

# TEACHER RETIRES

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In Corvallis, she worked for Oregon State University, first as an administrative assistant in the School of Ocean Engineering and then as the office manager for the state 4-H office.

She moved to Heppner in 1982. At that time, she worked for Morrow County Title and Abstract, staying there until she started teaching at Heppner Elementary in 1985. She was also elected mayor three and a half years after moving to Heppner, a position in which she stayed until she married Frank Osmin in 1991. She and her son, Ryan Pence, moved outside of town to join Frank and his sons, Derek and J.J. Ryan later graduated from Heppner High School.

Osmin said it was fun being mayor. "Sure there, were politics," she said, "but I got to travel, and I got to meet people going through the same stuff we are."

Osmin's time as mayor overlapped with her teaching career, and she said her students loved having the mayor as their teacher.

"We got to do all kinds of things," she said. "They got to meet the governor, tour the sewer plant, attend the ribbon cutting at the flood memorial park and go to all kinds of different city functions."

Osmin said she has always liked to quilt, and recently bought a long-arm quilting machine. She hopes to use it more in retirement

to quilt projects both for herself and others.

She also hopes to catch up on her reading, but said her favorite jobs aside from teaching have always been those in which she got to travel, and she hopes to take advantage of her retirement to travel back to Alaska, around the state of Oregon, to Colorado, and to visit friends and family throughout the U.S.

She added that she recently renewed her teaching license, and says she hopes to substitute teach some.

"Morrow County School District has been very good to me," she said. "I have more than enjoyed working for them and teaching the kids over the years."

# MS WALK IN HEPPNER

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percent of MS patients who had no symptoms until she had a seizure. As the result of the seizure, she was diagnosed with MS, diabetes and epilepsy (however the epilepsy diagnosis has since been changed). Damage shows up as lesions in your brain and Orwick says she has lesions both on the inside and outside of her brain. A former teacher, she says that for the first six years or so after diagnosis, she was still backpacking, teaching PE, running to the gym with her students and taking stairs two at a time. She says, though, that because her foot began feeling like it was asleep, she stopped running and taking stairs two at a time. She has fatigue, at various times has had double vision and at one time temporarily lost vision in one eye. She is able to drive and uses a cane for walking.



Barb Orwick

It has just slowed me down," says Orwick, who is still employed, although not as a teacher. She currently is participating in the second phase of a study in which she takes oral medication.

McDowell, who was a cheerleader and played softball in high school, says that she was diagnosed after experiencing

numbness of the right side of her body and extreme fatigue. She was diagnosed at 22 years old, 35 years ago. McDowell, who uses a brace on one leg, is also able to drive and uses a cane to assist her in walking. She has scheduled infusions once a month, previously in Portland, but now available in the Tri-Cities. She recently retired. McDowell usually attends an MS support group once a month at Murray's Drug in Condon with another Heppner person with MS. McDowell and Orwick say that around six people in the Heppner-Lexington area have MS.

They both say that one of the hardest things about living in Eastern Oregon is that they have to drive long distances for doctors' appointments and treatments.

McDowell and Orwick are among around 85 percent of MS patients who have the "relapsing-remitting" type of MS, in which they have symptoms ranging from mild to severe and then experience periods where the symptoms are in remission. They say that although MS can run in families, neither of them has relatives with MS.

"Everyone who has MS, their stories are different," says Orwick, who said that some people only discovered that they had MS when they had woken up paralyzed. She adds that MS is easier to diagnose nowadays than previously.

According to on-line data from the Mayo Clinic, there are several types of MS in addition to the "relapsing-remitting" type. According to the clinic's online information, some MS patients have a "secondary-progressive" type of the disease where relapses and partial recoveries occur, but the disability does not fade away between cycles, instead progressively worsening. A third type, affecting approximately

15 percent of MS patients, is "primary progressive," which progresses slowly and steadily from its onset with no periods of remission and symptoms generally not decreasing in intensity. With a fourth and relatively rare type of MS, the "progressive-relapsing" type, "people experience both steadily worsening symptoms and attacks during periods of remission."

According to data, the majority of funds raised are used for research, education and support services for people with MS.



Merilee McDowell

# Cruz-In winners announced

The 11th annual St. Paddy's Cruz-In was subject to all kinds of weather but that didn't keep participants from bringing 47 cars from from Hermiston, The Dalles, Spray, Pendleton, Irrigon, Umatilla, Keizer, Stanfield, Ione, Fossil, Kennewick, College Place, Walla Walla, Spokane, Washougal, Richland, Sunnyside and Heppner.

Several businesses downtown helped the committee welcome the car drivers to town by participating in a Poker Walk, where registered car owners went into a business and selected a card for a poker hand.

The highest hand received \$30 cash and the second-best hand received \$20.

The Poker Walk winners were Karen Shreve of Kennewick, WA and Bob Hartwell of Walla Walla, WA. Some downtown merchants donated discount coupons to get the visitors familiar with their businesses.

The award winners of the 11th annual St. Paddy's Cruz-In are as follows:

Mustang Award: Zech Hintz of Heppner High School in a 1998 Ford Mustang.  
Teenage Owner/

Driver: Zech Hintz of Heppner in a 1998 Ford Mustang.

Leprechaun's Choice: Mike Bunch of Heppner in a 1969 Pontiac Firebird.

