

Health district welcomes new clinic providers

Two new providers will help cover three clinics for MCHD

Morrow County Health District has hired two new Certified Physician Assistants (PA-C) to work at three district clinics. Amanda Fabian, PA-C will be available to patients at Pioneer Memorial Clinic and Ione Community Clinic, while Matt Tiemann, PA-C will work out of the Irrigon Medical Clinic. Fabian, 23, started Aug. 1 with the health district.

She was raised in Acme, PA, where she grew up on a farm. She was involved in 4-H growing up, showing beef cattle and market steers.

While there are obvious differences between Pennsylvania and Oregon—Pennsylvania is far more humid than Eastern Oregon—Fabian says the

change isn't as much of a shock as one might think.

"Here we have to drive further to get to a larger area, but we have more available right here in Heppner than I had at home in Acme," she says. "When I came out here, it felt a lot like home. It really kind of clicked for me."

Fabian says she has always liked to travel, so when she finished her Master of Physician Assistant Science degree at Saint Francis University in Loretto, PA, she turned her eyes westward.

"I just wanted a change. I've done a lot of traveling (back) east but I've never really been out here. So after I graduated I just planned on a change of scenery and exploring everywhere, really," says Fabian.

She says she always wanted to work in some field of medicine, and even considered becoming a veterinarian. However, she added, after working in an animal clinic she decided she would rather work with the health of the owners than the animals. It was during her rotations, in places as diverse as Pennsylvania, Arizona and Hampton, VA, that she decided on family practice.

"I initially thought I wanted to do emergency medicine, and I still really enjoy it, but I really like being able to follow along with my patients—a continuity of care and being able to develop a relationship with them," she says.

Fabian's parents and her dogs and cat are at home in Acme. She also has a younger sister in college. In her free time, aside from travel, she also enjoys hiking and shopping.

Tiemann was born in Texas but grew up in Utah, the youngest of eight children. He received his undergraduate degree in exercise science from Brigham Young University in Provo, UT. He says he worked for the U.S. Forest Service in law enforcement for 10 years before finally graduating college, and it was working in the mountains as a forest ranger that helped him decide to work in rural healthcare.

"I enjoy the small town feel and friendly people," says Tiemann.

Tiemann went to graduate school at Chatham University in Pittsburg, PA, where he received his Master of Physician Assistant Studies.

Tiemann and his wife, Courtney, were married in 2007 and have two-year-old twins, a boy and a girl, "Who are little tornadoes, but oh so cute, and we're happy to have them," he says.

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Amanda Fabian, PA-C



Matt Tiemann, PA-C

Fifth annual bikeway ride another successful 'extreme' ride

The Heppner Chamber of Commerce sponsored and the Heppner community hosted 35 riders on the Blue Mountain Century Scenic Bikeway ride this past weekend.

Riders came from British Columbia, Bend, Pendleton, La Grande, Prineville, Sisters, Scappoose, Portland, Terrebonne, Heppner and Ione, OR, as well as Camas, Olympia, Seattle, Edgewood, and Vancouver, WA.

The ride, with beautiful scenery and good roads to ride on, started with a little rain in Ukiah and brought on a 15-20 mile headwind for the riders on Saturday when riding from Vinson, over to Heppner with lots of extreme climbing along the way.

Sunday, the ride from Heppner to Ukiah started with rain and ended with sunshine, some new friendships, old friendships and a ride none of them will soon forget.

Volunteers were on hand to help with support for the riders all weekend, including Amanda Fabian, a



Cyclists from all over Oregon and Washington came to Heppner for the fifth annual Blue Mountain Century Scenic Bikeway ride this past weekend. -Photo by David Sykes

new PA-C though the Morrow County Health District, who volunteered her time and participated as a support person on Saturday.

"We were lucky her medical services weren't required but she was there, just in case, and it gave her

the opportunity to see a little more of Eastern Oregon," said chamber executive director Sheryll Bates. Several businesses also opened up early to serve up breakfast and beverages—Cornerstone Gallery, Murray's, Mustang Diner

and Willow Creek Diner)—while Bucknum's put together lunch and Gateway Café put on a barbecue meal.

"It certainly takes a community to put on a successful event," added Bates. "The ride is in the

books for another year, but the memories and friendships that were made will never be forgotten," finished Bates. "Our riders were ready for the extreme ride and weather and we are so glad to have them be part of our fifth annual ride."

Nutrition, cooking class offered in Heppner



Participants in a past cooking and nutrition class took turns preparing budget-friendly and healthy meals each week, in addition to lessons about the nutritional value of fruits and vegetables. Pictured (L-R) are participants Francis Dion and Claudia Springer. -Contributed photo

The Community Health Improvement Partnership (CHIP), Morrow County School District and Oregon State University Extension are offering a free four-week nutrition/cooking class. Local residents are invited to come together in a fun, hands-on setting to learn new ways to save

money and time when buying food and preparing meals, work with foods they've never used before, and cook delicious meals with a nutritionist.

Class size is limited, so pre-register now. Classes will be held in Heppner on Wednesday evenings 5:30

7 p.m. beginning Oct. 19. Teens and children who are at least 11 years of age are welcome to participate in the class with their parents.

For registration and information, please contact the CHIP at 541-989-8232 or afruralvoice@hotmail.com by Oct. 3.

Public safety community endorses Smith for reelection

HEPPNER—Organizations from across the public safety community have issued their endorsement of State Rep. Greg Smith (R-Heppner) in his reelection bid for House District 57. They include the Sheriffs of Oregon PAC, Oregon Chiefs of Police, Oregon AF-SCME, Corrections PAC, and Oregon State Fire Fighters Council.

Over his years of service, Smith has assisted Umatilla County in retaining its Oregon State Police Forensic Lab, which serves as the only forensic lab in Eastern Oregon. He has secured funding for additional OSP trooper positions and K-9 units to patrol I-84, and he has supported funding to address

the staff-inmate ratios at local correctional facilities.

"The individuals in our public safety services work hard and put their lives on the line to keep our families and communities safe," said Smith. "I am honored to have received their endorsement and remain committed to finding the resources needed to meet the growing challenges they face."

Rep. Smith is running for re-election for House District 57, which encompasses Umatilla, Morrow, Gilliam, Sherman and Wasco counties. During the May Primary Election, he won the nomination of all three major political parties—Republican, Democrat and Independent.



State Rep. Greg Smith

NOAA open house Oct. 13

The public is invited to an open house hosted by NOAA's National Weather Service on Thursday, Oct. 13, from 10 a.m. to 3 p.m. The open house will be at the regional Weather Forecast Office, on the west side of the Pendleton airport, located at 2001 NW 56th Drive.

The open house will

feature demonstrations to highlight the technology and expertise used to produce weather forecasts and warnings for eastern Oregon and Washington. There will also be displays from Life Flight, Oregon Department of Transportation, Emergency Management, and the Unmanned Aerial Systems (drones)

Test Range. Also planned is a special fire weather balloon release that will be tracked thousands of feet into the atmosphere.

Refreshments will be provided and attendees will have a chance to win door prizes. More information will be updated at weather.gov/Pendleton and also on Facebook.

Veterans' resource fair planned

A veterans' resource fair is planned for Thursday, Sept. 29, from 2 p.m. till 8 p.m. at the Port of Morrow

Conference Center, 2 Marine Drive, Boardman.

The event will feature federal benefits and local

community resources for rural veterans and their

-See VETERANS' FAIR/PAGE TWO

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