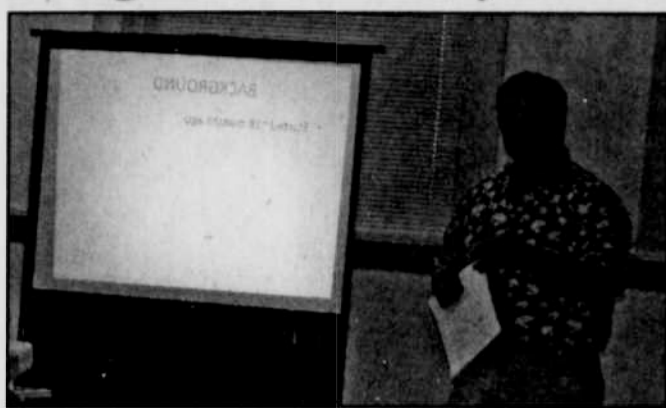


Heppner to Battle Mountain, a new 108-mile designated bikeway



Jay Gibbs of the Heppner Ranger Station puts on program recently for Heppner Chamber of Commerce announcing designation of the new Blue Mountain Century Bikeway. —Photo by David Sykes

By David Sykes

After a lot of work by some dedicated local people, the Blue Mountain Century Bikeway is now a reality. The 108-mile designated bicycle route runs from Heppner to Battle Mountain in the Blue Mountains and covers some of the most scenic country in the Blues.

The process to gain the designation took 18 months and was started by former Ranger Tom Mafera. Jay Gibbs and Debra Gutierrez of the local ranger district, and Sheryll Bates of the Heppner Chamber of Commerce worked on the project.

"She was like a dog with a bone," Gutierrez said about Bates' work

on the project at a recent Chamber of Commerce presentation announcing the bikeway.

The bike ride, which is only the third designated bikeway in Oregon, runs from Heppner up Willow Creek, over to the Ukiah Junction, down Highway 395 to Nye Junction onto Highway 74 and back to Heppner.

If one is a good bike rider, the trip can be made in seven hours, but can also be broken up into several days for the less hardy. It is hoped that the new bikeway will not only provide another good ride for people, but also bring some economic development activity to Heppner.

CHIP of Morrow County focuses on preventative measures

The Community Health Improvement Partnership (CHIP) of Morrow County intends to focus on promoting healthy lifestyles throughout the county. The organization is honing in on such preventative health measures as part of three focus areas it developed after an assessment of Morrow County's health needs.

Following the assessment, workgroups have convened to improve communication between health care providers, and between health care providers and the community; promote healthy lifestyles, and prevent and manage disease; and increase the availability of physical activity and fitness opportunities.

"Good health is more than just treating illnesses. Many of the leading causes of death and disability can be prevented and there is ample opportunity to achieve good health through preventive measures, such as maintaining a healthy weight, eating right,

taking steps to prevent disease, health screening, not using tobacco, getting vaccinated, maintaining good oral health and living within a community culture that supports people in making healthy choices," stated a CHIP release.

The CHIP will be proposing strategies to address the needs identified locally. The first program will be CHIP's "Biggest Winner," a 12-week weight-loss competition scheduled from January 9 to April 2, 2012.

In the meantime, those who want to get fit can join the Willow Creek walking group on Mondays, Wednesdays and Fridays at noon, beginning on October 7. Walkers will meet in front of Murray's Drug Store for a leisurely stroll or a vigorous walk for any length of time that fits lunchtime schedules.

For more information, contact Kelly Boyer, (541) 989-8510.

Time for flu shots



The following was submitted by the Morrow County Health District.

It is time for flu shots again. People at high risk of complications if they catch this serious influenza virus should receive the shot each fall and early winter. Unfortunately, only 20-40% of people who should get the immunization do so. This low immunization rate allows the virus to spread through a community very easily. The virus normally spreads through the United States during the winter months, so it is important to get the shot by mid-November.