Best Convertible: Larry and Cindy Curry from Pendleton in a 1968 GTO.

Best Street Rod: Allen Anderson from Ione in a 1967 Chevelle SS.

Participant's Choice: John and Midge Geer of Fossil with a 1957 Chevrolet Bel Air.

Committee's Choice: Bill and Pat McInnes from Fossil in a 1951 Chevrolet.

Best 1930s & Newer Pickup: Barb Wallace of Umatilla in a 1950 F-1 pickup.

Best 1910s & 1920s Car: Jerry and Sherry Fisher of Irrigon with a 1929 Model A Ford.

Best 1930s & 1940s Car (Custom or Modified): Earl Houchin from Kennewick with a 1946 Mercury Coupe.

# Button drawing winners announced

The winners of the St. Patrick's Celebration button drawings were Dusty Gutierrez of Hermiston and Doug Gunderson of Heppner. Each of the winners received \$100.

# Fair and rodeo queen hits the trail for Morrow County

Morrow County Fair & Oregon Trail Pro Rodeo Queen Maggie Collins has been busy.

Before her official crowning, Collins attended a few other events, representing Morrow County to the rest of the state of Oregon. She attended a coronation for Miss Northwest Professional Rodeo Association in Bend, OR late in February, and then the Miss Rodeo Oregon Queen Clinic and coronation in Sisters, OR the following weekend. She got to meet several other counties' fair and rodeo queens and our own Miss Rodeo Oregon 2011, Mackenzie Carr, who was just crowned Miss Rodeo America 2012. This was especially exciting, as Maggie's mother and chaperone, Jeanie Collins, was able to attend one of the events and meet the all the royalty, too.

The Queen Clinic helped Maggie with her public speaking, poise, horsemanship and interviewing skills. She met people who attended from the



Queen Maggie meets Miss Rodeo Oregon 2011 and Miss Rodeo America 2012, Mackenzie Carr, at the Miss NPRA coronation in Bend, OR. -Contributed photo

Oregon coast to the states of Idaho and Washington. She was especially welcomed when she showed her skills of playing the fiddle and singing at the Miss Rodeo Oregon coronation.

"She naturally draws people in, and that will make it a wonderful year of representing our county, its people, industry, fair and rodeo," says Sylvia

Sandford. Maggie has a full spring and summer planned of softball and county-wide events.

This year's theme for the Morrow County Fair is "Country Pride.... County Wide!" The year 2012 boasts the 99th year for the Morrow County fair and 90 years for the rodeo held in Heppner every August.

# Farmer's contribution may give boost to farmer's markets

A local farmer's contribution may make farmer's markets more accessible to those who use EBT cards.

America's Farmers Grow Communities is an organization that gives farmers the opportunity to win \$2,500 for their favorite local nonprofit organizations. Leanne Lindsay was the winning farmer in Morrow County, and she chose to direct the donation to the Morrow County Commission on Children and Families.

"This organization does so much for our community," Lindsay said. "I am just happy to be able to give something back to them."

Kim Carnine, Director of the Morrow CCF, said that plans for the funds haven't been finalized, one option is to use the \$2,500 to establish an electronic funds transfer system at farmer's markets throughout the county. This would allow those who receive government assistance to purchase food to use their EBT cards. EBT cards are



Corrine Lindsay, Kim Carnina, Leanne Lindsay and Monsato representative Kevin Zander during the check presentation on March 13. -Contributed photo

the new, electronic alternative to food stamps.

"Right now, people in the area who use their EBT cards to purchase groceries are unable to use them at the farmer's market," said Carnine. "We would really like to see everyone have access to the healthy options that the market has to offer."

She added that the Morrow County CCF has barely started looking into setting up the electronic system for farmer's markets throughout the county, and they don't know whether it

will be feasible or whether the markets will be interested. If not, or if not all the money is used on that project, she said the balance would probably be given to the Community Health Improvement Partnership (CHIP) of Morrow County.

"We'll definitely spend it in the county," she said.

Lindsay was able to present the Morrow CCF with the \$2,500 donation at a ceremony held on March 13 at the Port of Morrow.

## PUBLIC NOTICE

### NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the IRFPD 60404 Morrow, State of Oregon, to

discuss the budget for the fiscal year July 1, 2012 to June 30, 2013, will be held at Ione Fire Hall

The meeting will take place on April 10, 2012 at 7:30  a.m.  p.m. The purpose of the meeting is to

receive the budget message and to receive comment from the public on the budget. A copy of the budget document may be inspected

or obtained on or after April 12, 2012 at MCGG -Ione, between the hours of

8:00  a.m.  p.m. and 5:00  a.m.  p.m.

This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

Published: March 28 and April 4, 2012  
Affidavit

## PUBLIC NOTICE

A Use this notice if public comment will be taken at this meeting

### NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the Port of Morrow, Morrow, State of Oregon, to

discuss the budget for the fiscal year July 1, 2012 to June 30, 2013, will be held at Riverfront Center

2 Marine Drive, Boardman, Oregon. The meeting will take place on April 11, 2012 at 3:30 pm

The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget.

A copy of the budget document may be inspected or obtained on or after April 11, 2012 at Riverfront Center

2 Marine Drive, Boardman, Oregon, between the hours of 9:00  a.m.  p.m. and 4:00  a.m.  p.m.

This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

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