

## The flu in Morrow County

The following was submitted by the Morrow County Health Department.

**The current flu situation:**  
On Monday, Jan. 5, 2015, the Centers for Disease Control reported that flu is now widespread in 43 U.S. states, up from 36 states reporting widespread activity the week before. Oregon is also seeing some increase in flu activity, as measured by persons visiting doctors due to flu-like symptoms, positive lab tests, and related hospitalizations. A few Morrow County persons have lab-confirmed cases of the flu. January (or later) is often the peak of the flu season.  
**Is it too late to get a flu shot?**

Everyone six years of age and older should still get a flu shot as soon as possible. Those 65 years of age and older and those with chronic health conditions (e.g., diabetes, heart and/or lung disease) are highly encouraged to get a flu shot.  
**What is the effectiveness of this year's flu vaccine?**  
The flu shot you receive

protects you against three of the common flu strains in circulation. This year one of those common flu strains is the Influenza 'A' (H3N2) flu. It has been determined that this component of your flu shot is not as close a match for the currently circulating H3N2 flu due to slight changes (mutations) of the virus that can occur. Despite this situation, you should still get a flu shot if you haven't done so.

**Where can I still find flu vaccine?**

Check with your healthcare provider or the Morrow County Health Department to find flu vaccine. **Don't spread the flu:**

-Wash your hands frequently and use hand sanitizer when soap and water aren't available.

-Cover your coughs and sneezes—flu and colds are respiratory-spread diseases.

-Stay home if you or a family member is ill.

-Clean commonly touched or used items in your home—faucets, refrigerator handle, TV remote.

-Don't share drinking cups or eating utensils, especially if you have an ill family member.

**When to call your doctor:**  
-Call your doctor if you (or a family member) have been ill and are having difficulty breathing.

-Even if you have had a flu shot, call your doctor right away if you have a chronic health condition and think you may be coming down with the flu; your doctor may be able to prescribe an antiviral medication that will ease your symptoms.

**For more information:**  
-Call your doctor of the Morrow County Health Department, 541-676-5421.

-Oregon Flubites (updated weekly): <http://public.health.oregon.gov/DiseasesConditions/CommunicableDisease/DiseaseSurveillanceData/Influenza/Documents/data/FluBites.pdf>.

-Flu Prevention for Everyone: <http://public.health.oregon.gov/Prevention-Wellness/FluPrevention/Pages/index.aspx>.

## Sunshine and snow greet Nordic ski group



This weekend, the Nordic club enjoyed the sunshine on their ski trip to Kelly Prairie. Members that participated, shown here in no particular order, were Terry and Chris Harper, Bill and Sherry Ewing, Steve Brownfield, Molly Rhea, Betsy Anderson, Mahalie Huddleston, and Kristy Crowell. —Contributed photo

## IMESD INTERNET OUTAGE

—Continued from PAGE ONE  
DDoS attacks began occurring in the Umatilla School District in September 2014. Tuesday's incident was the first time the attack impacted the region's network.  
"Our focus is on pre-

ventative measures and swift resolution when disturbances occur," said Cheri Rhinhart, Director of Information Technology Services at IMESD. "Our staff is to be commended on their due diligence and quick response on Tuesday

to minimize the impact of this DDoS attack. The speed at which they fixed the issue is impressive."

IMESD provides technology services to school districts and several public agencies throughout the eastern Oregon region.

## Grant funds available for private land watershed enhancements

Private landowners may have the chance to enhance conditions on their lands thanks to a grant opportunity from the Oregon Watershed Enhancement Board (OWEB).

The Umatilla-Walla Walla-Willow Creek OWEB Small Grant Team, consisting of members from the Morrow SWCD (Soil & Water Conservation District), Umatilla SWCD, Umatilla Basin Watershed Council, Walla Walla Watershed Council and CTUIR

(Confederated Tribes of the Umatilla Indian Reservation), announces the availability of up to \$10,000 small grants to private landowners for the purposes of enhancing watershed conditions to improve water quality and quantity while meeting the needs of all beneficial uses—floodplain and upland improvement and enhancement as well as reducing erosion, sedimentation and nutrient loading. Projects dealing with invasive plants and

noxious weeds will also be considered.

Funding is provided through OWEB and small grant information is available on their website at [www.oregon.gov/OWEB/GRANTS/pages/smgrant\\_main.aspx](http://www.oregon.gov/OWEB/GRANTS/pages/smgrant_main.aspx). A two-week sign-up for small grants will be held Jan. 12-23 with funding decisions being made Feb. 11. For application materials or requirements contact the Morrow SWCD at 541-676-5452.

## DA's Report

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

-Nicholas Tony Ray Robbins, 30, was convicted of one count of Harassment, a Class B misdemeanor; sentence of 90 days incarceration was suspended and the defendant sentenced to 24 months bench probation, conditions of probation to

include 30 hours community service, no offensive physical contact with the victim, and completion of anger management evaluation and treatment. Fines, fees and assessments totaled \$600.

