

March is Colorectal Awareness Month

March is National Colorectal Cancer Awareness Month and Morrow County Health District wants to stress the importance of being proactive to protect yourself from this highly preventable disease. The Centers for Disease Control and Prevention (CDC) states that colorectal cancer is the second leading cause of cancer deaths in the U.S. among both men and women. "Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But the disease is highly preventable, by getting screened beginning at age 50," the CDC advises. Pre-cancerous polyps and colorectal cancer don't always cause symptoms at first. That's why getting screened is so important, according to the CDC.

What can you do to help prevent this cancer? If you're between the ages of 50 and 75, get screened; if you're over age 75 ask your doctor if you should

FBLA selling pie, coffee at fiddle show

The FBLA (Future Business Leaders of America) students will be serving homemade pie with coffee, tea, water, hot cider or hot chocolate at the Fiddle Show being held Saturday, Mar. 17 at the fairgrounds Annex beginning at 6:30 p.m.

The homemade pies

will include peach, mixed berry (strawberry, raspberry, blackberry and blueberry), pecan, blueberry, cherry, apple, lemon icebox pie and a Butterfinger cheese cake.

Everyone is welcome to come listen to old time fiddle music and support the FBLA students.

For more information about colorectal screenings, contact Pioneer Memorial Clinic at 541-676-2949, or Irrigon Medical Clinic at 541-922-5880.

Chamber announcements

Thursday, Mar. 15 through Sunday, Mar. 18, 36th Annual Wee Bit O' Ireland St. Patrick's Celebration. The St. Patrick's committee is busy planning this year's event. If you are interested in volunteering for any part of the weekend, contact the Heppner Chamber at 541-676-5536. The schedule and entry forms are available at heppnerchamber.com, by email to heppnerchamber@centurytel.net, on Facebook at St. Patrick's Celebration Heppner Oregon USA or by calling the chamber at 541-676-5536.

Father Condon's play "Searching for Meaning" will be performed on Thursday, Mar. 15 at 7 p.m. at the St. Patrick's Parish Hall.

Starting Sunday, Mar. 18, 5:30-7 p.m., a 10-week class on Love and Respect sponsored by Heppner

Christian Church. This class is entitled The Love she Most Desires and the Respect he Desperately Needs. The class will include videos, a book and supportive interaction. Cost is \$10 for the book and childcare will be provided (those needing childcare are asked to sign up prior to the class to ensure that there is enough help). For more information or to sign up for the class or arrange for childcare, please call Ray at 831-578-6451.

Friday, Mar. 23 from 9 a.m. to 4 p.m., WorkZone Traffic Control/Flagger Course. This course is for construction, utilities, tree trimmers, tow truck drivers, etc. and includes instruction and all reference books for the class. Upon successful passage of the exam, students will receive a flagger card, valid for three years

CITY PARKS

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the complex will be maintained by the parks district. Cutsforth said the park district will also receive a yearly \$11,000 grant from the Bryant Foundation for upkeep and maintenance.

Cutsforth said another project being done is the sodding of the baseball fields. She said there were a lot of volunteers out working on the sodding recently. Also on the schedule is replacement of the St. Patrick's Senior Center roof. The Center received a grant from Wildhorse and also a large grant from the Foundation. Total cost of the new roof is \$40,000. Also thanks to Foundation funding there has been new soil put in at the rodeo grounds and the indoor arena at the Fairgrounds and there

will be a new batting facility for baseball practice installed, probably down by the softball field near the swimming pool. Other projects being aided with Foundation funding is new paving at the golf course parking lot, and a big project to remodel and upgrade the Gilliam Bisbee building in Heppner. The building is currently owned by the county and Cutsforth said the aim is to remodel that building into an events center to be used by the community.

In other action the council voted to increase the city utility commission from three to five members. It was hoped to make it easier to have quorums at the meetings.

Program for foster children draws large crowd

The Umatilla-Morrow program for foster children held a one-of-a-kind Paris themed inaugural fundraising gala on Feb. 24 in Hermiston. The gala benefits CASA (Court Appointed Special Advocates), which finds and trains advocates for the more than 160 foster children in Umatilla and Morrow counties.

An "Evening in Paris" was the theme that boasted the Eiffel Tower standing tall as the backdrop to the dueling piano duo as they

dazzled the crowd.

Over 200 attendees enjoyed a plated dinner, gift boutique-style silent auction, CASA spotlight and fresh flower stand.

The goal for this event was not only to raise money for the CASA program to find and match volunteers with children, but also to raise awareness for the program and the role it plays in our community.

