

MS support group to learn about music therapy



The North Central Oregon Multiple Sclerosis Support Group meets every Thursday. Pictured are (clockwise from front left): Kay Lear (supportive family member), Chris Nix, Crystal Holmes, Sandi Richardson, Debbie Sumner, Merilee McDowell and Jan Moffit at a meeting in Condon. -Contributed photo

The North Central Oregon Multiple Sclerosis Support Group will meet on Thursday, Oct. 10, at 10:30 a.m. at Murray's Drug in Condon.

Cyde Estes, Volunteer

Coordinator for Pioneer Memorial Hospice, will share what she has learned from experts on how to use music therapy for pain management.

The MS support

group meets on the second Thursday of every month. Those affected by MS are welcome to attend. The presentation is being offered as a community outreach by Pioneer Memorial Hospice.

BEARD AT CHAMBER

-Continued from PAGE ONE capital improvements at college facilities throughout Morrow and Umatilla counties.

The new construction projects are the Industrial Processes Workforce Development and STEAM (science, technology, engineering, arts and math) Center, to be located near the SAGE Center in Boardman; the Precision Irrigated Agriculture Center in Hermiston; and the Applied Animal Science Education Center in Pendleton. These new facilities will enable BMCC to work with local industry partners and add approximately 30 new degree and certificate programs that will train students for family-wage jobs in the region.

Also included in the bond would be money to replace aging and inefficient

heating, cooling, plumbing and electrical systems, upgrade building insulation, install new security lighting, and complete other needed upgrades at the Pendleton campus.

The major expansion planned for Morrow County would be a food processing and computer server training center located at Boardman. The college is currently looking for land near the new SAGE Center on which to locate.

The center will teach skills for the food processing and server farm business. Server farms, which contain large computers such as those used by Amazon.com and other online retailers and businesses, are now locating at the Port of Morrow because of cheap power and ample land. BMCC plans to offer

courses to train workers at these facilities.

Also growing at the Port are the new food-processing plants such as Lamb Weston's \$211 million expansion of its french fry and other processed potato production, and Tillamook Cheese's new whey facility. With the new center, the college will then be able to offer certificates in mechatronics, a design process that includes a combination of mechanical engineering, electrical engineering, control engineering and computer engineering. It would also offer certificates in food processing technologies, and industry-approved food processing training certificates to complement the surrounding food-processing businesses at the Port of Morrow.

Holly Rebekah card parties are back

Holly Rebekah Lodge is starting its monthly card parties back up. This Saturday, Oct. 5, at 7 p.m. will be the starting time.

The cost is \$5 person and everyone is invited to come and join the fun. Sandwiches, chips and

drinks will be provided. "We hope to see everyone there," says a lodge spokesperson.

Chamber lunch meeting

This week's lunch meeting of the Heppner Chamber of Commerce will be an all entities report on Thursday, Oct. 3, at noon in the St. Patrick's Senior Center dining room.

Cost of lunch is \$10;

Howe's About Pizza will cater.

Chamber lunch attendees are asked to RSVP at 541-676-5536 no later than the Wednesday before to guarantee a lunch. The Heppner chamber

board would also like to welcome its newest board member, Morrow County Health District CEO/Administrator Dan Grigg. Grigg has agreed to fill the chamber director position vacated by Michael Blauer.

Community lunch menu

Hope Lutheran, Valby Lutheran and All Saints Episcopal church volunteers will serve lunch on Wednesday, Oct. 9, at

St. Patrick's Senior Center. The meal will include beef stew, green salad with tomatoes, French bread and cherry pie. Milk is served at

each meal. Suggested donation is \$3.50 per meal. Menu is subject to change.

A View from the Hill

By Doris Brosnan

September at Willow Creek Terrace was a "tasty" month. It began and ended with special days dedicated to the celebration of foods—"Eat an Extra Dessert Day" on the 4th and "Coffee Day" on the 29th (coffee cake, mocha cake)—and contained several other food-recognition days, as well: "National Acorn Squash Day" (7th); "Chocolate Milkshake Day" (12th); "Eat a Hoagie Day" (14th); "National Cheeseburger Day" (18th); "Eat an Apple Day" (21st)—apple pie; and "National Strawberry Cream Pie Day" (28th).

These days have added to Head Cook Cyndi Johnson's opportunities to create some enticing menus and, now, the October menus reflect her enthusiasm and creativity in the kitchen. In celebration of the Octoberfest month, Cyndi is incorporating into her menus some German recipes that most people have difficulty trying to pronounce but will have no difficulty enjoying.

On Sept. 11, Cyndi was also in charge of another menu that had to be special: Barbara Struthers celebrated her 92nd birthday with a lunch that included chicken and strawberry shortcake. Many of her friends chose to celebrate with Barbara instead of taking in their usual outing

to the senior meal-site lunch.

Residents and staff want readers to remember that they are always welcome to join them in the dining room. A call to 676-0004 can reserve a spot at the table.

September also marks the beginning of the football season, a delight to many Terrace residents. NFL Sundays (and Mondays and Thursdays?) find both the general fans and the fans of particular teams following the gridiron action. Marge Burgess tries not to miss a Green Bay Packers game and is proud of her Green Bay memorabilia. Meg Murray's interest in football is especially personal, since she continues to attend the Heppner High School games and support her fifth grandson to play on a Mustang team.

On Sept. 22, Alvina Padberg's great-grandson Alek Rea informed and entertained residents and staff with his slide show of his recent trip to Europe. Alek traveled while participating in a school-related program.

