

## PMH & Clinic welcome two new providers

There is a new face at the Pioneer Memorial Clinic in Heppner and a familiar face that has returned in a new capacity.

The clinic and Pioneer Memorial Hospital welcome two new medical providers, Dr. Gregory Lytle and Sheridan Tarnasky, a former nurse at the hospital and clinic, who is now a physician's assistant.



**Dr. Gregory Lytle**

Dr. Lytle, 48, is originally from Woodburn. He attended college at Chemeketa Community College and at Willamette University where he received a bachelor of science degree in mathematics in 1979. He received a doctor of osteopathy degree in 1983 at Pomona, CA.

He completed his internship in Oklahoma and did his residency in family practice. He had joined the Public Health Scholarship Program and spent four years helping under-served areas—two years on an Indian reservation in North Dakota and two years at Fort Hall in Pocatello.

After repaying his obligation to the scholarship program, he learned about an opening at the Umatilla Indian reservation. He accepted a position at the Yellowhawk Clinic there, where he practiced from 1991 until being hired by Morrow County Health District in October. As a result of his employment at the Yellowhawk Clinic, Dr. Lytle says he has gained a lot of experience in diabetic treatment.

Dr. Lytle and his wife, Lori, live in Pendleton with their two daughters, Heather, 17, a senior at Pendleton High School, and Megan, 12, a sixth-grader at Sunridge Middle School, both of whom are active in dance. Lori, who is active with volunteer work, is also president of her daughter's high school dance team's parent club. Another important member of their family is Oreo, their year-old cat.

In addition to enjoying family-oriented activities, Dr. Lytle plays the drums, well enough to have played with a rock and roll band for four years in the 1970s, prior to returning to school. He still keeps in touch with his band mates from Canby, Gladstone and Newberg.

A devoted Elvis fan, Dr. Lytle says he and his wife just returned from a vacation to Graceland in Memphis for celebration of the Elvis' 65th birthday January 8. Highlights of the trip included tours of Elvis' studios and meditation garden, in addition to an Elvis concert, courtesy of modern technology and the big screen.

Dr. Lytle says that he enjoys the people in the Heppner area. "They've been really nice and kind to me," he said. "I'm thankful for this opportunity."



**Sheridan Tarnasky, P.A.**

It must be destiny that Sheridan Tarnasky return to practice as a physician's assistant in Heppner. After all, she is a third generation Heppnerite—she grew up in Heppner, graduating from Heppner High School and returned to live here after school and marriage, due to what could only be called kismet.

After graduating from HHS, she enrolled at the Emanuel Hospital School of Nursing in Portland, graduating in 1970. She met her husband, Ed, while attending school. After he finished school he began looking for a job. Unbeknownst to Sheridan, he saw an advertisement for a job at Kinzua and spoke to a fellow there named Milo Prindle, whom his wife knew very well. Ed and Sheridan didn't realize that the job offer was in Heppner until he told her the phone number, which, of course, started with 676.

The couple moved to Heppner where he worked for 20 years at the mill until it was purchased by Pioneer Resources.

Sheridan follows a family tradition in pursuing a career at Pioneer Memorial Clinic and Hospital. Her mother, Ilene Laughlin, worked at the hospital when Sheridan was very young and then again in various capacities when Sheridan was in the sixth grade. When Sheridan was in her junior year of nurse's training, Ilene was hired as administrator of the hospital.

"It (the hospital) is kind of like my home away from home," said Sheridan. "It's been part of my whole entire life."

In addition to regular nursing duties, Sheridan started the home health program at PMH, then called Tri-County Home Health, and was instrumental in getting the Rural Health Initiative there. She was director of the home health program for seven years and filled in at the hospital now and then. She quit for a time to be with her children, A.J. and Alecia, but, like her mother, eventually started working more and more. She began working for Dr. Wallace Wolff in his private practice after he came out of retirement to serve the community, which was once again faced with a physician shortage.

In 1990, Sheridan became director of nursing at PMH, but resigned in 1996 to return to

school to get physician's assistant training. For a while she worked full-time in addition to attending school to earn prerequisites for her PA training.

Tarnasky says that watching "providers come and go" from the Heppner community played a big role in her decision to become a PA. "I thought this would be something for the community." She adds that she was encouraged by former Heppner physicians, Drs. Ed and Jeanne Berretta. Also, sadly, her mother had just passed away. "Everything happened around that time like it was meant to happen," she says.

