

Podiatry services return to MCHD

As COVID-19 restrictions are lifted for vital outpatient services, Board Certified Foot and Ankle Specialist, Dr. Kessa Mauras, of Mt. Hood Podiatry, has returned to serve Morrow County residents at Morrow County Health District's Pioneer Memorial Clinic in Heppner. Dr. Mauras will continue to see patients from one to two Fridays per month, with the potential of increasing her time in Heppner based on the needs of the community and patients.

While podiatric medicine and surgery encompass many areas, Dr. Mauras is most passionate about diabetic foot ulcer prevention, wound healing and limb salvage. According to the Centers for Disease Control and Prevention (CDC), approximately 73,000 amputations of lower limbs are performed on those with diabetes in the U.S. every year.

Dr. Mauras is committed to educating patients



Dr. Kessa Mauras

about the prevention of foot related medical conditions, providing them with as many resources as possible so that in her words, "they don't become a statistic." She also shared that too often, a skin injury or a small wound can quickly escalate to something more serious when there is a delay in receiving a medical evaluation and appropriate treatment.

Questions for Dr. Mauras regarding her services in Morrow County, or to inquire about an appointment, contact Mt. Hood Podiatry at 541-386-1006.

Grants recognized for August yard of the month

By Kay Proctor

Taking care of three city lots that their home sits on has earned Greg and Virginia Grant the Yard of the Month recognition for August.

Situated between two dead-end streets at 680 South Alfalfa Street, the Grants enjoy the quiet neighborhood that has a baseball field, a city park, Willow Creek, a hillside walking trail and good neighbors.

Ed and Marylee Hiemstra lived in the house when Willow Creek Dam was constructed behind the property about 40 years ago. Ed made sure that the Corps of Engineers built a nice wooden pole fence on the back property and Marylee, missing her backyard view of the Willow Creek Valley, made sure lots of trees were planted. The fence and quite a few of the trees are still there.

Rock terraces and mature plantings add to the charm of the 1937 bungalow.

Originally from Elgin, Greg came to Heppner to teach at Heppner High School (HHS) where he is now the Head Teacher, Head Coach for football and golf, and Athletic Director.

Virginia moved to Heppner from La Grande, worked as a dental hygienist and somehow found time to coach the HHS cheerleaders. The two met through Virginia's brother, the late Juan Elguezabal, who also taught and coached at Heppner schools.

The Grants' daughter, Sophie, is home for the summer from Pacific University and son, Kellen, a 2020 HHS graduate, will attend Eastern Oregon University.

The whole family enjoys golfing and playing in tournaments. Greg also



Greg and Virginia Grant.

hunts and fishes and Virginia likes to work in the yard. She collects large rocks found in their travels, hauling them home to find a spot to put them.

With permission from a local rancher, Greg hauled home a rustic wood livestock trough. It now holds a cactus given to her by her sister and it's Virginia's favorite plant, although she especially likes snapdragons.

Favorites of Greg's are the tomatoes, tomatillos and peppers he grows in an enclosure. Virginia likes to cook and makes a green sauce from their harvest. At one time, Greg grew a very large vegetable garden with drip lines for irrigation but is on break from that for now due to losing crop after crop to deer raids.

Greg has found their soil to be sandy. He has also found a network of old iron pipes and chunks of glass, probably leftover from the long-ago soda bottling plant which the nearby abandoned Soda Street was named for.

In the past year, Kellen and Greg rototilled, shoveled, packed sand, leveled and completed a 28' x 35'

backyard patio patterned with different sized pavers, some weighing nearly 70 lbs. This has become both Greg's and Virginia's favorite place in their yard.

The family dog, a German Drahthaar named Miley, likes to help out by gathering walnuts dropped from a neighboring tree into their backyard, pack them to the front yard, and then crack them open to eat.

When asked for gardening tips, Greg says to "ask advice from someone who has been there and done that" while Virginia laughs and says to "have the kids pull the weeds."

Yard of the Month is co-sponsored by the Heppner Volunteers, MCGG/Green Feed Store and the City of Heppner.

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