

## Ione school donates food for the holidays



Ione Community School donated 240 pounds of non-perishable food to the Heppner Neighborhood Center last week. Ione ASB president Oskar Peterson delivered the food on Friday and received thanks from volunteer JoyceKay Holloman, who also expressed the need for more volunteer help. The Neighborhood Center's food bank served 29 families last month, and more need is expected during the holiday season. —Contributed photo

## Ione library to help patrons climb their family trees

The Ione Public Library will host a free beginner's class on basic genealogy, "How to Get Started in Genealogy," Thursday, Dec. 4, from 6:30 – 8 p.m. at the library, 385 W 2nd Street, Ione.

Presenter Tammi Lien will teach attendees how to do research and use genealogy databases such as Ancestry.com (a free database for library patrons). Anyone interested in researching their family tree is invited to come with their questions.

## Basketball Bonanza set for Dec. 5

Ione's 17th annual Basketball Bonanza is set for Friday, Dec. 5, beginning at 1 p.m. and Saturday, Dec. 6, beginning at 10 a.m.

The event, sponsored by the Ione Cardinal Booster Club, will include varsity and JV boys' and girls' teams from Ione, Riverside, Enterprise and Echo.

## Orem elected 2015 OWGL President



Eric Orem, Lexington, was elected Oregon Wheat Growers League President for 2015 at the organization's annual meeting in Stevenson, WA on Thursday, Nov. 13. Also elected as OWGL officers were Tyler Hansell, Vice President; Dana Tuckness, Secretary/Treasurer; and Jerry Marguth, Immediate Past President. The officers were sworn in effective Jan. 1, 2015. —Contributed photo

Have a news story or photo for the Gazette?  
e-mail [editor@rapidsolve.net](mailto:editor@rapidsolve.net)  
call 541-676-9228 or stop by the office on Willow St., Heppner Today



[www.cbec.cc](http://www.cbec.cc)

### WASHINGTON DC YOUTH TOUR APPLICATIONS AVAILABLE NOW

At CBEC, we take great pride in highlighting the value of cooperative membership to children. After all, they are our members-in-training. We provide a variety of programs that benefit young people, from safety demonstrations to sponsoring youth activities across our five-county service territory.

We are seeking applications for a program we are particularly proud of – the Washington Youth Tour.

During the annual Washington Youth Tour, more than 15,000 high school students from across the country descend on Washington, D.C. to learn about government, history and the role of electric cooperatives. CBEC is sending two high school juniors selected from the high schools in our service territory. All expenses are paid (except spending money).

The next trip is June 11-18, 2015. Applications are available from CBEC's website ([www.cbec.cc](http://www.cbec.cc)). Applications are due January 09, 2015.



### Washington DC Youth Tour

- Open to all current high school juniors whose parents receive electrical service from CBEC
- Applications are available now on the CBEC Website [www.cbec.cc](http://www.cbec.cc)
- Applications are due January 09, 2015
- 2015 Washington Youth Tour is June 11-18

## What's all the fuss about diabetes?

The following was submitted by Cheryl Tallman, Morrow County Health District Home Health and Hospice nurse.

Do you know that Type 2 diabetes, which is the diabetes that usually develops as an adult, can be prevented?

A person receives a diagnosis of diabetes when his or her blood glucose, or blood "sugar," levels are above normal due to a lack of insulin, insufficient quantities of insulin, or insulin resistance. Once you get a diagnosis of diabetes, there is no cure.

So what's the big deal about glucose? Our body breaks down our food, and one of the forms is glucose. Glucose is essential; it is our body's source of energy and helps keep us going, but when there is too much of it in our blood stream and the insulin we produce can't regulate it, then the glucose stays in our blood. Blood with high glucose is sticky, gooey, thick like syrup, so it doesn't flow smoothly through the blood vessels. When this thick, sticky blood is unable to flow through your smallest vessels, it starts killing off the cells around these areas.

So where are those

smallest vessels? In the feet, eyes, kidneys and heart. Do you know a diabetic who has had toes or feet or even a limb amputated due to poor circulation? Do you know a diabetic who is blind or has poor vision? Do you know a diabetic who is having kidney dialysis? Well, this is the reason: too much glucose in the bloodstream for an extended period of time does not allow the blood to flow through normally and has actually killed cells.

Managing this disease to prevent adverse health effects requires lifestyle modifications, and in most cases, medication. Yes, another pill, or in some cases an injection.

Type 2 diabetes is the most common form of diabetes, accounting for 90-95 percent of all diagnosed cases. It develops mostly in adults but can develop at any age and is increasingly developing in children and adolescents. Type 2 diabetes is highly associated with obesity.

Diabetes is recognized as one of the leading causes of death and disability in the United States. A person with diabetes doubles the risk of premature death compared to people without

diabetes.

Remember, diabetes can be prevented.

So maybe you are wondering if you could be getting diabetes. Here are a few questions to ask yourself:

1. Am I overweight?
2. Do I have poor eating habits?
3. Am I physically active?
4. Am I thirsty much of the time?
5. Am I fatigued and increasingly hungry?
6. Is my vision blurred?

