

## Influenza has arrived in Morrow County

Not too late to get vaccinated, says health district

The following was provided by the Morrow County Health District.

Although the number of flu cases may be decreasing in other areas of the country, influenza is just beginning to impact Morrow County; however, it is not too late to get vaccinated. Morrow County Public Health wants to encourage you to get your flu vaccination if you have not done so already. Getting vaccinated is the first and most important step in protecting against this serious disease.

The flu virus is spread mainly from person to person through coughing and sneezing in which tiny droplets travel through the air and into the mouths or noses of people nearby. These droplets can also land on surfaces such as tabletops or desks, and can live for two hours or more, making it possible for you to come in contact with the virus and become ill.

Most deaths and hospitalizations from influenza and its related complications occur in babies, the elderly and people with weakened immune systems. However, most flu transmissions come from young, healthy, unvaccinated children and adults. That is why vaccination is such an important part of flu prevention.

Morrow County Public Health urges you to:

-Get your seasonal flu vaccination.

-Cover your nose and mouth with a tissue or your arm when you cough or sneeze.

-Throw the tissue in the trash after you use it.

-Wash your hands of-

ten with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.

-Avoid touching your eyes, nose or mouth. Germs spread that way.

-Stay home if you become sick.

Other ways to reduce the spread of the virus include: cleaning work and household surfaces often; wearing a mask if you have a weakened immune system; asking your family, friends and health providers to get a flu vaccination; getting plenty of sleep; exercising and eating well; managing any chronic conditions; trying to avoid close contact with sick

people; and staying home if you become sick.

Be proactive and keep yourself well this flu season. Get your flu vaccine at Morrow County Health Department while supplies are available.

Clinics: Heppner, every Thursday from 8:30 a.m. to noon and from 1-4:30 p.m. or Boardman, every Monday and Tuesday from 8:30 a.m. to 12:30 p.m. and 1-4:30 p.m.

Flu vaccine is free for those individuals who do not have insurance coverage. If you cannot come into the health department on a clinic day or if you have any questions, call Morrow County Health District at 541-676-5421.

## All Saints, Hope plan pancake supper

On Shrove Tuesday, Feb. 12, the shared ministry of All Saints Episcopal Church and Hope Lutheran Church will host their annual pancake supper at the All Saints parish hall (corner of Gale and Church in Heppner).

All-you-can-eat pancakes, ham, fruit and beverages will be served from 5-7:30 p.m. for a suggested donation of \$5 for adults, \$4 for youth and \$15 for a family. Proceeds from this event are allocated for special mission and outreach needs in local communities.

The following day, Feb. 13, the shared ministry will observe Ash Wednesday with a service at All Saints beginning at 7 p.m., to include the imposition of ashes and celebration of the Eucharist. All are welcome.

## Catholic men to hold Shrove Tuesday dinner meeting

The men of St. Patrick's Catholic Church of Heppner and St. Williams Catholic Church of Ione will meet on Feb. 12, Shrove Tuesday, at Route 74 cafe in Ione.

A social period will begin at 6 p.m., followed by dinner and meeting.

## Ione awards good work ethic



Ione Community School gave awards to the following students who showed good work ethic during the month of January. Kindergarten, Destiny Yates; first grade, Dillion Christian; second grade, Calvin Rietmann; third grade, Armando Arroyo; fourth grade, Jessica Medina; fifth grade, MacKenzie Heideman; sixth grade, Aaron Smythe. -Contributed photo

