

2015 EO Walk MS Heppner surpasses fundraising goals



Sixty-four people turned out for this year's EO Walk MS Heppner, which organizers hailed as a success. —Photo by Dave Sykes

Sixty-two walkers and two runners turned out last weekend for the 17th annual Eastern Oregon Walk MS Heppner. Despite what seemed to be a lower-than-normal turnout, event co-chair Merilee McDowell reported that the event has surpassed their goals, raising a record amount of \$15,300 so far, with money continuing to come in.

The event was also attended by Kim Southworth, NMSS-Oregon Chapter Client Services Coordinator. Southworth spoke to the group about the Oregon Chapter staff's commitment to providing comprehensive support services and educational programs to help people living with MS, their family and friends.

She told the walkers and runners that 78 percent of their donations will go

to critical research and programs and services. Southworth also told the group that she was proud of this "small community" and the outlying areas for working so hard for so many years to raise funds and awareness for MS, and added that she felt efforts like theirs were the reason for the medical advances in the field of MS treatment.

Along with the 5K and 10K walks, participants were also able to compete in a 5K run this year. Run winners were: first place-Teresa Crawford, Heppner; second place-Arlynda Gates, Ione. Because of all the other activities in the area, the numbers were down from last year, but participants reported that they had a great time.

Again this year at the event was staff from the

Hermiston Starbucks, complete with coffee for participants. The staff also helped set up and decorate for the walk.

Sharon Inskeep took on a new role this year by helping walk attendees participate in the Walk MS Experience. Visual disturbances are frequently the first sign of MS with double vision, blurring and uncontrollable eye movements. To "experience" visual disturbances, those who wanted to participate wore goggles/glasses while trying to shoot baskets at Hagar Park. Many people were amazed at how hard it was to make the basket with the impairment, and were also amazed to find that visual difficulties were even a symptom of MS.

Event organizers also made sure the walkers and

runners were well-fed with sandwiches and fruit. The Portland Walk MS chapter attended and brought with them apples, oranges and 11 loaves of Franz Bread. Sandwich meat was donated by Heppner Family Foods. Other food and condiments were donated by Tillamook Cheese, Heppner United Methodist Women, Sweet Productions/Silver Fox Banquet Room, Cash & Carry and Bucknum's Bar & Grill. Nancy Goch-nauer also donated items and headed up the sandwich crew.

Local sponsors for the walk this year were Community Bank, Bank of EO, MCGG, Devin Oil, Heppner Gazette-Times, and All Saints Episcopal and Hope Lutheran Church shared ministry. Businesses who donated items for the drawing were Hermiston Walmart, Hermiston Home Depot, Murray's Drug, Chen's Chinese Restaurant and Hermiston Bi-Mart. Event organizers say they were pleased with the turnout and enthusiasm of this year's event.

"Without the support of the new co-chair Taylor Disque, the EO Walk MS committee, volunteers, those who donated and all the participants of the walk, we could not have this special event," commented Barb Orwick, co-chair of the event. "It was a good year."

Local man gives kids close-up look at real race car



Russell Seewald of Heppner brought his BMW race car to the recent AWANA Bible Club Grand Prix Races at Willow Creek Baptist Church. Club members enjoyed visiting with Seewald and asking questions about his car. Seewald, a loan officer for the Bank of EO, shared that his three children were involved in AWANA growing up. —Contributed photo

First Friday Friends of Jesus ends until fall

This school year's final session of First Friday Friends of Jesus will be held on Friday, May 1, from 8 a.m. to noon at the All Saints Episcopal parish hall, corner of Gale and Church in Heppner.

Children ages four to 12 are invited to a morning filled with Bible stories, music, crafts, games and a free lunch. Newcomers are welcome to come to this

last session of the year and check it out as a possible activity to add to next fall's schedule.

Children are reminded to bring coins to conclude the fundraiser for Heifer International. More information is available by contacting the office of the Shared Ministry of Hope Lutheran Church and All Saints Episcopal Church at 541-676-9970.

National Day of Prayer event planned in Heppner

The South Morrow County Ministerial Association would like to invite the Heppner community and those in the surrounding areas to a National Day of Prayer event to be held on Thursday, May 7, at the Heritage Park in Heppner at 12:15 p.m.

"We encourage the attendance of all believers, not only those from the var-

ious congregations, to join the many cities and towns throughout our country to pray for our leadership, resources, emergency services, protection and guidance of our community and nation," said an association spokesperson.

For more information, contact Pastor Norman Lee at 541-676-5529 or Sam Fisher at 541-256-0962.

4-H 'Speakeasy' workshop teaches youth the ease of public speaking

On March 17, local 4-H youth attended the 4-H "Speakeasy" workshop to learn and practice public speaking skills.