A person should get the shot if he is over 65 or if he has any severe or chronic illness, such as heart disease, lung disease or diabetes. Residents of nursing homes or other long-term care facilities should routinely be vaccinated. Younger people should be immunized if they have any chronic illnesses such as diabetes, kidney failure or immune deficiencies. In addition, the Centers for Disease Control and Prevention recommend the following groups receive an immunization: pregnant women, children younger than five years of age (especially children between the ages of six months and two years), healthcare workers, and individuals who live

with or care for people at a high risk for contracting influenza.

The vaccine is incubated in eggs, so if a person is allergic to eggs, chickens or feathers, he should not receive the shot without first doing a scratch test to verify the allergy. The shot should not be given during an acute respiratory infection or other active infection.

The shots are very safe; if any reaction occurs, it is usually a mild fever, aching and fatigue. This may last one to two days. Rarely, a person will get hives, which is probably due to an egg allergy.

The more serious paralysis of Guillain-Barre syndrome is very rare and is only known to be associated with the "swine flu" component, which was last used in 1976.

The immunity against the virus wanes, and the viral strains change each year, which is why the shot is needed each year. The Morrow County Health Department provides flu vaccinations every year and can provide you with the dates and times when vaccinations are available. The health department can be reached at 541-676-5421. If you have any questions about whether you should receive a vaccination, you should consult your health care provider.

County Court news

The following is provided by Commissioner Leann Rea.

The Morrow County Court met on September 21 in Boardman with Judge Tallman and Commissioners Grieb and Rea in attendance.

The court reviewed and approved the minutes of September 7, 2011. The court also reviewed and approved the payroll payables, payroll payables in the net amount of \$286,031.62.

Public Hearing: Love's Travel Stops & County Stores:

The court reconvened the Love's hearing from the Sept. 7, 2011 meeting. Planning Director Carla McLane presented the staff report. At the request of the applicant (Love's) the hearing was continued to 10 a.m., Oct. 12, 2011 at the CSEPP building in Irrigon.

Contracts: The court reviewed and approved the following: The Oregon Partners for Disaster Resistance & Resilience Letter of Commitment; The Certificate of Appropriation of Funds in Support of Oregon State University Extension Service in the amount of \$95,433 for fiscal year of 2011-2012; An Inter-Governmental Service Agreement (IGA) between the county and InterMountain ESD for Emergency Management for \$21,237 to be paid on a monthly basis; An IGA for Depot Hazard Analyst Addendum #1 in the amount of \$67,593 to be paid monthly; An Assignment and Assumption Agreement stating that EZ Wireless is now IRZ Consulting, LLC; The sixth addendum to CSEPP Evacuation System commencing Oct. 1, 2011 and concluding Dec. 31, 2012 with monthly payments of \$23,562.50; The seventh Amendment to Incident Response Information System from Oct. 1, 2011 through Dec. 31, 2012 in a sum not to exceed \$290,020; The seventh Addendum to Broadband Wireless Lease Agreement beginning Oct. 1, 2011 on a month to month basis in the

amount of \$51,354.17 per month; IGA for the financing of Community Addictions and Mental Health Services expiring on June 30, 2013.

Video Teleconference with Navy: Items discussed included the following: The 4th of July fly over for Boardman and Lone; Power line projects and potential routing; Fire suppression improvements and assistance from the Umatilla Depot; Ownership of Bombing Range Road; Status of active wind turbine projects.