## Ione school gives attendance awards



The following Ione Community School students were awarded perfect attendance awards for February: Nicholas Carey, Makiyah Christian, Liam Heideman, Mason Orem, Aiden Osborne, Jerson Peralta, Corey Rice, Destiny Yates, Dylan Christian, Karensa Jones, Cameron Proudfoot, Lewkus Burright, Lexie Gurinko, Madison Orem, Isabella Pringle, Fernando Ramirez, Bryce Rollins, Daralynn Teeman, Armando Arroyo, Emily Ehrmantraut, Hailey Heideman, Colt Parker, Haylie Peterson, Taylor Rollins, Tom Rudolf, Julianna Teeman, Katelyn Thompson, Anthony Villegas, Gary Walls, Jace Woodford, Maricarmen Aguilar, Larysa Burright, Mackenzie Gurinko, Jessica Medina, Abigail Pringle, Ola Rietmann, Jordan Rollis, Wyatt Aleksa, Lilianna Chamberlin, Megan Doherty, Elaina Ehrmantraut, Mackenzie Heideman, Matt Orem, Jill Rudolf, Pedro Arroyo, Logan Burright, Gracie Crum, Lexie Garrett, Payton Miller, Aaron Smythe and Susanna Teeman. -Contributed photo

## HHS announces honor roll

Heppner Junior/Senior High School has announced the first semester honor roll for the 2012-13 school year. (\*Indicates college level class.)

**12<sup>th</sup> Grade**  
Maggie Collins\*\*\*4.0; Bryce Fowler\*\*\*4.0; Austin Guitierrez\*\*4.0; Earl Propheter\*\*\*4.0; Elizabeth Rill\*4.0; Savannah Seewald\*4.0; Stephen Thompson\*\*4.0; Garrett Robinson\*\*; Sidney-Coster\*\*; Makenzie Correa\*\*; Jordan Jones\*; Tessa Gould\*\*; Kyle Harrison\*\*; Alyssa Wizner\*; Alana Wilson\*\*; Aidan Wright\*;

Austin Roberts\*\*; and Alex Smith\*\*.

**11<sup>th</sup> Grade**  
Blake Greenup \* 4.0; Micha Hintz\*\*4.0; McKayle Kindle \*\*4.0; Lillian Sandford\*\*\* 4.0; Jared Lemmon\*\*; Ryan Dougherty\*; Mallorie Jones; Jefferson Dowdy\*\*\*; Treston Maben\*; and Jaden Orr.

**10<sup>th</sup> Grade**  
Maddie Lindsay 4.0; Joe Schmidt 4.0; Paige Grieb; John Propheter; Cade Arbogast; and Jenny Marick.

**9<sup>th</sup> Grade**  
Alexis Bray 4.0; Jessica Kempken 4.0; Skyler

Palmer 4.0; Caitlyn Bailey; Tommy Bredfield; Victor Meyer; Kai Arbogast; Patrick Collins; William Lutcher; Erica Nelson; Ryan Cecil; Rylee Kollman; and Kaden Clark.

**8<sup>th</sup> Grade**  
Kolby Currin 4.0; Bryan Fowler 4.0; Logan Grieb 4.0; Kevin Murray 4.0; Kellie Eadler; Kane Sweeney; Sydney Qualls; Demitra Schmidt; and Caden Hedman.

**7<sup>th</sup> Grade**  
Sophie Grant 4.0; Reiah Waite; Alex Lindsay; Tarin Troxell; and Morgan

## Calling all area Cursillistas

Area residents who are interested in the Cursillo Movement are invited to a gathering on Sunday, Feb. 17, for an evening of fellowship.

The evening will begin at 6 p.m. with a spaghetti dinner at Hope Lutheran Church, dinner to be provided by the Heppner-area 4<sup>th</sup> Day Group.

Anyone who is interested or curious about the Cursillo Movement is invited to join the group, who will be sharing information about Cursillo and this year's upcoming weekend. Applications will also be available to work on the team.

For further information, contact Dan and Diana Sharp, 541-676-8262;

George Nairns, 541-571-6519; or Robanai Disque, 541-989-8535.

## Nordic ski club lingers longer



The Arbuckle Nordic ski club modified its planned route on Saturday due to icy/crusty trail conditions. Better conditions were found on the flats of Herren Meadow and then Linger Longer Prairie. The group found a sunny site for their lunch stop and built a great warming fire. -Contributed photo



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## LITTLE LEAGUE REGISTRATION

FEBRUARY 13TH

5:30- 7:30 pm Heppner City Hall



Online Registration available at  
www.johndayriverlittleleague.com  
from February 1st-13th  
Contact Corey Sweeney at  
541-256-0355