The appeal of comic books and comic strips seems to reach across borders and ages, and Sept. 25 has been designated (how does that happen?) "Comic Book Day," so residents enjoyed remembering comics from their past and discussing

newspaper comic strips. Some residents fall into the category of or know individuals who read the newspaper comics before continuing with the paper. Also observed, however, was that the sense of "humor" reflected in the strips is often no longer truly humorous, so some readers no longer spend time on them.

Another enjoyable conversation on the Hill focused on Sept. 28's "National Hunting and Fishing Day." Stories of fishing enthusiast Beulah Brownfield's entertaining tales. Residents who live on the south side of the Terrace report that hunting season having opened in this region is obvious simply from the increase in vehicles traveling by toward the mountains, headlights glowing.

As the calendar turned a page at the Terrace, the importance of working smoke and fire alarms again became obvious, for October is designated "Fire Prevention Month."

As the cooler weather settles in, concern over house fires increases, so residents and staff encourage their families and friends to also test their alarms for safety's sake. On the Hill, safety is viewed as another important ingredient in the recipe for happiness.

Chamber Chatter

Heppner Farmer's Market - Friday, 10 a.m. - 2 p.m. at Heppner City Park: Don't forget to stop by on Friday to check out all of the vendors at our farmer's market, they will be there through Fri., Oct. 4.

Heppner FFA Chapter's Annual Apple/Pear Sale: Pick up an order form and send your order and check to Heppner FFA, HHS, Attn. Beth Dickenson PO Box 67. For pick up at Oct. 11 home football game, the deadline is Oct. 3; second delivery date orders are due by Nov. 7 for pick up Nov. 16 at the Harvest Festival. Questions, contact Beth at 541-676-9138 x2542.

Beginning American Sign Language (ASL) - United Methodist Church: These classes are being offered Tuesdays at 2 p.m. and 7 p.m., are free of charge and are open to the public. Contact the Methodist Church for more information and to sign up.

Wildhorse Resort and Casino events for October: Make sure to check out the schedule of events and activities if you are looking for something to do ... there is a lot going on.

Wednesday, Oct. 2 - Travel Oregon 101 - from 9-11 a.m. at the SAGE Center: Participate in a free seminar for tourism-related business and organizations. This seminar will be focused on owners, executives and managers of visitor-related businesses and organizations. Learn how to use Travel Oregon to help your business or organization. Free online registration at www.event.com/d/w4q75c. Contact Diane at the Boardman Chamber office for more information at 541-481-3014.

Saturday, Oct. 12, 9 a.m., 5K Walk/Run in Boardman: Domestic Violence Services, Inc. presents the First Annual Domestic Violence Awareness 5K Walk/Run. The event starts at the Marina in Boardman with registration starting at 8 a.m. and the walk to start at 9 a.m. You can sign up at www.eventbrite.com. All proceeds to

benefit Umatilla/Morrow County Domestic Violence Services, Inc. If you have questions, please call 541-676-5665 or 541-561-3337.

Saturday, October 12 - Heppner Booster Club Dinner and Auction - Elks Lodge: Dinner selection of steak, baked potato, homemade rolls, salad and dessert (cost \$15) will start at 6 p.m., with the auction to begin at 8 p.m. There will be raffle tickets and a Penny Board, plus great items to bid on for the auction. Mark your calendars now and plan on attending and supporting a great cause. Be looking for more information in the Heppner Gazette.

Saturday, Oct. 19 - 5:30 p.m. - First Annual Chili Run sponsored by Heppner FFA Chapter: The Heppner

FFA Chapter is organizing their First Annual Chili Run. Registration forms are available at Dickinson Chiropractic Clinic, Murray's, Wheatland Insurance and Heppner High School and will soon be available in Hermiston and Ione.

October 15-29 - Domestic Violence Services of Umatilla & Morrow County Volunteer Training: This training is for those interested in answering calls on the 24 hour crisis line; serve as an advocate for victims of domestic/sexual violence. To reserve your spot or get more information on the training schedule, please call 541-276-3322. The classes will be held at the Hermiston DVS Office.

Justice Court Report

Morrow County Justice of the Peace Ann Spicer has released the following Justice Court report:

-Steven Carl Warnock, 38, of Lexington was found guilty of Maintaining a Dog as a Public Nuisance and fined \$160.

-A 17-year-old male in Heppner was found guilty of No Ops, Driving Outside

Restrictions and Driving Uninsured; he was fined \$260.

-Julian Lantis, 60, of Condon was found guilty of Violating the Basic Rule 60/45 and Illegal U-Turn. She was fined \$160 on each count, of which \$50 was suspended, for a total fine of \$270.

DA's Report

Morrow County District Attorney Justin Nelson has released the following report:

-Daniel Hernandez, 49, was convicted of Interfering with Making a Report, a Class A misdemeanor; sentence of 180 days jail

time was suspended and the defendant sentenced to 24 months bench probation, to include 30 hours of community service and no contact with the victim.

Total fines, fees and assessments were \$480.

It's time for trophies

Did you bring down a bull elk? Bag a buck? Stop a gator in its tracks or wrestle in a marlin? The Gazette-Times wants to know about it.

Send in or drop by a picture of yourself and your prize along with your name, age, size of the animal, date of capture, where you brought it down and any other information you think

we should know. If we're impressed, you'll see it right on the front page of the Gazette.

Contact us by email at editor@rapidserve.net; mail submissions to Heppner Gazette-Times, PO Box 337, Heppner; drop off a picture or drop by to have your picture taken; visit our Facebook page; or text 541-980-6674.



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