate information concerning the nature of a specific area," says Phillips.

If the area in question is a parcel, for example, such characteristics, or attributes, may include information about the parcel's geographical location and its associated assessment data, such as total number of acres, ownership, and number of dwellings.

Additional information managed on a county-wide basis includes: zoning; city limits; urban growth boundaries; transportation features, such as roads and trails; power lines; rivers or streams; flood way and flood plain; elevation; and soil types.

The county's rural addressing database will also be linked to the GIS, greatly speeding up the process of finding specific address locations when providing county services.

Such data can be obtained by several different methods, says Phillips, including: manually inputting information gathered in the field into a computer;

### PUBLIC NOTICE NOTICE OF RECEIPT OF BALLOT TITLE

Notice is hereby given that a ballot title for an Advisory Vote for the Morrow County Unified Recreation District has been filed with the County Clerk of Morrow County on August 28, 1998.

The ballot title caption is "Advisory vote to continue Morrow County Unified Recreation District programs." Any elector dissatisfied with the ballot title may file a petition for review of this ballot title in the Morrow County Circuit Court no later than 5:00 p.m. on September 14, 1998. Any person filing a challenge must also file a copy of the challenge with the Morrow County Clerk, 100 N. Court St., Heppner, by the end of the next business day after the petition is filed with the Circuit Court.

### MEASURE NO. 25-30 MORROW COUNTY UNIFIED RECREATION DISTRICT

"Advisory vote to continue Morrow County Unified Recreation District programs."

QUESTION  
"Should the Morrow County Unified Recreation District continue providing current community recreation programs, and continue levying current property taxes therefor?"

### SUMMARY

This Advisory ballot measure seeks voter opinion on the question whether the Morrow County Unified Recreation District should continue to provide its current recreation programs, and continue to collect currently authorized taxes to fund such programs.

In May, 1995, the voters of Morrow County approved the creation of the Morrow County Unified Recreation District to provide athletic and cultural activities, and approved a three year serial levy to fund those activities. Although the levy has become permanent because of a change in the law, the Board of Directors of the District is seeking to determine whether voters wish to continue support of the District's activities.

A yes vote advises the District to continue levying taxes at not more than the currently authorized tax rate limitation, and to continue providing community services, including youth athletics and other community services for adults and youth, both directly and through agreements with other entities. A no vote advises the District to discontinue levying taxes and to cease providing services to the community. This measure is advisory only and will have no direct effect on taxes.

Barbara Bloodsworth  
Morrow County Clerk  
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purchasing coverages from agencies such as the US Geological Survey; data sharing between cooperative agencies; scanning hardcopy maps into a GIS; and tracing, or digitizing, lines on hardcopy map with a computerized mouse which translates the traced lines into computerized geographical features.

Once collected, such data may be used to generate hardcopy maps for use by county departments for land management purposes. Many standard maps will eventually be made available to the public for a nominal fee.

Custom maps may also be requested, although the cost of developing such a product will be included in the fee, she says.

In addition, the data stored in the GIS may be used to perform complex analysis to further aid in land management practices. For instance, digital elevation models may be used to calculate watershed boundaries in order to manage resources at this level.

Phillips, 32, who is originally from Monroe, WA, a small farming community around 30 miles northwest of Seattle, has lived in Ellensburg, WA, the past five and a half years.

She received a bachelor's in anthropology and a master's in resource management with a focus on cultural resource management, such as managing

### PUBLIC NOTICE NOTICE OF RECEIPT OF BALLOT TITLE

Notice is hereby given that a ballot title for a Five-Year Local Option Tax Serial, Levy to Establish Bookmobile Services in Boardman, Heppner and surrounding Communities has been filed with the County Clerk of Morrow County on August 28, 1998.

The ballot title caption is "Oregon Trail Library District to Establish Bookmobile Services" Any elector dissatisfied with the ballot title may file a petition for review of this ballot title in the Morrow County Circuit Court no later than 5:00 p.m. on September 14, 1998. Any person filing a challenge must also file a copy of the challenge with the Morrow County Clerk, 100 N. Court St., Heppner, by the end of the next business day after the petition is filed with the Circuit Court.

