# **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 ras regarding her services in diabetes in the U.S. every year.

ted to educating patients at 541-386-1006.



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. Mau-Morrow County, or to inquire about an appointment, Dr. Mauras is commit- contact Mt. Hood Podiatry

## **Grants recognized** for August yard of the month

#### **By Kay Proctor**

city lots that their home sits on has earned Greg and Virginia Grant the Yard of Greg came to Heppner the Month recognition for to teach at Heppner High August.

South Alfalfa Street, the and golf, and Athletic Di-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 joys golfing and playing

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

Originally from Elgin, School (HHS) where he Situated between two is now the Head Teacher, dead-end streets at 680 Head Coach for football rector.

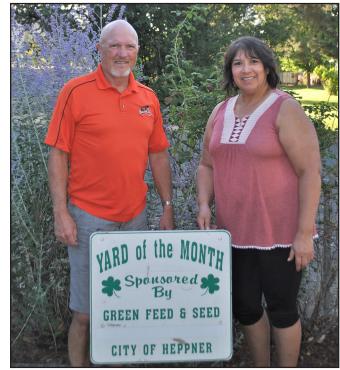
Virginia moved to Heppner from La Grande, worked as a dental hygienist and somehow found time to coach the HHS cheerleaders. The two met through Virginia's brother, the late Juan Elguezabal, who also taught and coached at Heppner schools.

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 enof the trees are still there. in tournaments. Greg also



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Greg and Virginia Grant.

hunts and fishes and Vir- backyard patio patterned ginia 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 man Drahthaar named Mihome a rustic wood livestock trough. It now holds a cactus given to her by her from a neighboring tree into sister and it's Virginia's their backyard, pack them favorite plant, although to the front yard, and then she especially likes snapdragons.

the tomatoes, tomatillos and peppers he grows in an who has been there and enclosure. Virginia likes to cook and makes a green laughs and says to "have the sauce from their harvest. At one time, Greg grew a very large vegetable garden with co-sponsored by the Hepdrip lines for irrigation but pner Volunteers, MCGG/ is on break from that for Green Feed Store and the now due to losing crop after City of Heppner. 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.

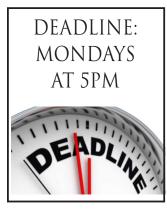
In the past year, Kellen and Greg rototilled, shoveled, packed sand, leveled and completed a 28' x 35'

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 Gerley, likes to help out by gathering walnuts dropped crack them open to eat.

When asked for gar-Favorites of Greg's are dening tips, Greg says to "ask advice from someone done that" while Virginia kids pull the weeds."

Yard of the Month is



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