These symptoms may indicate diabetes and problems associated with it, but some wise choices on the individual's side can help change negative diabetic outcomes. Again, diabetes Type 2 is preventable. Let's stop it before you get the doctor's diagnosis of, "You have diabetes."

Now here is some helpful information. Before a person gets a Type 2 diabetes diagnosis, there is a stage called pre-diabetes. If you are familiar with blood glucose levels, a normal fasting blood sugar should be 70-99. Another test done at the doctor's office, called a Hemoglobin A1C, should be under 5.7.

In pre-diabetes the

blood sugar level is between 100-125 mg/dl, with the Hemoglobin A1C in a range of 5.7-6.4. People with a body mass index (BMI) over 24 are also at risk for developing pre-diabetes.

Pre-diabetes does not mean a person currently is a diabetic. It does indicate that, without lifestyle changes, they will more than likely develop Type 2 diabetes.

Now for the best news. Morrow County Public Health Department and the Morrow County Health District have trained coaches who will be offering classes locally to assist those who are in the pre-diabetes stage. With participation in these classes, we can help prevent pre-diabetics from developing Type 2 adult diabetes. If you are interested in finding out more about these classes and how to make some changes, contact the following people: Shelley Wight, Morrow County Public Health, 541-676-5421; Cheryl Tallman, Morrow County Health District, 541-676-2946; or your primary care provider. If you don't have one, call Pioneer Memorial Clinic or Irrigon Medical Clinic to set up an appointment.

## Heppner merchants offer Customer Appreciation Day, opportunity to 'Shop 'Til You Drop'

Next Thursday, Dec. 4, local merchants will have special customer appreciation activities and will offer extended hours to kick off the Christmas holiday season and to thank customers for shopping local.

Here are some of the specials being planned:

Artisan Village will be open from 11 a.m. – 7 p.m., so customers can stop by and have some refreshments, and enter a drawing to win a prize.

Bank of Eastern Oregon will be serving refreshments from 10 a.m. - 4 p.m.;

Community Bank will also be serving some refreshments. Heppner Family Foods will offer free Home Town coffee for their customers all day and will have Santa set up in the store for pictures from 6-7 p.m., with hot chocolate and candy canes. Everyone is reminded to bring a camera to take pictures.

Murray's will be having hourly door prizes, cookies and punch; the wish-list treasure hunt will start (with the winner being announced during the Dec. 18 Christmas event), and

from 5-7 p.m. there will be a mini wine tasting.

Sweet Productions will offer a dinner special, and Willow Creek Realty will have Petra Payne and her Scentsy products set up for easy shopping from 4:30-7:30 p.m.

Shoppers will want to make sure they are at the tree outside the post office at 5:30 p.m. so they can watch the Heppner Day Care and Heppner Elementary School children hang their homemade Christmas ornaments, as well as par-

ticipate in some caroling.

At the senior center at 6 p.m., Home Health and Hospice will be holding a "Lights of Hope" ceremony in memory of loved ones who have passed away.

"Take advantage of the extended business hours and shop at all of our local merchants and enjoy the sounds and sights of Christmas," says Heppner Chamber Executive Director Sheryll Bates, "and don't forget to ask for your rewards card with every purchase!"

## Morrow SWCD to meet

A regular board meeting of the Morrow Soil and Water Conservation District will be held Tuesday, Dec. 2, beginning at 6 p.m. at the Ag Service Center, 430 W Linden Way, Heppner.

Time will be set aside at the beginning of the meeting to receive comments from the public.

Agenda items for the SWCD meeting include approval of the Nov. 4 meet-

ing minutes; treasurer's report; CPA Review of Fiscal Year Ended 6/30/14 and status of funding agreements; staff reports; and partner reports.

A board position representing the Irrigon area is currently vacant.

Meetings of Morrow SWCD are open to the public.

## Wheat Commission meeting set

An Oregon Wheat Commission meeting will be held in the Port of Morrow Sandhollow Board Room, 2 Marine Drive,

Boardman, on Thursday, Dec. 4, from 10 a.m. to 3 p.m. Lunch will be available for all attendees.

Conference call will be available toll free at 888-431-3632, access code: 4966580. The meeting location is accessible to persons with disabilities.

Questions, contact the Oregon Wheat Commission office at 503-467-2161.

## Health advisory lifted for Willow Creek Reservoir

The Oregon Health Authority last week lifted a health advisory issued Oct. 10 for Willow Creek Reservoir.

Water monitoring has confirmed reduced levels of blue-green algae and their toxins. These reduced levels are not likely to be harmful to humans and animals.

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.



### Our Annual Charity Drive Is on Now - December 17th, 2014

Community Bank will match up to \$500 (per branch) at 50¢ on the dollar.

Funds collected at the Heppner branch will be donated to:

The Heppner Neighborhood Center

**FOOD BANK**

Make your donation go further!  
Offer your helping hand by donating at:

Heppner  
127 N Main St  
541-676-5745

[www.communitybanknet.com](http://www.communitybanknet.com)

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