### MEASURE NO. 25-31 OREGON TRAIL LIBRARY DISTRICT

Oregon Trail Library District Levy to Establish Bookmobile Services

QUESTION  
Shall Oregon Trail Library District impose \$.07 per \$1000 of assessed value for operating and maintaining bookmobile services beginning 1999? This tax rate would be imposed for five years. This measure may cause property taxes to increase more than three percent.

### SUMMARY

The additional tax revenue will be used to establish bookmobile services in Boardman, Heppner and surrounding communities in order to meet current and projected needs. It is estimated the proposed rate will raise \$48,111 in 1999-2000, \$49,554 in 2000-2001, \$51,040 in 2001-2002 and \$52,571 in 2002-2003 for a total of \$201,276. A federal grant in the amount of \$88,036 from the Library Services and Technology Act has been awarded to the district to be used as start up funds for bookmobile services. The award is contingent upon the willingness of district voters to support a five-year local option levy to operate the service for subsequent years. Funds will be used for collection development, programming, equipment, operation and maintenance of the unit and for staff. The Neighborhood Reader Wagon, will be approximately 35 feet long and able to handle a collection of over 4,000 items. It will stop at strategic locations including schools, senior centers, day care facilities, markets and parks. Neighbors from surrounding communities will be encouraged to participate in library services by supporting a \$25.00 per year out-of-district fee or by petitioning to join the district.

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Mary M. Phillips

historical and archaeological sites, at Central Washington University at Ellensburg.

Phillips husband, David, also has a bachelor's degree in anthropology from CWU. He is originally from Edmonds, WA.

They have two children, Zachary, eight, who is in the third grade at Heppner Elementary, and Rachel, seven, who is in the second grade at HES.

Mary enjoys quilting, cooking and bread-baking. David enjoys strategic games and shooting.

Mary says that the family is enjoying life in Heppner. "We just love it here," she says. "The kids have already made friends."

## Obituary

### Jon V. Prock

Jon V. Prock, 40, of Heppner, died Friday, August 21, 1998 at St. Mary's Medical Center in Walla Walla, Washington.

Graveside service was held Tuesday, August 25, 1998 at the Heppner Masonic Cemetery.

Jon Prock was born December 9, 1957, at Heppner, to Jimmy and Patricia Albert Prock. He grew up in Heppner and attended local schools, graduating from Heppner High School in 1976. He worked at Kinzua Corporation for a number of years and has worked for Miller Wheat Inc. the past four years.

He enjoyed going to the mountains, hunting and fishing.

Survivors include his parents, Jim and Pat Prock of Heppner; brother, Mike of Heppner; sisters, Tricia Gunderson of Heppner and Tami Calvert of Pendleton.

Memorial contributions may be made to St. Mary's Cancer Center, P.O. Box 1477, Walla Walla, Washington 99362.

Sweeney Mortuary of Heppner was in charge of arrangements.

### PUBLIC NOTICE STATEMENT OF NONDISCRIMINATION

Columbia Basin electric Cooperative, Inc., is the recipient of Federal financial assistance from the Rural Electrification Administration, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating the organization's nondiscrimination compliance efforts is Jerry Healy, Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization, or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Electrification Administration, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

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## A Matter of Health

by Wendy Haack  
Family Nurse Practitioner

### HERBAL MEDICINE: What's it all about?

As the 20th century - the modern drug era - draws to a close, researchers are looking to the botanical world as their best hope for meaningful therapeutic advances. Today, with the growing number of diseases that are resistant to antibiotics, drug researchers and herbalists are looking to the older medical arts - the herbal medicines.

Herbals, which include Ginseng and Chamomile, Garlic and St. John's Wort, are the original source of many of our current synthetic medicines. Aspirin is derived from willow bark and the heart medication digitalis comes from the flower foxglove.

