

Local kids gear up for soccer



Local children turned out in force this year to buckle on their shin guards and take on all comers on the soccer field. Five local teams were formed from local participants, with games played every Saturday in Hermiston. Teams and members pictured but in no particular order are: U-6 Co-ed "Shockers," sponsored by Morrow County Health District and coached by Toni Nichols and Josh Coiner—Lily Nichols, Keaton Coiner, Khloe Rodriguez, Claire Lindsay, Andrew Lindsay, Hailey McDaniel, Caylan Proudfoot, Julian Rodriguez and Sophie Rodriguez. U-6 Co-ed "Excavators," sponsored by Miller & Sons and coached by Kacee Lathrop and Jennifer Wilson—Brooklyn Hendricks, Healy Hisler, Avree Lathrop, Maya Payne, Jaysi Dompier, Dierdre Ferguson, Kooper Miller, Quaid Jensen, Jace Wilson and Kaynen Brown. U-8 Boys, coached by Mike and Amy George—Logan Turner, Owen Guerra, Zach Brown, Alakae Rodriguez, Aden Lathrop, Caleb George, Lane Critchlow and Finn Simpson. U-10 Girls, sponsored by Stan and Pam Cutsforth, and coached by Pam Cutsforth and Stephanie Hisler—Cori Jo Lindsay, Aubri Rodriguez, Kayla Rodriguez, Haylie Peterson, Emily Ehrmantraut, Camryn Scrivner, Kylie Boor, Morgan Cutsforth, Hallee Hisler, Jennie Adams, Keeley Nairns and Saige Jensen. U-10 Boys, "We've Got Wheels," sponsored by Les Schwab Tire Center and coached by Russ Nichols—Trevor Nichols, Johnny Resch, Ryan Lindsay, Landon Mitchell, Paul Lindsay, Caden George, Jake Lentz, David Cribbs, Ty Boor, Adan Guerra, Kells Ferguson and Perrin Furrer. —Contributed photo

MED STUDENT

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attended St. Catherine University, or St. Kate's, in St. Paul, MN. She graduated from there with a degree in biology and a minor in chemistry in December of 2011. She then returned to Montana, where she spent the next eight months in Billings, working in emergency room admitting and co-pay collection. Then, in the fall of 2012, she moved to Portland, OR to begin medical school at OHSU.

A rural rotation is currently required of OHSU med students, though Halverson says that will change starting next year. The requirement was fine with her, though; she wants to focus her career on either

rural or underserved areas, most likely with an emphasis in family or internal medicine. That made the chance to work at Pioneer Memorial the perfect fit.

"I wanted to move somewhere very rural, not near Portland or...Bend, and I hadn't been to the eastern side of the state. Heppner was available as a rotation, so I came here."

She says Heppner was pretty much what she expected, certainly more like her own hometown than the big-city life of Portland.

"I was expecting the grocery store to be open later," she quips. "That was a big adjustment."

On a more serious note, though, "Everyone's been

really welcoming."

Halverson is spending her five-week rotation learning from Dr. Betsy Anderson and Dr. Russ Nichols, whom she says are "great teachers." She spends most of her time at the clinic, but also assists in calls at the ER. She says her time here, which ends on Oct. 30, is far different from her studies at OHSU. It's more hands-on and carries more responsibility, including emergency room encounters and dictating notes.

"It's almost like being a doctor," she says.

Halverson's family is all in Montana, her parents in Shepherd and her brother in Missoula. As for hob-

bies, she says she likes to do many things, including camping, wakeboarding, skiing, and golf. She also played basketball for four years in college. Her normal med school routine doesn't allow much time for any of that, but she has been able to get out and have some fun while she's here. She attended Heppner's homecoming football game and booster club dinner and auction, and also has gone day camping in the mountains.

"Heppner reminds me of home," she says, "especially the landscape. It's nice to recognize people at the grocery store or the football games, which you don't get in Portland."

Health advisory issued for Willow Creek Reservoir

The Oregon Health Authority issued a health advisory Friday due to high levels of blue-green algae in Willow Creek Reservoir.

Water monitoring has confirmed the presence of blue-green algae that can produce toxins. These algae levels are likely to be associated with dangerous cyanotoxin concentrations in the water that can be harmful to humans and animals.

Swallowing or inhaling water droplets, as well as skin contact with water, should be avoided. Drinking water directly from Willow Creek Reservoir is especially dangerous.