CASA volunteers are a vital component in the foster care system. This outpouring of support from the community is an important step in helping our most vulnerable children, says Maureen McGrath, UMCHS Executive Director. These volunteers act as the voice for foster children and walk alongside them during their journey through foster care. Being placed in foster care is one of the most traumatic experiences that a child can go through and the court system can be a scary and confusing concept for children. CASA volunteers are there to make sure the children they volunteer for have another caring person on their side, speaking for them, she said.

Next year's event is scheduled for Apr. 29, 2019 and will be an Evening in Rome theme. For additional information regarding attending future events or to help in any way, contact Briana Montano at 541-564-6878, CASA manager Jesus Rome at 541-667-6170 or access the website at UMCHS.org.

Monday, Apr. 2 from 12 noon to 2 p.m., ribbon cutting and open house for Community Counseling Solutions new building at 550 W Sperry St. Appetizers will be provided.

Saturday, Apr. 7 from 9 a.m. to 12 p.m., Free Household Hazardous Waste Event at the North Morrow Transfer Station, 69900 Frontage Lane, Boardman. For more information, please call Morrow County Public Works at 541-989-9500 or email spointer@co.morrow.or.us.

Heppner Public Library is offering Drop In Teen Time on the 2nd and 4th Thursdays of every month at 6 p.m. Contact the Heppner Library at 541-676-9964 for more information.

SWEET PRODUCTIONS

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Jodi Segraves of Sweet Productions hangs up her apron.

-Photo by Bobbi Gordon

talents. Approximately 15 years ago she ran the Shamrockettes Dance team for more than two years, then taught and coached drama at Heppner High School for seven years and established the Silver Fox Banquet Room and Stage, also located at the restaurant site. "The stage is a great joy for me," she said. "That's why I had high hopes in my Silver Fox Banquet Room and Stage. I was hoping to do dinner theatre, but could not attract any local talent for shows. So, Karaoke, bands and movie nights were the events that have gone on for the past four years."

After her mother, Marti Luther, retired and closed the Victorian Rose Gift Shop that shared the Sweet Productions space, Segraves remodeled to create the banquet room, which also provided space for dance lessons. "After a couple years of mothers coming to me about dance, last fall I decided to start the Heppner Dance Troupe," said Segraves. The first season she had 31 students and the current season has 23. They will perform "Wee Lil' Toes" on Friday of St. Patrick's weekend. "I've taught them some Irish Jigs," she said.

Segraves says that the majority of her customers are travelers on their way

through Heppner on the Blue Mountain Highway. "Many out-of-towners are loyal and return multiple times a year from Seattle, Portland, Spokane and other locations."

"I may be hanging up my apron for the restaurant, but don't count me out for my baked goods or for dance and travel planning," she added, planning to work on-line and from home. Segraves says will be selling her restaurant items individually, because of newer restaurant health department rules that would require a new restaurant tenant to do major remodeling in order to take over.

One more factor in deciding to close the restaurant is to be able to spend more time with her granddaughter, who will be turning one year old next week. In fact, her granddaughter's birthday party will "sadly" be her last event in the banquet room. "This grandma is going to enjoy the break. It's been a crazy, busy time in the last 11 years. It's not without a little sadness that the doors of Sweet Productions will close this Saturday, Mar. 17, at 3 p.m.," she said. "I've poured my heart and soul into this adventure and I'm looking forward to the new adventure God has in store for me."

Brunch fundraiser to be held Saturday

A brunch fundraiser to support local athletes will be held at the Heppner Senior Center from 8 a.m. to 1 p.m. on Saturday, Mar. 17. Brunch will include biscuits and gravy, scrambled eggs, bacon, fruit and a beverage

for just \$8 for adults and \$5 for youth 11 and under.

All proceeds from the brunch will benefit the Heppner Junior Senior High school cross country and track and field teams.

4th of July meeting scheduled

A planning meeting for the Fourth of July festivities will be held Mar. 16 at 7 p.m. at Route 74 and should last about an hour. All are welcome to attend.

Additional people are needed to help plan and make the event better. For more information, email heidi@hen-online.com.

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March is Colorectal Awareness Month, and Morrow County Health District would like to help spread awareness on the second leading cause of cancer that effects both men and women. Colorectal cancer is one of the most preventable diseases and getting regular colonoscopies starting at the age 50 is key. Colonoscopies are performed at Pioneer Memorial Hospital in our new procedure suite, right here at home. Call 541-676-5504 for more information.