-In addition, Nicholas Tony Ray Robbins, 30, was convicted of Harassment – Constituting Domestic Violence, a Class B mis-

demeanor; sentence of 90 days incarceration was suspended and the defendant sentenced to 24 months bench probation, conditions of probation to include 30 hours community service, no offensive physical contact with the victim, and completion of anger management evaluation and treatment. Fines, fees and assessments totaled \$600.

### From the North End

## Boardman City Council passes resolution promoting development, swears in new council

At its first meeting of the new year, the Boardman City Council held a swearing-in ceremony for three members. Mayor Sandy Toms swore in Brandon Hammond, Brenda Proffitt, and Delbert Turner as city councilors. All three were elected in the November General Election. Councilors Hammond and Turner are new to the council. Councilor Proffitt has served the past four years on the council and was re-elected. All three councilors will serve on the council for a term ending December 31, 2018.

In other city business, the council passed a reso-

lution aimed at promoting development in Boardman. The resolution temporarily waives system development charges (SDCs) for water and sewer hook-ups in the city. The resolution waives the SDCs, up to \$10,000, to property owners or developers of residential or commercial property within the city limits until December 31, 2015.

This incentive was first passed in 2010 for residential customers only, and since then the council has passed a resolution each year allowing the waiver of SDCs for all construction within the residential or commercial districts.

Twenty-two projects have qualified for the SDC waivers in the past four years, and the city hopes many more will take advantage of this year's incentive.

The city council was also given a tour of the city's new website, [www.cityofboardman.com](http://www.cityofboardman.com). The site has several new features that enable the user to find information more quickly, as well as a subscription link to the Boardman Bulletin, which is emailed directly to the user.

The next meeting of the Boardman City Council will be Tuesday, January 20, at 7 p.m.

## Eastern Promise draws scholarship winners

BOARDMAN, Ore.— Trained volunteers assisted 25 percent of all seniors from Riverside High School (Boardman) and Irrigon High School in completing the Free Application for Federal Student Aid (FAFSA) form during a Scholarship and FAFSA Fair Jan. 3 at Riverside. In addition, three lucky students' names were drawn for a \$500 scholarship, while several others won gift certificates

to local businesses Sinclair, Domino's and Little Caesar's.

The well-attended fair, sponsored by the Eastern Promise, gave high school students the opportunity to receive help with filling out the FAFSA form, as well as with making plans to earn college credits while still in high school through the Eastern Promise. College credits through the Eastern

Promise cost just \$10 per credit.

Irrigon High School student Von Groves was the \$500 scholarship winner for Irrigon, while Riverside students Alisha Sorensen (senior) and Aristotle Rockwell (senior) were \$500 scholarship winners for Riverside. Darin Hauner, Erica Goodwin and Alisha Sorensen all won gift certificates.

## SAGE Center announces PGE exhibit

BOARDMAN, Ore.— The SAGE Center is now home to a Portland General Electric exhibit, expanding the amount of energy information available at the facility.

The utility and visitor center have been working for more than a year to make the exhibit a reality.

Kalie Davis, SAGE Center manager, said the exhibit adds another dimension to the interactive

visitor center's energy information.

"Portland General Electric is a wonderful asset to Morrow County," Davis said. "We are excited to partner with PGE to tell their diverse power generation stories as well as the impact PGE has on our community."

The exhibit was fully funded by PGE and installed Jan. 7. Visitors can learn how electricity de-

mand is balanced through multiple modes of generation, the energy required to run just one household outlet, and how electricity is distributed to customers.

The exhibit also helps show how energy generation and distribution requires planning and balancing customers' needs with the region's economic, environmental and public policy goals.

They say it takes a village to raise a child and that is the truth. When we moved to Heppner 16 years ago, we had no idea what we were getting into, that our family had been adopted into an amazing community. Our kids suddenly had a whole town watching over them, feeding them, giving them rides, teaching them life lessons. Our kids were always welcome in your homes and loved like one of your own, and as a parent it's hard to explain what a comfort that is and has been. We have so many awesome memories and wouldn't have wanted to raise our kids anywhere else.

The support we have received over the last several weeks has truly been a blessing! In our darkest days, when we were not able to deal with life, this community stepped up, took care of us, and continues to take care of us. We will never be able to thank everyone, and there are no words adequate enough to express our appreciation. We are sincerely thankful for the hugs, prayers, kind words, visits, food and support we have received. Please know that with the donations we received, we were able to purchase Ryan's headstone, one less worry for us. I cannot imagine how we would have ever gotten through this without the tremendous support of this, and the surrounding communities, and for that we are forever grateful!

Sincerely,  
Mike, Misty and Baily