Exposure to toxins can produce symptoms of numbness, tingling and dizziness that can lead to difficulty breathing or heart

problems, and require immediate medical attention. Symptoms of skin irritation, weakness, diarrhea, nausea, cramps and fainting should also receive medical attention if they persist or worsen. Children and pets are at increased risk for exposure because of their size and level of activity.

The public will be advised when the concern no longer exists.

Oregon Public Health officials advise campers and other recreational visitors that toxins cannot be removed by boiling, filtering or treating the water with camping-style filters.

People who draw in-home water directly from Willow Creek Reservoir are advised to use an alternate water source because private treatment systems are not proven effective at removing algae toxins.

However, public drinking water systems can reduce algae toxins through proper filtration and disinfection. If people on public water systems have questions about treatment and testing, they should contact their water supplier.

Oregon health officials recommend that people who choose to eat fish from waters where algae blooms are present remove all fat, skin and organs before cooking, because toxins are more likely to collect in these tissues.

Public health officials also advise that people not eat freshwater clams or mussels from affected water, and that Oregon Department of Fish and Wildlife regulations do not allow the harvest of these shellfish from freshwater sources. Crayfish muscle can be eaten, but internal

organs and liquid fat should be discarded.

Boating is safe as long as speeds do not create excessive water spray, which could lead to inhalation risk.

For local information about water quality or blue-green algae sampling, contact the U.S. Army Corps of Engineers at 541-676-9009.

For health information, to report human or pet illnesses due to blooms, or to ask questions about a news release, contact the Oregon Health Authority at 971-673-0400. For information about advisories issued or lifted for the season, call the Oregon Public Health toll-free information line at 1-877-290-6767 or visit the Harmful Algae Bloom website at www.healthoregon.org/hab and select "Algae Bloom Advisories."

BALLOTS GO OUT

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dates, the candidate with the most votes wins, says Morrow County Clerk Bobbi Childers. A majority win (i.e., 51 percent or two-thirds of the votes) is not required. The same applies in the case of write-ins, with the winner selected based on the largest number of votes.

Voters will also be able to weigh in on several hot-button issues and races at the state level, including driver cards, GMO labeling and proposed legalization of marijuana.

All ballots are due by 8 p.m. Tuesday, Nov. 4, and must be received, not simply postmarked, on that day. For voter convenience, 24-

hour drop boxes are located throughout the county. Locations are as follows:

Heppner: Courthouse parking lot (24 hours) or the Morrow County Clerk's Office, Room 102 inside the courthouse. Open 8 a.m. to noon and 1-5 p.m., M-F and Election Day (Nov. 5) from 7 a.m. until 8 p.m.

Lexington: 365 West Hwy 74 (Public Works Parking lot). Turn off Hwy. 74 onto Tom Street and left into the public works parking lot. Open 24 hours.

Ione: Spring St. (in front of the turn to 3rd Street). Open 24 hours.

Boardman: NW Boardman Ave. (24 hours).

Irrigon: 205 NE 3rd St. (Irrigon Annex). Open 24 hours.

Heppner FFA announces chili run

The Heppner FFA Chapter has announced its 2014 Fall Chili Run. Everyone is invited to participate in a 5k (3.1 mile) walk/run on Saturday, Nov. 1.

The run/walk will start and end at the St. Patrick's Catholic Church parish hall.

Pre-registration forms are available at the Heppner High School, Dickenson Chiropractic Clinic and Murray's Drug and are due by Oct. 24. Registration

will open at 4:30 p.m. on Nov. 1 and will include the run/walk, t-shirt and a chili dinner after the event. Questions? Contact Tim Gould or Patrick Collins at 541-676-9138.

The FFA members would also like to remind community members who ordered apples for the Oct. 17 delivery date that those will be available Friday at the home football game.

Historical society to meet Oct. 26 at SAGE Center

If you have interests in Morrow County, Columbia Basin or Oregon history, remember to attend the 2014 Morrow County Historical Society annual meeting at 1 p.m. on Sunday, Oct. 26. The meeting begins at 2 p.m. but everyone is invited to come early and tour the interactive SAGE Center. For anyone who has not yet experienced the SAGE Center "hands on" education on sustainable agriculture and energy generation, this is a great opportunity to do it for free.

Speakers include Larry Lindsay, longest-serving Port commissioner, sharing a history of the first years of the Port of Morrow. Gary

Neal, dynamic Port of Morrow manager, will give an update on current and future Port activities.

Participants are also invited to stay for the usual annual meeting activities—suggest topics for the 2015 MCHS Chronicles and learn about the two successful 2014 tours to the Hanford B Reactor. Meeting adjournment will be followed by an ice cream social.