She enrolled in the Oregon Health Sciences University PA program, what she now calls "probably the hardest thing I've done and probably the most humbling." Sheridan, who discovered herself the oldest one in her class, survived "two years of the most grueling work", balancing school, work, family, clinic rotations and travel all over the state.

After graduation from the PA program, she was immediately hired at the newly-built Irrigon Medical Clinic, also part of the Morrow County Health District, and has been there since December 1998.

As a PA, Sheridan is a mid-level provider and can do much of what a doctor does, including seeing patients and making assessments, ordering tests, including x-rays, and prescribing courses of treatment, including most medications. Although she cannot prescribe "schedule II" medications, she works with a physician and, through the physician, can obtain those needed medications for her patients. "I like knowing I have physician supervision," said Sheridan. "It provides me with a little more security and provides my patients with security."

Her supervising physicians will be Dr. Lytle and, on occasion Dr. Ed Berretta.

Sheridan will be working at the Heppner Clinic by the end of February or mid March. She will replace Wendy Haack, nurse practitioner, who has resigned to attend medical school.

A beloved provider at the Irrigon Medical Clinic, Sheridan will also continue to work there at least one day a week.

### Beginning genealogy class rescheduled

Beginning Genealogy, a Blue Mountain Community Class, has been rescheduled due to a conflict with Heppner's district basketball tournament.

The class will now be held on Thursday, Feb. 24 from 2-5 p.m. at the Morrow County Museum. This class is designed for beginners who want to know where to start on their genealogical research but experienced genealogists are also welcome.

For more information or if you wish to see this class offered in the evening, contact Anne Morter, BMCC coordinator at 422-7040.

## Chamber Chatter

By Claudia Hughes, Chamber Manager

People new to Heppner, returning to Heppner or moving into town will soon be welcomed by the Heppner Community Greeters.

This newly organized group of volunteers is sponsored by the Heppner Chamber. Baskets containing items and informational packets from area businesses and the Chamber will be put together and distributed by this great new group under the chairmanship of Jerri Sly. They are energized and ready to go. Kick-off will be in March. Praise for these new volunteers.

Are you concerned about our schools, our buildings our educational system? Attend the board, advisory, and facility meetings. Join in the Chamber meeting discussions. Listen to all the facts presented and let your educated voice be heard.

We were warned about Measure 5, compression, etc., but now reality has hit. Anger solves nothing, but communication and ideas for solutions help. It isn't just Morrow County feeling the financial crisis for our schools; it's also impacting many small and some large communities all over Oregon. There are no easy answers.

All the moisture and snow means a green spring and green rolling hills for St. Patrick's weekend March 17 -19. Now would ye be of Irish descent? The St. Patrick's Committee is determined to squelch the rumor that "there aren't many Irish out there anymore". (Must have been a Swede saying that!) You Irish, see the related article and send in your response to the committee right away. Are ye still around or aren't ye?

Want to know more about the Chamber? Come visit, Tuesday noon, upstairs at Kate's. Dues for 2000 are due now and new members are welcome. New and renewing members will be listed on the Chamber website. Like it or not, the high tech world has arrived.

Thought for the week: "Education should be the process of helping everyone to discover his/her uniqueness." Leo Buscaglia

The Official Newspaper of the City of Heppner and the County of Morrow

## Heppner GAZETTE-TIMES

U.S.P.S. 240-420

Morrow County's Home-Owned Weekly Newspaper  
Published weekly and entered as periodical matter at the Post Office at Heppner, Oregon under the Act of March 3, 1879. Periodical postage paid at Heppner, Oregon. Office at 147 W. Willow Street. Telephone (541) 676-9228. Fax (541) 676-9211. E-mail: gti@heppner.net or gti@rapidserve.net. Web site: www.heppner.net. Postmaster send address changes to the Heppner Gazette-Times, P.O. Box 337, Heppner, Oregon 97836. Subscriptions: \$29 elsewhere. Morrow County: \$16 senior rate (in Morrow County only, 62 years or older); \$29 elsewhere.

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### May I Please Hear From You?

Included in this edition of the newspaper is a recap of the accomplishments of the 1999 legislative session.

Also included is a brief survey. Will you please take a few moments to share your thoughts with me? I'm interested in your opinions and any ideas you have for the next legislative session.

--Sen. Ted Ferrioli

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