This workshop was taught by retired Gilliam County 4-H Extension Agent Cindy Osterlund, who has been teaching this subject matter for numerous years to youth around Eastern Oregon.

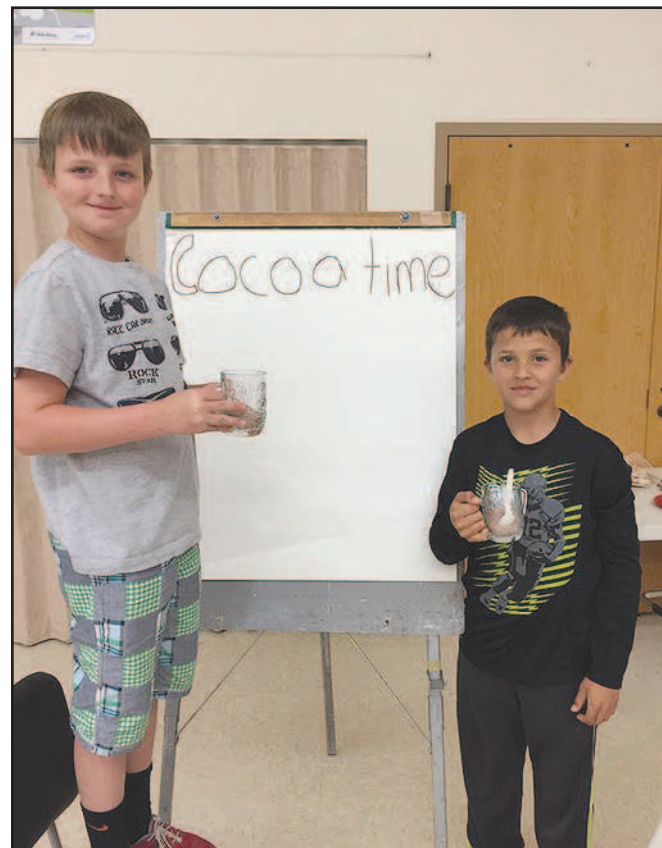
The event was hosted by the Morrow County 4-H Program at Heppner Elementary School.

Participants played speaking games, learned how to prepare and give a presentation, learned the different uses of visual aids, made posters, used learning kits for demonstrations and had a day with friends.

"We appreciate Cindy volunteering to teach this workshop again, the use of the facilities at Heppner Elementary and all of our participants and volunteers who made the workshop possible," said Morrow County 4-H Agent Ashley Jones.

For more information on this event and other opportunities within the 4-H program, contact the Morrow County 4-H office at 541-676-9642 or Ashley.Jones@oregonstate.edu, or visit it on the web at www.extension.oregonstate.edu/morrow.

Follow the program on Facebook at "Morrow County 4-H Oregon" for updates and current happenings.



Above: Carson Eynetich and Joe Sherman team up to expound on the glories of hot cocoa during the 4-H "Speakeasy" event at Heppner Elementary School in March. —Contributed photo

Welcome

Morrow County Health District is pleased to announce that

Dan Hambleton, MD

is now practicing full time at our Pioneer Memorial Clinic.

Dr. Hambleton is serving the clinic on a full-time basis and specializes in family medicine. His practice includes pediatric care, well child visits, women's health, geriatric care, and all primary care needs of the family. He is accepting new patients and looking forward to serving our community.

To make an appointment, call (541) 676-5504.



Serving you at our Pioneer Memorial Clinic | 130 Thompson St, Heppner

www.morrowcountyhealthdistrict.org

Blue Mountain Community College

Employee Spotlight: Did You Know?



Anne Morter
BMCC Boardman Center Director

Anyone who's walked through the doors of the BMCC Boardman Center in the last 22 years has had the pleasure of meeting Anne Morter. Anne is the Boardman Center Director and works with students to make sure they have the support and services they need from BMCC. "We offer the services students would have to go to other places to get. We can really give them that one-on-one attention," Anne says. Anne prides the Boardman Center with being able to offer GED and English Language Learner classes, which allows students to avoid traveling to Pendleton for those classes, which are 6 hours per week. Anne is also well-known throughout Morrow County. She has served on the Lone Community School Board since the school opened in 2003.

Have you heard about the BMCC bond?

BMCC wants to continue to provide a high-quality education for students so they can succeed like our many distinguished alumni! Check out the bond page on our website to learn more about how BMCC could continue to provide an affordable education for family-wage jobs, a safe and secure learning environment and protect the community's investment. Look for the bond on the May 19, 2015, ballot!

www.bluecc.edu/about-bmcc/bond-measure

BMCC is an equal opportunity employer and educator.