Historical Society membership and meetings are open to all interested people. Annual membership can be purchased at the meeting. The SAGE Center is located at 101 Olson Road, Boardman, OR.

Marriage Licenses

The Morrow County Clerk's office has released the following report of marriage licenses:

October 7, 2014: -Jeffrey Ray Knudsen, 42, of Heppner and Amber Liani Devine, 40, of Heppner.

October 9, 2014: -Jer-

emiah Jacob Brooks, 28, of Hermiston and Britney Leann Quintana, 23, of Hermiston.

October 10, 2014: -Yaneli Hernandez Neri, 26, of Boardman and Victor Hugo Honesto Jimenez, 28, of Boardman.

Do You Know the Symptoms?

Oct 5-11 was Mental Illness Awareness Week; NAMI Calls for Public Education

Mental Illness Awareness Week (MIAW) is a time for education about mental illness such as depression, bipolar disorder, schizophrenia and other medical conditions that affect a person's thinking, feelings, moods, ability to relate to others and daily functioning. MIAW included National Depression Screening Day (Oct. 9) and World Mental Health Day (Oct. 10).

Even in the wake of MIAW, everyone should learn the symptoms of mental illness and where to find help in case it is needed. It is also a time when community leaders should learn the facts about mental illness for public dialogue about mental health care, especially in an election year. When an individual or family has a mental health concern, they should dis-

cuss it with their doctor, who may refer them to a mental health professional. It is also important to realize that, in many cases, these conditions have co-occurring substance abuse problems.

Information about the symptoms of possible mental illness is available from the National Alliance on Mental Illness (NAMI) at www.nami.org or its HelpLine at 1-800-950-6264. NAMI also provides free educational classes and support groups, and local representatives are currently in the process of making these resources available in Heppner.

For further interest or information please contact Sandra Johnson at 541-676-5589. NAMI's website also provides detailed information about the full range of mental illness diagnoses.

Sheriff's Report

May 15 (cont.): -MCSO received report of a dispute at the Irrigon Marina. The caller requested deputy contact. Deputies and Community Counseling responded.

-MCSO received report from an Irrigon woman that there were people at a mobile home park that she didn't want there and they were working on vehicles. Deputies responded and determined it was a civil issue.

-MCSO received report from a Heppner subject who had found an unknown type of snack in his yard.

-MCSO received report from a subject who said a vehicle flipped over and a male subject got out and ran up the hill toward the motel near Main St. and the I-84 on-ramp in Boardman. Boardman Police Department, Boardman Fire

Department and Boardman Ambulance responded.

-MCSO received report that Umatilla County Sheriff's Office arrested Tasha Leanne Bales, 22, on a Morrow County warrant for Failure to Appear/Contempt of Court. She was lodged at Umatilla County Jail with bail due in full.

-Heppner Ambulance received report of a male subject possibly dehydrated/overheated on Sandhollow/Hwy. 207, Heppner. MCSO and Heppner Ambulance responded and transported the subject to Pioneer Memorial Hospital.

-Heppner Fire Department received report of a grass fire at Campbell and Myers Lane, Heppner.

May 16: -Morrow County Sheriff's Office received a 911 hang-up call. Upon call back, the phone

message advised that "This phone does not receive calls from blocked numbers. Unblock your phone and try again. Goodbye."

-MCSO received report from the Umatilla Army Depot that they were doing a demo at the depot and there would be one large detonation.

-MCSO cited Jeffrey James Trunick, 30, for Violation of the Speed Limit, 85 mph in a 65 mph zone.

-MCSO received report from an Irrigon woman that part of her air conditioner had been stolen. A deputy responded.

-MCSO received report from the Umatilla Army Depot that they would be doing live fire into the night.

-MCSO received report of patients threatening staff at a Boardman facility. The parties were separated.

They requested a deputy to respond. MCSO and Boardman Police Department responded.

May 23: -Morrow County Sheriff's Office received report that a subject was threatened at the Nuts and Bolts Tavern on Hwy. 730, Irrigon. The caller said that man was in a white van with five other males inside that took off headed toward the shell station.

-MCSO received report of graffiti on a pumphouse near Division and Hoop and Holler Lane in Irrigon. It was the first pumphouse on the left. MCSO responded and took a report for Criminal Mischief.

-MCSO received report from a subject in Irrigon that someone was living in an RV at a location she believed was against code. She requested contact.