Many experts in drug development see the herbal/plant world as the best remaining source for new drugs. Being a strong advocate of herbal medicine, I believe that everyone needs to have some understanding of herbal medicine. I know that several of the readers of the Gazette firmly believe in the medicinal value of herbs and I welcome any input.

The much tossed about terms "natural" or "herbal" don't necessarily mean safe. Some herbs have toxic effects. Others can interact with drugs. Although herbs have been used for hundreds of years, their successful use requires patience and education. It means understanding proper dosages and effects and that if a little is good, a lot isn't necessarily better.

When starting to use herbs it is important to realize that results may not come as quickly as with synthetic medications. Many herbal remedies are less potent than modern drugs. Also herbal medicines should not be taken in dosages that are larger than what is recommended simply because they are herbs. The same herbs from different manufacturers can vary in efficacy and results, even at the same doses. Unlike FDA regulated drugs, there is no outside quality control on herbs. Currently, it is helpful to use multiple reliable sources when determining the safety, efficacy, and dosage of herbs.

Herbal medicine has been very popular in Europe, especially Germany. Currently there are 600-700 herbal/plant-based remedies available in Germany and a large majority of physicians there prescribe herbal/plant medicines. In fact, many of the herbal remedies are paid for by the German government's health insurance.

In 1978 the German government established a commission that was comprised of physicians, pharmacologists, toxicologists and other authorities on herbal medicines. This commission developed the most comprehensive collection of information on herbs. The collection was titled the Commission E collection. This collection summarizes the available data on an herb and provides clear guidelines on dosing and administration.

Herbal medicine experts acknowledge that much remains to be learned about how herbs work and their effects. Most herbal medicines are used in chronic, non-life-threatening conditions. The use of herbs in emergency or very acute conditions is generally considered inappropriate.

There are several herbs that have been thoroughly analyzed and are considered safe and effective. These include Ginkgo Biloba, used for treatment of memory, concentration, headache, and depressive emotional conditions

along with dementia and Alzheimer's disease; Echinacea for stimulating the immune system; Valerian for sleep and as a mild sedative; St. John's Wort for depression and anxiety; Feverfew for migraine headaches; and Chamomile for antispasmodic and anti-inflammatory effects on the gastro-intestinal tract including irritable bowel syndrome and infants' colic.

It is important to remember that herbal or medicinal plants are not entirely nontoxic. This is particularly true when taken in large quantities. For example, Comfrey has long been used for stomach ulcers, cancer, and as a salve for swelling around broken bones, abrasions, and sprains. We now know that some types of comfrey contain high levels of toxins that can cause severe liver damage.

Another potential hazard is unintended interactions with other drugs. Some herbal laxative preparations, such as cascara and senna, can cause an

increase in the potency of digoxin. Juniper and dandelion can cause elevations in blood levels of lithium.

Finally, finding reliable sources for herbal information is important. Some sources that I have found to be reliable are the following books: 1) German Commission E Monographs; 2) Green Pharmacy by Duke; 3) Handbook of Medicinal Herbs by Duke; 4) The Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies by Tyler.

On the Internet you will find much information. Check out the web page "Ask Dr. Weil" <http://www.hotwire.com/drweil/>, or The Phytochemical Database - this was developed by a former USDA research whose information I used in this article. This is a comprehensive source of information on the biochemical and clinical effects of botanical extracts and preparations at <http://www.ars-grin.gov/ngrib/>. Finally the American Botanical Council maintains a web site with links to many herbal resources at <http://www.pitt.edu/~cbw/atlm.html>.

## CLASSIFIED ADS

.40 per word  
Deadline: Tuesday at noon

### CARD OF THANKS

Due to no superintendent in the flowers division at the fair we would like to thank the following people that made it possible for us to exhibit our flowers: Rene Ledbetter, Liz Green, Dorothy Jackson, Heppner Garden Club and other volunteers. Thank you for all your hard work.

Flower exhibitors  
9-2-1p

We would like to thank our friends and neighbors; a special thanks to John Boyer, Heppner Fire Dept. and Morrow County Grain Growers for their quick response in putting out the fire on our Bell Canyon farm.