The court conducted the following business: Reviewed and approved a letter for the Mass Casualty Incident Plan and certified the Morrow County Ambulance Service Area Plan dated Sept. 21, 2011. Reviewed and approved the permanent easement agreements between the county and Melvin and Barbara Harnett with a payment of \$1,200 for the easement located on Upper Rhea Creek Road and between the county and Kelwayne Haguewood with a payment of \$350. The court received a report from Heppner Chamber of Commerce Director Sheryll Bates and Boardman Chamber of Commerce Director Diane Wolfe regarding their recent activities and a request for \$1,500 to pay the membership fee for the Eastern Oregon Visitors Association. The request was approved. Reviewed and approved the new offer from Pablo Flores for the purchase of six lots in Irrigon for the sum of \$2,000 each, with the buyer being responsible for all recording and filing fees. The court discussed the disposal of two parcels on Cain Lane. The court requested additional information before making any decisions.

Reviewed miscellaneous correspondences and discussed upcoming meetings. If you would like to be placed on the list to receive county minutes, please contact Karen Wolff at (541)676-5620.

Over the Tee-Cup



The ladies of Willow Creek Country Club celebrated the end of the season with their last 2011 play day on September 27. —Contributed photo

The Willow Creek Country Club ladies held their last scheduled play day of the year on Tuesday, September 27. A "cross-country scramble" was followed by a luncheon meeting and awards.

New officers for 2012 were elected and are as follows: president, Pat Edmundson; vice-president, Jackie Allstott; secretary-treasurer, Corol Mitchell; and board members, Bernice Lott and Darcee Mitchell.

Awards were given out to Nancy Propheter, Club Champion, and Darcee Mitchell, Eddi Skow Champion. The Eclectic Most Improved Award went to Jackie Allstott, with Laura Rogers, second, and Ann Elgin, third. Ann Elgin had the most chip-ins for the year, with a seven-way tie for second by Jan Paustian, Virginia Grant, Pat Edmundson, Lorrene Montgomery, Jackie Allstott, Karen Thompson and Corol Mitchell. Nancy Propheter and Virginia Grant tied for first place for the most birdies; Pat Edmundson was second.

The winners of the cross-country team play were: first place, Virginia Grant, Jackie Allstott, Pat Dougherty and Laura Rogers; second place, Lorrene Montgomery, Luvilla Sonstegard, Ann Elgin and Eva Kilkenny; third place, Nancy Propheter, Darcee Mitchell, Bural DeBoer and Suzanne Jepsen; fourth place, Corol Mitchell, Karen Thompson and Carri Grieb; fifth place, Pat Edmundson, Betty Carlson, Lynnea Sargent and Jan Paustian.

The first day of organized play in 2012 will be on Tuesday, April 3. A hosted breakfast will be served at 9 a.m., followed by a morning of special play.

Wranglers to hold public meeting

The Wranglers Riding Club members will hold a public meeting Sunday, October 9 at 4 p.m. at the Pettyjohn building board room. All members past and present are invited to attend.

Topics to be discussed include the future of the Wrangler's Riding Club, open board positions, upcoming 2012 play days and the Wrangler grounds. Attendees are asked to come prepared to discuss all of those items at length.

Call Amy at 541-676-9407 with questions or comments.

Rebekah Lodge to hold harvest craft bazaar

Holly Rebekah Lodge will be hosting their first annual Harvest Craft Bazaar this Saturday, October 8 at the Lodge Hall in Lexington. The sale will run from 9 a.m. to 3 p.m. Twelve vendors, both local

and from out of town, will be selling their wares.

The kitchen will be open for coffee and cinnamon rolls in the morning, and stuffed baked potatoes will be the lunch menu.

"Grab a friend, come to Lexington for the sale, and start your Christmas shopping early; have a bite to eat and enjoy visiting," says a Lodge spokesperson.

BACK 2 BEECHERS

Restaurant & Lounge
Hwy 74 Lone, OR
541-422-9800

NEW RESTAURANT HOURS

BEGINNING SATURDAY
OCTOBER 1st

OPEN 7 DAYS A WEEK
4:00 PM to 9:00 PM

We invite you to come in and dine with us!

Chihuahua Puppies for Sale



Boy 1 Boy 2 Boy 3 The Girl

9 weeks old, have first shots Call April at 541-980-4643