Lyle and Virginia Peck  
Dennis and Debbie Peck  
9-2-1c

The family of Jon Prock would like to thank all our friends and relatives for their cards, phone calls, food, flowers, donations and attendance at Jon's service. Your thoughtfulness and kindness will never be forgotten.

As a family, we hope to continue Jon's legacy of friendliness, a happy smile and a wave.

Jim and Pat Prock  
Mike Prock  
Tricia, Dave, Brent and  
Derek Gunderson  
Tami, Gary, Jake and  
Matt Calvert  
9-2-1p

A big Thank You to all of you who came to our 50th wedding anniversary and made it such a success.

A special thanks to the Bible study group and church members who helped in the kitchen and cleaned up afterwards; all of you who brought salads; the many who brought cards and congratulations; and especially our family.

The biggest thanks of all to Aloha and Bob DeSpain. It wouldn't have been possible without you.

Howard and Helen  
9-2-1c

### NOTICES

Free counseling for victims of abuse and sexual assault. 24 hr. Crisis Line, 1-800-833-1161. Shelter available.

6-17-52c

Get a new car for \$500 down and \$100 a month by joining a car club. And also make some income for joining.

Ask me how, 989-8365.  
8-12-tfc

### HELP WANTED

Part-time receptionist needed. Send application/resume to: P.O. Box 572, Heppner, OR.

7-29-tfc

## Hospice training session offered

Pioneer Memorial Home Health will have a seven-week training session beginning Wednesday, Sept. 16. These evening classes are free and attendees will be under no obligation to become a hospice volunteer.

Anyone interested in the training may contact the office at 676-2946 for further information.

Heppner, OR. For more information, call (541) 989-9500.

Morrow County is an Equal Opportunity Employer, and does not discriminate on the basis of age, race, religion, national origin, color, sex or disability in employment or the provision of services.

8-12-tfc

Carpenter's helper needed. Call 989-8365.

8-26-4c

Position: Assistant football coach (HHS); assistant girls basketball coach (HHS); head boys basketball (HJH).

Location: Heppner High School, Heppner, Oregon.

Application: Contact Heppner High School at (541) 676-9138 for information and applications. Successful candidates may be subject to fingerprinting. EOE

9-2-1c

The Morrow County School District has the following vacancy open for the 1998-99 school year:

Position I: Substitute teachers.

Location: All Morrow County schools.

Requirements: Oregon teaching license.

Application: Contact the Morrow County School District Office (541) 989-8202 for application and information. EOE

9-2-1c

WANTED: sports writers for Ione volleyball and football; also photographer(s). Call April or David, 676-9228.

9-2-tfx

### REAL ESTATE

Home For Sale: custom-built in 1949, 4114 sq. ft., Heppner, 655 Hager St. Contact Robert Mahoney, 676-5876, or Mike Mahoney, 676-5157.

4-8-tfc

Commercial and residential property for sale or trade, for 35-40 ft. motor home of equal value. In Ione, OR.; (541) 422-7350.

8-26-2c

### RENTALS

Blue Spruce Apartments  
For rent. 1-888-982-3456.

4-22-tfc

Newly rebuilt duplex for rent. Two bedrooms. One large unit, \$565 month. Other unit, \$500. Deposit required. (503) 667-3036.

8-26-2p

### Heritage Land Co.

180 W. Baltimore  
#5, Heppner  
676-5049

• 59,000 - 2 bdrm, 1 bath on large corner lot, detached garage, fenced yard and garden spot. Lexington.  
• 175,000 - newer 3 bedroom, 2 bath triple-wide mobile with attached carport and 72'x30' horse barn on 4.73 acres M/L, close to downtown Ione. Sale pending.  
• 140,000 - 250 acres M/L 7 miles north of Heppner, 70.7 acres in CRP, creek runs through east corner of parcel.

Sharon Lewis 676-5233  
JoyceKay Hollomon 676-5542  
Bob Ployhar 676-9649